

Supplementary Materials 1: Additional questions asked to unpaid caregivers

Are you an unpaid caregiver aged 18+ currently caring for an individual with multiple sclerosis, dementia, cancer and/or a mental health condition?

Definition of caregiver: Do you look after, or give a or support to, family members, friends, neighbours or others because they have a physical or mental ill-health or disability, or problems related to age?

- Yes/No

How many people do you care for?

- 1
- 2
- 3
- 4
- 5+

Please note: After this page, you will be asked questions about the person you enter as the 1st person you care for in the box below. This could be the person you spend the most time caring for.

Details about 1st person you care for

- Spouse/partner
- Son/daughter
- Parents
- Brother/sister
- Grandparent
- Cousin
- Step daughter/son
- Step parent
- Other type of relative
- Friend/neighbour

Name of condition(s) of the person you care for:

- Dementia
- Multiple Sclerosis
- Cancer
- Mental health condition

Details about 2nd person you care for

- Spouse/partner
- Son/daughter
- Parents
- Brother/sister
- Grandparent
- Cousin

- Step daughter/son
- Step parent
- Other type of relative
- Friend/neighbour

Name of condition(s) of the person you care for:

- Dementia
- Multiple Sclerosis
- Cancer
- Mental health condition

Details about 3rd person you care for

- Spouse/partner
- Son/daughter
- Parents
- Brother/sister
- Grandparent
- Cousin
- Step daughter/son
- Step parent
- Other type of relative
- Friend/neighbour

Name of condition(s) of the person you care for:

- Dementia
- Multiple Sclerosis
- Cancer
- Mental health condition

Details about 4th person you care for

- Spouse/partner
- Son/daughter
- Parents
- Brother/sister
- Grandparent
- Cousin
- Step daughter/son
- Step parent
- Other type of relative
- Friend/neighbour

Name of condition(s) of the person you care for:

- Dementia
- Multiple Sclerosis

- Cancer
- Mental health condition

Details about 5th person you care for

- Spouse/partner
- Son/daughter
- Parents
- Brother/sister
- Grandparent
- Cousin
- Step daughter/son
- Step parent
- Other type of relative
- Friend/neighbour

Name of condition(s) of the person you care for:

- Dementia
- Multiple Sclerosis
- Cancer
- Mental health condition

For the next part of the survey, please answer the questions based on the person you just entered as the 1st person you care for.

Approximately how many hours per week do you spend supporting the person you care for?

- 0 - 4
- 5 - 9
- 10 - 19
- 20 - 34
- 35 - 49
- 50 - 90
- Over 100

In general, do you feel you have someone that you can talk to (confide in)?

- Yes/no

If yes, how many people would you say that you confide in?

- [Free text]

How long would you say that you have been in a caregiving role for the person you care for?

- Under 6 months
- 6 - 12 months
- 1 - 2 years
- 2 - 3 years

- 3 - 4 years
- 4 - 5 years
- 5 - 6 years
- 6 - 7 years
- 7 - 8 years
- 8 - 9 years
- Over 10 years (please specify)

What age is the person you care for (in years)?

- [Free text]

What is the current employment status of the person you care for?

- Full-time employment
- Part-time employment
- Homemaker
- Full-time student
- Part-time student
- Retired
- Voluntary Work
- Other (please specify)

What is the gender the person you care for?

- Female
- Male
- Other (please specify)
- Prefer not to say

Name of condition(s) for the person you care for:

- Dementia
- Multiple Sclerosis
- Cancer
- Mental health condition

(If more than one selected) Which one would you say is currently the primary condition?

- Dementia
- Multiple Sclerosis
- Cancer
- Mental health condition

(If Dementia) Diagnosis (if known):

- Alzheimer's Disease (AD)
- Vascular Dementia (VaD)
- Dementia with Lewy bodies (DLB)
- Frontotemporal Dementia (FTD)
- Other (please specify)

Approximately how many years has the person you care for lived with this condition?

- [Free text]

(If Multiple Sclerosis) Diagnosis (if known):

- Relapsing remitting multiple sclerosis
- Secondary progressive multiple sclerosis
- Primary progressive multiple sclerosis
- Other (please specify)

Approximately how many years has the person you care for lived with this condition?

- [Free text]

(If Cancer) Diagnosis (if known):

- Lung cancer
- Gastrointestinal cancer
- Genito-urinary cancer
- Head and neck cancer
- Breast cancer
- Other (please specify)

Approximately how many years has the person you care for lived with this condition?

- [Free text]

(If Mental Health condition) Diagnosis (if known):

- Depression
- Anxiety
- Obsessive-compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)
- Bipolar disorder
- Personality disorder
- Eating disorder
- Psychosis/Schizophrenia
- Other (please specify)

Approximately how many years has the person you care for lived with this condition?

- [Free text]

Supplementary Materials 2

Hierarchical regression analysis testing the influence of our predictors on resilience while controlling for additional covariates

Predictor variable	<i>B</i>	<i>SE</i>	Beta	<i>t</i> -value
Step one				
GAD-7	-0.94	0.22	-.45	-4.23***
PHQ-9	-0.26	0.26	-.10	-0.97
Age	0.11	0.07	.11	1.60
Gender	-3.50	2.30	-.10	-1.52
Ethnicity	3.34	2.66	.08	1.26
Hours in caring per week	-0.35	0.79	-.03	-0.44
Step two				
GAD-7	-0.29	0.23	-.14	-1.28
PHQ-9	-0.04	0.23	-.02	-0.17
Age	0.12	0.06	.12	1.98
Gender	-0.05	2.10	.00	-0.03
Ethnicity	4.20	2.39	.10	1.76
Hours in caring role per week	0.45	0.72	-.04	-0.62
ERQ-R	3.43	0.70	.29	4.94***
ERQ-S	-0.23	0.62	-.02	-0.37
SST	19.95	4.94	.35	4.04***

Note. *B* = unstandardized coefficient; *SE* = standard error; Beta = standardised coefficient; *** $p < .001$, GAD-7 = Generalised Anxiety Disorder Questionnaire, PHQ-9 = Patient Health Questionnaire, ERQ-R = Emotion Regulation Questionnaire - Reappraisal, ERQ-S = Emotion Regulation Questionnaire - Suppression, SST = Scrambled Sentences Test