APPENDIX
Table 1: **Characteristics of caregivers (n=60) and patients (n=60)**

Characteristic	Detail	Caregivers		Patients	
		n	**(%)**	**n**	**(%)**
Sex	Female	39	65	25 (41.7)	42
	Male	21	35	35 (58.3)	58
Age	≤ 30 years	5	8	28 (46.7)	47
	31 to 40 years	13	22	11 (18.3)	18
	41 to 50 years	19	32	9 (15.0)	15
	51 to 60 years	11	18	8 (13.3)	13
	> 60 years	12	29	4 (6.7)	7
	Mean age in years (SD)	48.8 (15.0)	-	37.3 (15.4)	-
Highest level of education	Secondary school to end of Grade 9	24	40	21 (35.0)	35
	Secondary school to end of Grade 10	22	37	17 (28.3)	28
	Secondary school to end of Grade 12	7	12	10 (16.7)	17
	University/College	7	12	12 (20.2)	20
Occupational situation	Full time/Part time/In education or training	34	57	31 (51.7)	52
	Not working/Retired	26	43	25 (41.7)	42
	No information	-		4 (6.7)	7
Marital status	Single	15	25	-	
	Living with partner	45	75		
Degree of kinship: Patient is …	Spouse/Partner	21	35	-	
	Parent	17	38		
	Child	7	12		
	Sibling	10 4	17		
	Other relative/Friend		7		
Common household with patient	Yes	37	62	-	
	No	23	38		
Size of household	1 person	4 45	7	-	
	2-4 people	10	77		
	5 or more people		17		
Support in caring for the patient	Yes	39	65	-	
	No	21	35		
Family's monthly net income	≤ €1000	9	15	-	
	€1001 - €2000	28	47		
	€2001 - €3000	16	27		
	> €3000	6	10		
	Not specified	1	2		
Contact with patient per week	≤ 2 hours	5 15 11 5 24	8	-	
	More than 2 hours to 5 hours		25		
	More than 5 hours to 15 hours		18		
	More than 15 hours to 35 hours		8		
			40		

	> 35 hours				
Distance between place of residence and hospital	≤ 20 km	24	40	-	
	More than 20 km to 50 km	15 21	25		
	> 50 km		35		
Caregiver has legal responsibility for the patient	Yes	8 52	13	-	
	No		87		
Participation in caregiver group	Yes	7 53	12	-	
	No		88		
Duration of illness	≤ 15 years	-		37 (61.6)	62
	> 15 years			12 (20.0)	20
	No information			11 (18.3)	18
Previous psychotherapeutic treatment	Yes	-		13 (21.7)	22
	No			37 (61.7)	62
	No information			10 (16.7)	17
Ever attempted suicide	Yes	-		14 (23.3)	23
	No			41 (68.3)	68
	Unknown/Unclear			5 (8.3)	8
Clinical Global Impression (CGI) Part 1 (Admission)	"Moderately ill" or less	-		8 (13.3)	13
	More than "moderately ill"			49 (81.7)	82
	No information			3 (5.0)	5
Global Assessment of Functioning (GAF) (Admission)	≤ 40 points	-		37 (61.7)	62
	41-100 points			22 (36.7)	37
	No information			1 (1.7)	2
	Mean score (SD)	-		38.6 (12.2)	-
Care situation 24 hours after admission	No care	-		38 (63.3)	63
	Care arranged			17 (28.3)	28
	No information			5 (8.3)	8
Mental illness in first degree relative	Yes	-		13 (21.7)	22
	No			27 (45.0)	45
	No information			20 (33.3)	33
Duration of current hospital stay	≤ 50 days	-		25 (41.7)	42
	> 50 days			32 (53.3)	53
	No information			3 (5.0)	5
Informative discussions with caregiver/ psychoeducation	Yes	-		22 (36.7)	37
	No			35 (58.3)	58
	No information			3 (5.0)	5
Clinical Global Impression (CGI) Part 1 (Discharge)	"Moderately ill" or less	-		25 (41.7)	42
	More than "moderately ill"			30 (50.0)	50
	No information			-5 (8.3)	8
	Mean score (SD)	-		3.2 (0.9)	-
Global Assessment of Functioning (GAF) (Discharge)	≤ 40 points	-		7 (11.7)	12
	41-100 points			50 (83.3)	83
	No information			3 (5.0)	5
	Mean score (SD)	-		57.2 ((15.9)	-
Living situation of patient after discharge	Alone	-		16 (26.7)	27
	With family member(s)			42 (70.0)	70
	No information			2 (3.3)	3

Table 2: Frequency of burdens and rewards named by caregivers in each diagnostic group

| | | ICD-10 diagnosis | | | |
	Total	**Schizophrenia (F20) (n=15)**	**Depression (F31) (n=15)**	**Bipolar Disorder (F32/33) (n=15)**	**Personality Disorder (F60/61) (n=15)**
Number of burdens	787	180	233	197	177
Number of rewards	413	88	107	93	125
Ratio of "Number of burdens" to "Number of rewards"	1.9	2.1	2.2	2.1	1.4

Table 3: **Coping strategies of caregivers (n=60)**

Coping style (assessed with the Freiburg Questionnaire on Coping with Illness by F. Muthny, 1989)	ICD-10 diagnosis				Total (n=56)				
	F2 (n=13)	F31 (n=14)	F32/33 (n=15)	F60/61 (n=14)					
	Mean	Mean	Mean	Mean	Mean	Mode	SD	Min	Max
Depressive coping	2.5	2.4	2.4	2.2	2.4	2.2	0.80	1.0	4.6
Active, problem-oriented coping	3.6	3.5	3.3	3.4	3.5	3.4	0.90	1.0	5.0
Distraction and building self-esteem	2.6	2.8	2.5	3.0	2.7	2.8	0.71	1.0	4.4
Religiousness and searching for meaning	2.8	2.7	2.6	2.8	2.7	3.0	0.88	1.4	4.8
Trivialization and wishful thinking	2.7	2.3	1.8	2.1	2.2	1.0	0.89	1.0	4.7

Abbreviations: SD=standard deviation; Min= Minimum; Max=Maximum

Table 4: **Linear regression analysis with the dependent variable "Frequency of citing rewards"**

Predictor variables	Beta	*P* value
Increased "religiousness and searching for meaning" as strategy to cope with illness	0.425	0.001
Younger age of caregiver	0.378	0.002
More namings of burdens	0.343	0.005

Multiple linear regression: N=52; $F_{(3.0)}$=10.410; $p<0.000$; R^2=0.394