

# UnderStandingAmericaStudy

UAS 705: CAREGIVER ASSISTANCE AND RESILIENCE ENHANCEMENT BASELINE



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## Contents

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<b>1</b>	<b>Introduction</b>	<b>3</b>
1.1	Topics . . . . .	3
1.2	Experiments . . . . .	3
1.3	Citation . . . . .	3
<b>2</b>	<b>Survey Response And Data</b>	<b>4</b>
2.1	Sample selection and response rate . . . . .	4
2.2	Timings . . . . .	4
2.3	Sample & Weighting . . . . .	5
<b>3</b>	<b>Standard Variables</b>	<b>6</b>
<b>4</b>	<b>Background Demographics</b>	<b>11</b>
<b>5</b>	<b>Missing Data Conventions</b>	<b>15</b>
<b>6</b>	<b>Routing Syntax</b>	<b>16</b>
<b>7</b>	<b>Survey with Routing</b>	<b>17</b>
	screener . . . . .	17
	phq4 . . . . .	17
	stress . . . . .	18
	care . . . . .	20
	wellbeing . . . . .	22
	efficacy . . . . .	24
	Closing . . . . .	25

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# 1 INTRODUCTION

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This UAS panel survey, titled "UAS 705: Caregiver Assistance and Resilience Enhancement Baseline", asks respondents questions about their caregiver experiences in order to increase understanding of how to better support caregivers. This survey is no longer in the field.

## 1.1 Topics

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This survey contains questions (among others) on the following topics: Health, Social Networks, Subjective Well-being. A complete survey topic categorization for the UAS can be found [here](#).

## 1.2 Experiments

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This survey did not include any experiments. A complete survey experiment categorization for the UAS can be found [here](#).

## 1.3 Citation

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Each publication, press release or other document that cites results from this survey must include an acknowledgment of UAS as the data source and a disclaimer such as, 'The project described in this paper relies on data from survey(s) administered by the Understanding America Study, which is maintained by the Center for Economic and Social Research (CESR) at the University of Southern California. The content of this paper is solely the responsibility of the authors and does not necessarily represent the official views of USC or UAS.' For any questions or more information about the UAS, contact Tania Gutsche, Project and Panel Manager, Center for Economic and Social Research, University of Southern California, at [tgutsche@usc.edu](mailto:tgutsche@usc.edu).

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## 2 SURVEY RESPONSE AND DATA

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### 2.1 Sample selection and response rate

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The sample selection for this survey was:

Sub-sample of active respondents who completed UAS634.

As such, this survey was made available to 636 UAS participants. Of those 636 participants, 543 completed the survey and are counted as respondents. Of those who are not counted as respondents, 1 started the survey without completing and 92 did not start the survey. The overall response rate was 85.38%.

Note: We are unable to provide sample weights for a small number of UAS members (see the Sample and weighting section below for details). If they completed the survey, these members are included in the data set with a weight of zero, but accounted for in the computation of total sample size and survey response rate.%.

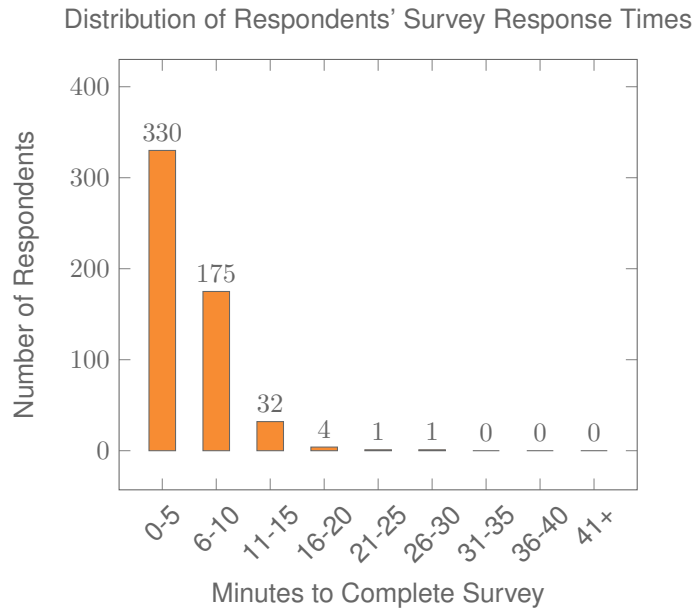
The detailed survey response rate is as follows:

UAS705 - Response Overview	
Size of selected sample	636
Completed the survey	543
Started but did not complete the survey	1
Did not start the survey	92
Response rate	85.38%

### 2.2 Timings

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The survey took respondents an average of 5 minutes, and the full distribution of survey response times is available in the figure below. Times per question are available upon request.



## 2.3 Sample & Weighting

Sample weights for this survey are computed following the general UAS Weighting Procedure. Specifically, we use a two-step process where we first compute base weights, which correct for unequal probabilities of sampling UAS members, and then generate final, post-stratification weights, which align the sample to the reference population along certain socio-economic dimensions. These are gender (male/female), race and ethnicity (White/Black/Other/Hispanic/Native American), age (18-39/40-49/50/59/60+), education (High school or less/Some college/Bachelor or more), Census regions (Northeast/Midwest/West, excl. CA/CA, excl. LAC, LAC). Benchmark distributions for these variables are derived from the 6 most recent available Current Population Survey (CPS) Basic Monthly Survey with respect to the survey's completion date. The reference population considered for the weights is the U.S. population of adults age 18 and older.

This survey dataset may contain respondents with a weight of zero. These respondents belong to a small group of UAS members for whom sample weights cannot be computed due to non-probability recruitment for special projects. Hence, while they are accounted for in the total number of survey respondents, they do not contribute to any statistics using sample weights. More information is available from the UAS Weighting Procedure. Please contact UAS staff with any questions.

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### 3 STANDARD VARIABLES

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Each Understanding America Study data contains a series of standard variables, consisting of individual, household and sample identifiers, language indicator, time stamps and a rating by the respondent of how much he or she liked the survey:

- **uasid**: the identifier of the respondent. This identifier is assigned to a respondent at recruitment and stays with the respondent throughout each and every survey he/she participates in. When analyzing data from multiple surveys, the 'uasid' can be used to merge data sets.
- **uashhid**: the household identifier of the respondent. Every member is assigned a household identifier, stored in the variable 'uashhid'. For the primary respondent this identifier equals his or her 'uasid'. All other eligible members of the primary respondent's household (everyone who is 18 or older in the household) who become UAS respondents receive the 'uasid' of the primary respondent as their household identifier. The identifier 'uashhid' remains constant over time for all respondents. Thus it is always possible to find the original UAS household of an UAS panel member (even after they, for example, have moved out to form another household).
- **survhhid**: uniquely identifies the household a UAS panel member belongs to in a given survey. For instance, if the primary respondent and his/her spouse are both UAS members at the time of a given survey, they both receive the same 'survhhid' identifier for that survey. If they subsequently split, they receive two different 'survhhid' in subsequent surveys. They, however, always share the same 'uashhid'. The identifier 'survhhid' is set to missing (.) if no other household members are UAS panel members at the time of the survey. Since individuals can answer the same survey at different points in time (which can be relatively far apart if the survey is kept in the field for a prolonged time), it may be possible that, within the same data set, household members have different 'survhhid' reflecting different household compositions at the time they answered the survey. For instance, suppose that the primary respondent and his/her spouse are both UAS members. If the primary respondent answers the survey when he/she is living with the spouse, but the spouse answers the survey when the couple has split, they receive different 'survhhid'. Hence, the variable 'survhhid' identifies household membership of UAS panel members, at the time the respondent answers the survey. Note: in the My Household survey 'survhhid' is set to unknown (.u) for respondents who last participated in the My Household survey prior to January 21, 2015.
- **uasmembers**: is the number of other household members who are also UAS panel members at the time of the survey. Since individuals can answer the same survey at different points in time (which can be relatively far apart if the survey is kept in the field for a prolonged time), it may be possible that, within the same data set, the primary respondent of a household has a value of '0', whereas the second UAS household respondent has a value of '1'. Therefore 'uasmembers' should be interpreted as the

number of household and UAS panel members at the time the respondent answers the survey. Note: in the My Household survey 'uasmembers' is set to unknown (.u) for respondents who last participated in the My Household survey prior to January 21, 2015.

- **sampleframe:** indicates the sampling frame from which the household of the respondent was recruited. All UAS recruitment is done through address based sampling (ABS) in which samples are acquired based on postal records. Currently, the variable 'sampleframe' takes on four values reflecting four distinct sample frames used by the UAS over the year (in future data sets the number of sample frames used for recruitment may increase if additional specific populations are targeted in future recruitment batches):

1. U.S. National Territory: recruited through ABS within the entire U.S.
2. Areas high concentration Nat Ame: recruited through ABS in areas with a high concentration of Native Americans in the zip-code. Within these batches, individuals who are not Native Americans are not invited to join the UAS.
3. Los Angeles County: recruited through ABS within Los Angeles County.
4. California: recruited through ABS within California.

Note: prior to March 6, 2024 this variable was called sampletype and had the following value labels for the above list in UAS data sets:

1. Nationally Representative Sample: recruited through ABS within the entire U.S.
2. Native Americans: recruited through ABS in areas with a high concentration of Native Americans. Within these batches, individuals who are not Native Americans are not invited to join the UAS.
3. LA County: recruited through ABS within Los Angeles County.
4. California: recruited through ABS within California.

- **batch:** indicates the batch from which the respondent was recruited. Currently, this variable takes the following values (in future data sets the number of batches may increase as new recruitment batches are added to the UAS):

1. ASDE 2014/01
2. ASDE 2014/01
3. ASDE 2014/01
4. Public records 2015/05
5. MSG 2015/07
6. MSG 2016/01
7. MSG 2016/01
8. MSG 2016/01
9. MSG 2016/02

10. MSG 2016/03
11. MSG 2016/04
12. MSG 2016/05
13. MSG 2016/08
14. MSG 2017/03
15. MSG 2017/11
16. MSG 2018/02
17. MSG 2018/08
18. MSG 2019/04
19. MSG 2019/05
20. MSG 2019/11
21. MSG 2020/08
22. MSG 2020/10
23. MSG 2021/02
24. MSG 2021/08
25. MSG 2021/08
26. MSG 2022/02
27. MSG 2022/02
28. MSG 2022/08
29. MSG 2022/11
30. MSG 2022/11
31. MSG 2023/01
32. MSG 2023/06
33. MSG 2023/09
34. MSG 2023/10
35. MSG 2025/02

Note: prior to March 6, 2024 this variable had the following value labels for the above list in UAS data sets:

1. ASDE 2014/01 Nat.Rep.
2. ASDE 2014/01 Native Am.
3. ASDE 2014/11 Native Am.
4. LA County 2015/05 List Sample
5. MSG 2015/07 Nat.Rep.
6. MSG 2016/01 Nat.Rep. Batch 2



7. MSG 2016/01 Nat.Rep. Batch 3
8. MSG 2016/01 Nat.Rep. Batch 4
9. MSG 2016/02 Nat.Rep. Batch 5
10. MSG 2016/03 Nat.Rep. Batch 6
11. MSG 2016/04 Nat.Rep. Batch 7
12. MSG 2016/05 Nat.Rep. Batch 8
13. MSG 2016/08 LA County Batch 2
14. MSG 2017/03 LA County Batch 3
15. MSG 2017/11 California Batch 1
16. MSG 2018/02 California Batch 2
17. MSG 2018/08 Nat.Rep. Batch 9
18. MSG 2019/04 LA County Batch 4
19. MSG 2019/05 LA County Batch 5
20. MSG 2019/11 Nat. Rep. Batch 10
21. MSG 2020/08 Nat. Rep. Batch 11
22. MSG 2020/10 Nat. Rep. Batch 12
23. MSG 2021/02 Nat. Rep. Batch 13
24. MSG 2021/08 Nat. Rep. Batch 15
25. MSG 2021/08 Nat. Rep. Batch 16
26. MSG 2022/02 Nat. Rep. Batch 17 (priority)
27. MSG 2022/02 Nat. Rep. Batch 17 (regular)
28. MSG 2022/08 Nat. Rep. Batch 18
29. MSG 2022/11 LA County Batch 6
30. MSG 2022/11 Nat. Rep. Batch 20
31. MSG 2023/01 Nat. Rep. Batch 21
32. MSG 2023/06 Nat. Rep. Batch 22
33. MSG 2023-09 Native Am. Batch 3
34. MSG 2023-10 Nat. Rep. Batch 23

- **primary\_respondent:** indicates if the respondent was the first person within the household (i.e. to become a member or whether s/he was added as a subsequent member. A household in this regard is broadly defined as anyone living together with the primary respondent. That is, a household comprises individuals who live together, e.g. as part of a family relationship (like a spouse/child/parent) or in context of some other relationship (like a roommate or tenant).

- **hardware**: indicates whether the respondent ever received hardware or not. Note: this variable should not be used to determine whether a respondent received hardware at a given point in time and/or whether s/he used the hardware to participate in a survey. Rather, it indicates whether hardware was ever provided:
  1. None
  2. Tablet (includes Internet)
- **language**: the language in which the survey was conducted. This variable takes a value of 1 for English and a value of 2 for Spanish.
- **start\_date (start\_year, start\_month, start\_day, start\_hour, start\_min, start\_sec)**: indicates the time at which the respondent started the survey.
- **end\_date (end\_year, end\_month, end\_day, end\_hour, end\_min, end\_sec)**: indicates the time at which the respondent completed the survey.
- **cs\_001**: indicates how interesting the respondent found the survey.

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## 4 BACKGROUND DEMOGRAPHICS

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Every UAS survey data set includes demographic variables, which provide background information about the respondent and his/her household. Demographic information such as age, ethnicity, education, marital status, work status, state of residence, family structure is elicited every quarter through the “My Household” survey. The demographic variables provided with each survey are taken from the most recent ‘MyHousehold’ survey answered by the respondent. If at the time of a survey, the information in “My Household” is more than three months old, a respondent is required to check and update his or her information before being able to take the survey.

The following variables are available in each survey data set:

- **gender**: the gender of the respondent.
- **dateofbirth\_year**: the year of birth of the respondent.
- **age**: the age of the respondent at the start of the survey.
- **agerange**: if the respondent’s age cannot be calculate due to missing information, ‘agerange’ indicates the approximate age. Should a value for both the ‘age’ and ‘agerange’ be present, then ‘age’ takes precedence over ‘agerange’.
- **citizenus**: indicates whether the respondent is a U.S. citizen.
- **bornus**: indicates whether the respondent was born in the U.S.
- **stateborn**: indicates the state in which the respondent was born. This is set to missing (.) if the respondent was not born in the U.S.
- **countryborn**: indicates the country in which the respondent was born. This is set to missing (.) if the respondent was born in the U.S.
- **countryborn\_other**: indicates the country of birth if that country is not on the drop down list of countries shown to the respondent’.
- **statereside**: the state in which the respondent is living.
- **immigration\_status**: indicates whether the respondent is an immigrant. It takes one of the following values: 0 Non-immigrant, 1 First generation immigrant (immigrant who migrated to the U.S), 2 Second generation immigrant (U.S.-born children of at least one foreign-born parent), 3 Third generation immigrant (U.S.-born children of at least one U.S.-born parent, where at least one grandparent is foreign-born), or 4 Unknown immigrant status.
- **maritalstatus**: the marital status of the respondent.
- **livewithpartner**: indicates whether the respondent lives with a partner.

- **education**: the highest level of education attained by the respondent.
- **hisplativo**: indicates whether the respondent identifies him or herself as being Hispanic or Latino. This variable is asked separately from race.
- **hisplatinogroup**: indicates which Hispanic or Latino group a respondent identifies him or herself with. This is set to missing (.) if the respondent does not identify him or herself as being Hispanic or Latino.
- **white**: indicates whether the respondent identifies him or herself as white (Caucasian).
- **black**: indicates whether the respondent identifies him or herself as black (African-American).
- **nativeamer**: indicates whether the respondent identifies him or herself as Native American (American Indian or Alaska Native).
- **asian**: indicates whether the respondent identifies him or herself as Asian (Asian-American).
- **pacific**: indicates whether the respondent identifies him or herself as Native Hawaiian or Other Pacific Islander.
- **race**: indicates the race of the respondent as singular (e.g., '1 White' or '2 Black') or as mixed (in case the respondent identifies with two or more races). The value '6 Mixed' that the respondent answered 'Yes' to at least two of the single race categories. This variable is generated based on the values of the different race variables (white, black, nativeamer, asian, pacific). This composite measure is not conditional on hisplativo, so an individual may identify as Hispanic or Latino, and also as a member of one or more racial groups.
- **working**: indicates whether the respondent is working for pay.
- **sick\_leave**: indicates whether the respondent is not working because sick or on leave.
- **unemp\_layoff**: indicates whether the respondent is unemployed or on lay off.
- **unemp\_look**: indicates whether the respondent is unemployed and looking for a job.
- **retired**: indicates whether the respondent is retired.
- **disabled**: indicates whether the respondent has a disability.
- **If\_other**: specifies other labor force status.
- **laborstatus**: indicates the labor force status of the respondent as singular (e.g., '1 Working for pay' or '2 On sick or other leave') or as mixed (in case the respondent selects two or more labor statuses). The value '8 Mixed' indicates that the respondent answered 'Yes' to at least two of the single labor force status variables. This variable is generated based on the values of the different labor status variables (working, sick\_leave, unempl\_layoff, unempl\_look, retired, disabled, If\_other).

- **employmenttype**: indicates the employment type of the respondent (employed by the government, by a private company, a nonprofit organization, or self-employed). This is set to missing (.) if the respondent is not currently working or currently on sick or other leave.
- **workfullpart**: indicates whether the respondent works full or part-time. This is set to missing (.) if the respondent is not currently working or currently on sick or other leave.
- **hourswork**: indicates the number of hours the respondent works per week. This is set to missing (.) if the respondent is not currently working or currently on sick or other leave.
- **hhincome**: is the total combined income of all members of the respondent's household (living in their household) during the past 12 months.
- **anyhhmember**: indicates whether there were any members in the respondent's household at the time he/she answered the survey as reported by the respondent.
- **hhmembernumber**: indicates the number of household members in the respondent's household at the time of the survey as reported by the respondent. It may be that 'anyhhmember' is 'Yes', but 'hhmembernumber' is missing if the respondent did not provide the number of household members at the time of the survey.
- **hhmemberin\_#**: indicates whether a household member is currently in the household as reported by the respondent. Household members are never removed from the stored household roster and their information is always included in survey data sets. The order of the roster is the same order in which household members were specified by the respondent in the 'MyHousehold' survey. The order is identified by the suffix \_# (e.g., \_1 indicates the first household member, \_2 the second household member, etc.).

As an example, if the first household member is in the household at the time of the survey, 'hhmemberin\_1' is set to '1 HH Member 1 is in the HH'; if he/she has moved out, 'hhmemberin\_1' is set to '0 HH member 1 is no longer in the HH'. Since information of other household members (stored in the variables listed below) is always included in survey data sets, information about 'hhmemberin\_1' is available whether this person is still in the household or has moved out.

- **hhmembergen\_#**: indicates the gender of another household member as reported by the respondent.
- **hhmemberage\_#**: indicates the age of another household member. The age is derived from the month and year of birth of the household member as reported by the respondent.
- **hhmemberrel\_#**: indicates the relationship of the respondent to the other household member as reported by the respondent.

- **hhmemberuasid\_#**: is the 'uasid' of the other household member if this person is also a UAS panel member. It is set to missing (.) if this person is not a UAS panel member at the time of the survey. Since this identifier is directly reported by the respondent (chosen from a preloaded list), it may differ from the actual (correct) 'uasid' of the UAS member it refers to because of reporting error. Also, this variable should not be used to identify UAS members in a given household at the time of the survey. This is because the variables 'hhmemberuasid\_#' are taken from the most recent 'My Household' and changes in household composition involving UAS members may have occurred between the time of the respondent answered 'My Household' and the time the respondent answers the survey. To follow UAS members of a given household, it is advised to use the identifiers 'uashhid' and 'survhhid'.
- **lastmyhh\_date**: the date on which the demographics variables were collected through the 'My Household' survey.

In addition, data sets created after May 8, 2025 include an urbanicity variable. It is based on panel members' current census tract of residence and the 2010 Rural-Urban Commuting Area (RUCA) codes released by the US Department of Agriculture's Economic Research Service. To preserve confidentiality, the UAS collapses the 10 primary RUCA codes to 4 levels: Metropolitan, Micropolitan, Small/Rural, and Unknown. The Metropolitan level corresponds to primary RUCA codes 1-3, the Micropolitan level corresponds to RUCA codes 4-6, and the Small/Rural UAS classification corresponds to RUCA codes 7-10.

For detailed information and definitions of the 10 primary RUCA codes, please visit the USDA ERS Rural-Urban Commuting Area Codes site. Surveys conducted completely prior to May 8, 2025 will have an urbanicity data set available on request.

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## 5 MISSING DATA CONVENTIONS

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Data files provide so-called clean data, that is, answers given to questions that are not applicable anymore at survey completion (for example because a respondent went back in the survey and skipped over a previously answered question) are treated as if the questions were never asked. In the data files all questions that were asked, but not answered by the respondent are marked with (.e). All questions never seen by the respondent (or any dirty data) are marked with (.a). The latter may mean that a respondent did not view the question because s/he skipped over it; or alternatively that s/he never reached that question due to a break off. If a respondent did not complete a survey, the variables representing survey end date and time are marked with (.c). Household member variables are marked with (.m) if the respondent has less household members (e.g. if the number of household members is 2, any variables for household member 3 and up are marked with (.m)).

UAS provides data in STATA and CSV format. Stata data sets come with include variable labels that are not available in the CSV files. Value labels are provided for single-response answer option. In STATA these labels will include the labels 'Not asked' and 'Not answered' for (.a) and (.e), and will show in tabulations such as 'tab q1, missing'. For multiple-response questions a binary variable is created for each answer option indicating whether the option was selected or not. A summary variable is also provided in string format reflecting which options were selected and in which order. For example, if a question asked about favorite animals with options cat, dog, and horse, then if a respondent selected horse and then cat, the binary variables for horse and cat will be set to yes, while the overall variable would have a string value of '3-1'. If no answer was given, all binary variables and the summary variable will be marked with '.e'.

Questions that are asked multiple times are often implemented as so-called array questions. Supposing the name of such question was Q1 and it was asked in 6 different instances, your data set would contain the variables Q1\_1\_ to Q1\_6\_. To illustrate, if a survey asked the names of all children, then child\_1\_ would contain the name of the first child the respondent named and so on.

More information about the UAS data in general can be found on the UAS Data Pages web site.

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## 6 ROUTING SYNTAX

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The survey with routing presented in the next section includes all of the questions that make up this survey, the question answers when choices were provided, and the question routing. The routing includes descriptions of when questions are grouped, conditional logic that determines when questions are presented to the respondent, randomization of questions and answers, and fills of answers from one question to another.

If you are unfamiliar with conditional logic statements, they are typically formatted so that **if** the respondent fulfills some condition (e.g. they have a cellphone or a checking account), **then** they are presented with some other question or the value of some variable is changed. If the respondent does not fulfill the condition (e.g. they are not a cellphone adopter or they do not have a checking account), something **else** happens such as skipping the next question or changing the variable to some other value. Some of the logic involved in the randomization of questions or answers being presented to the respondent is quite complex, and in these instances there is documentation to clarify the process being represented by the routing.

Because logic syntax standards vary, here is a brief introduction to our syntax standards. The syntax used in the conditional statements is as follows: '=' is equal to, '<' is less than, '>' is greater than, and '!= ' is used for does not equal. When a variable is set to some number N, the statement looks like 'variable := N'.

The formatting of the questions and routing are designed to make it easier to interpret what is occurring at any given point in the survey. Question ID is the bold text at the top of a question block, followed by the question text and the answer selections. When a question or variable has associated data, the name links to the appropriate data page, so you can easily get directly to the data. Text color is used to indicate the routing: **red** is conditional logic, **gold** is question grouping, **green** is looping, and **orange** is used to document randomization and other complex conditional logic processes. The routing is written for a computer to parse rather than a human to read, so when the routing diverges significantly from what is displayed to the respondent, a screenshot of what the respondent saw is included.

The name of the randomization variables are defined in proximity to where they are put into play, and like the question ID the names of the randomization variables can be used to link directly to the associated data page.



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## 7 SURVEY WITH ROUTING

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### Start of section **Screener**

**sc001** (still spent any time assisting someone in section Screener)

In a recent survey, you told us that you were assisting someone (parent, grandparent, wife, husband, child, another family member, neighbor, or close friend) with basic personal activities because they cannot handle them without help.

By assisting someone with basic personal activities, we mean daily activities such as dressing, eating, bathing, paying bills, managing medication, food preparation, grocery shopping, doctor visits, emotional support, driving, and other personal assistance. Please exclude assistance given to children who are not yet self-sufficient due to their age (for example, too young to dress themselves or unable to prepare a meal).

Is this still the case? Note that this can include a person you mentioned previously or a new person you are helping.

1 Yes

2 No

**IF sc001 = 2 THEN**

**sc\_exit** (Section Screener)

Thank you for answering this question. You do not qualify for this survey, which is about the experience of people who currently provide care for a family member or close friend. We will contact you again when there are more UAS surveys for you.

Exit the survey

**END OF IF**

**sc\_continue** (Section Screener)

You may be providing help or assistance to more than one family member or close friend. If that is the case, please think about the person you primarily care for when answering the following questions. This is the person who requires the most time and energy from you as a caregiver. We will refer to this person as the **care recipient**.

End of section **Screener**

Start of section **Phq4**

**GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN**

**phq\_intro2** (Section Phq4)

Over the **past fourteen days**, how often have you been bothered by any of the following

problems?

#### SUBGROUP OF QUESTIONS

**phq4a** (Feeling nervous, anxious, or on edge in section Phq4)

Feeling nervous, anxious, or on edge

- 1 Not at all
- 2 Several days
- 3 More than half the days
- 4 Nearly every day

**phq4b** (Not being able to stop or control worrying in section Phq4)

Not being able to stop or control worrying

- 1 Not at all
- 2 Several days
- 3 More than half the days
- 4 Nearly every day

**phq4c** (Feeling down, depressed, or hopeless in section Phq4)

Feeling down, depressed, or hopeless

- 1 Not at all
- 2 Several days
- 3 More than half the days
- 4 Nearly every day

**phq4d** (Little interest or pleasure in doing things in section Phq4)

Little interest or pleasure in doing things

- 1 Not at all
- 2 Several days
- 3 More than half the days
- 4 Nearly every day

#### END OF SUBGROUP

#### END OF GROUP

End of section **Phq4**

Start of section **Stress**

#### GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

**pss.intro** (Section Stress)

For the next questions, please now think about your feelings and thoughts during the **last**

**month (over the last 4 weeks).**

#### **SUBGROUP OF QUESTIONS**

**pss4\_1** (unable to control important things in section Stress)

**In the last month**, how often have you felt that you were unable to control the important things in your life?

- 1 Never
- 2 Almost never
- 3 Sometimes
- 4 Fairly often
- 5 Very often

**pss4\_2** (confident handling personal problems in section Stress)

**In the last month**, how often have you felt confident about your ability to handle your personal problems?

- 1 Never
- 2 Almost never
- 3 Sometimes
- 4 Fairly often
- 5 Very often

**pss4\_3** (felt things going your way in section Stress)

**In the last month**, how often have you felt that things were going your way?

- 1 Never
- 2 Almost never
- 3 Sometimes
- 4 Fairly often
- 5 Very often

**pss4\_4** (difficulties piling up in section Stress)

**In the last month**, how often have you felt difficulties were piling up so high that you could not overcome them?

- 1 Never
- 2 Almost never
- 3 Sometimes
- 4 Fairly often
- 5 Very often

#### **END OF SUBGROUP**

#### **END OF GROUP**

**brfss\_lonely** (how often feel lonely in section Stress)

How often do you feel lonely? Would you say...

- 1 Always
- 2 Usually
- 3 Sometimes
- 4 Rarely
- 5 Never

End of section **Stress**

Start of section **Care**

**b001** (tasks helped care recipient with in section Care)

**In the last month**, have you helped the care recipient with any of the following? Select all that apply.

- 1 Household tasks (e.g., grocery shopping, cooking, cleaning, handling bills)
- 2 Transportation (e.g., driving them places)
- 3 Personal care (e.g., bathing, dressing, using the toilet)
- 4 Mobility support (e.g., helping them move around, get in/out of bed, leave the home)
- 5 Medication management (e.g., organizing medications, ensuring correct dosage/timing)
- 6 Medical assistance (e.g., managing equipment, injections, ostomy care)
- 7 Healthcare coordination (e.g., scheduling/attending appointments, handling insurance)
- 8 Emotional support (e.g., listening, being available when upset)
- 9 None of the above

**b002** (how stressful find helping care recipient in section Care)

How stressful do you find helping the care recipient?

- 1 Not at all
- 2 A little
- 3 Somewhat
- 4 Quite a bit
- 5 A great deal

**b003** (how rewarding find helping care recipient in section Care)

How rewarding do you find helping the care recipient?

- 1 Not at all
- 2 A little
- 3 Somewhat
- 4 Quite a bit
- 5 A great deal

**b004** (help care recipient on regular or varying schedule in section Care)

Thinking about all the ways you helped the care recipient in the last month, did you help on a regular schedule or did it vary? By regular schedule, we mean the same days and times every week.

- 1 Regular schedule
- 2 Varying schedule

**IF b004 = 1 THEN**

**b005a** (how many days per week help care recipient in section Care)

How many days per week did you help the care recipient?

RANGE 0..7

**IF b005a > 0 THEN**

**b005c** (how many hours help care recipient in section Care)

On the days when you helped the care recipient, about how many hours did you spend helping?

RANGE 0..24

**END OF IF**

**ELSE**

**b005b** (how many days last month help care recipient in section Care)

In the last month, how many days did you help the care recipient?

RANGE 0..31

**IF b005b > 0 THEN**

**b005c** (how many hours help care recipient in section Care)

On the days when you helped the care recipient, about how many hours did you spend helping?

RANGE 0..24

**END OF IF**

**END OF IF**

**b006** (only one assisting care recipient or are other people providing care in section Care)

Are you the only one assisting the care recipient or are other people providing care?

1 I am the only caregiver

2 I do most of the caregiving activities, but other people provide care occasionally

3 I equally share caregiving activities with other people

4 Other people do most of the caregiving activities, but I provide care occasionally

**b007** (made any changes due to your caregiving responsibilities in section Care)

**In the last month**, have you done any of the following due to your caregiving responsibilities? Select all that apply.

1 Reduced hours of work or school

2 Missed hours of work or school

3 Missed doctor appointments

4 Reduced or stopped exercising

5 Reduced or stopped eating healthy meals

- 6 Reduced or stopped doing things you enjoyed
- 7 Reduced or stopped spending time with friends
- 8 Reduced or stopped spending time with family
- 9 Reduced or stopped spending time with spouse or romantic partner
- 10 None of the above

End of section **Care**

Start of section **Wellbeing**

**d\_intro** (Section Wellbeing)

Next, we would like to know your feelings about helping the care recipient.

**d001** (don't have enough time for yourself in section Wellbeing)

How often do you feel that because of the time you spend with the care recipient you don't have enough time for yourself?

- 1 Never
- 2 Rarely
- 3 Sometimes
- 4 Quite frequently
- 5 Nearly always

**d002** (how often feel angry around care recipient in section Wellbeing)

How often do you feel angry when you are around the care recipient?

- 1 Never
- 2 Rarely
- 3 Sometimes
- 4 Quite frequently
- 5 Nearly always

**d003** ( caregiving responsibilities affect relationship with family members or friends in negative way in section Wellbeing)

How often do you feel that your caregiving responsibilities affect your relationship with family members or friends in a negative way?

- 1 Never
- 2 Rarely
- 3 Sometimes
- 4 Quite frequently
- 5 Nearly always

**d004** (health has suffered because of caregiving responsibilities in section Wellbeing)

How often do you feel that your health has suffered because of your caregiving responsibilities?

- 1 Never
- 2 Rarely

- 3 Sometimes
- 4 Quite frequently
- 5 Nearly always

**d005** (not have enough privacy in section Wellbeing)

How often do you feel that you don't have as much privacy as you would like because of the care recipient?

- 1 Never
- 2 Rarely
- 3 Sometimes
- 4 Quite frequently
- 5 Nearly always

**d007** (feel uncertain what to do about care recipient in section Wellbeing)

How often do you feel uncertain about what to do about the care recipient?

- 1 Never
- 2 Rarely
- 3 Sometimes
- 4 Quite frequently
- 5 Nearly always

**d008** (feel could be doing better job for care recipient in section Wellbeing)

How often do you feel you could be doing a better job in caring for the care recipient?

- 1 Never
- 2 Rarely
- 3 Sometimes
- 4 Quite frequently
- 5 Nearly always

#### GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

**d009\_intro** (Section Wellbeing)

Next, we have a few questions about your experience helping the care recipient. For each statement, please mark whether this describes your situation not so much, somewhat, or very much.

#### SUBGROUP OF QUESTIONS

**d009** (Helping the care recipient has made you more confident about your abilities in section Wellbeing)

Helping the care recipient has made you more confident about your abilities

- 1 Not so much
- 2 Somewhat
- 3 Very much

**d010** (Helping the care recipient has taught you to deal with difficult situations in section Wellbeing)

Helping the care recipient has taught you to deal with difficult situations

- 1 Not so much
- 2 Somewhat
- 3 Very much

**d011** (Helping the care recipient has brought you closer to them in section Wellbeing)

Helping the care recipient has brought you closer to them

- 1 Not so much
- 2 Somewhat
- 3 Very much

**d012** (Helping the care recipient gives you satisfaction that they are well cared for in section Wellbeing)

Helping the care recipient gives you satisfaction that they are well cared for

- 1 Not so much
- 2 Somewhat
- 3 Very much

END OF SUBGROUP

END OF GROUP

End of section **Wellbeing**

Start of section **Efficacy**

GROUP OF QUESTIONS PRESENTED ON THE SAME SCREEN

**eff\_intro** (Section Efficacy)

Please indicate the degree to which you agree or disagree with the following statements:

SUBGROUP OF QUESTIONS

**e001** (I know where to get the caregiving services I need in section Efficacy)

I know where to get the caregiving services I need

- 1 Strongly disagree
- 2 Disagree
- 3 Neither agree nor disagree
- 4 Agree
- 5 Strongly agree

**e002** (I have people I can turn to when I am feeling stressed about my caregiv-



ing responsibilities in section Efficacy)

I have people I can turn to when I am feeling stressed about my caregiving responsibilities

- 1 Strongly disagree
- 2 Disagree
- 3 Neither agree nor disagree
- 4 Agree
- 5 Strongly agree

**e003** (I feel confident that I can manage future caregiving challenges in section Efficacy)

I feel confident that I can manage future caregiving challenges

- 1 Strongly disagree
- 2 Disagree
- 3 Neither agree nor disagree
- 4 Agree
- 5 Strongly agree

END OF SUBGROUP

END OF GROUP

End of section **Efficacy**

Start of section **Closing**

**CS\_001** (HOW PLEASANT INTERVIEW in section Closing)

Could you tell us how interesting or uninteresting you found the questions in this survey?

- 1 Very interesting
- 2 Interesting
- 3 Neither interesting nor uninteresting
- 4 Uninteresting
- 5 Very uninteresting

**CS\_003** (comments in section Closing)

Do you have any other comments on the survey? Please type these in the box below. (If you have no comments, please click next to complete this survey.)

STRING

**IF treatment\_indicator = EMPTY THEN**

treatment\_indicator := /\* pre-assigned treatment \*/

/\* Respondents are assigned a-priori to a control (1) or treatment (2) group per variable treatment\_indicator. The treatment group receives a newsletter bi-weekly for 3 months, the control group does not. If preloading of the assignment fails (per variable

treatment\_indicator\_flag), respondents are randomly assigned to a group. \*/

```
IF treatment_indicator = EMPTY THEN
  treatment_indicator_flag := '2'
  treatment_indicator := mt_rand(1,2)
ELSE
  treatment_indicator_flag := '1'
END OF IF
END OF IF
```

```
IF treatment_indicator = 2 THEN
```

**thankyou2** (Section Efficacy)

Thank you for taking this survey. Your input helps improve support for caregivers like you. We've partnered with **My Care Friends**, an online community for caregivers, to create the **CARE** (Caregiver Assistance and Resilience Enhancement) **Program**.

Over the next three months, you'll get emails with short newsletters and videos. These will include real caregiver stories, helpful tips, expert advice, and useful resources. We hope you find these materials helpful! You'll also get a follow-up survey to share your thoughts.

```
ELSE
```

**thankyou1** (Section Efficacy)

Thank you for taking this survey. Your input helps improve support for caregivers like you. Please stay tuned for a follow-up survey in the next few months.

```
END OF IF
```

End of section **Closing**

/\* Please note that although question CS\_003 is listed in the routing, the answers are not included in the microdata in the event identifiable information is captured. Cleaned responses are available by request. \*/