

Supplemental File 1. Measurements used for Physical and Mental Outcomes

Reference	Physical	Mental	Both	Physiological
Batista 2016	n/a	Caregiver Burden Scale Beck Depression Inventory Health-Related Quality of Life	SF-36	n/a
Canonici 2012	n/a	Neuropsychiatric Inventory Zarit Burden Interview	n/a	n/a
Connell 2011	n/a	Center for Epidemiologic Studies Depression Scale Perceived Stress Scale Revised Memory & Behavior Problem Checklist	n/a	n/a
Farran 2015	n/a	Subjective Caregiving Burden Scale Center for Epidemiologic Studies Depression Scale Positive & Negative Affect Scales	n/a	n/a
Hill 2007	Step Test Gait Velocity 6-minute walk Timed Sit-to-Stand	Geriatric Depression Scale Zarit Burden Interview	SF-36	n/a
Hirano 2011	Physical Activity Questionnaire	Zarit Burden Interview Visual Analogue Scale Neuropsychiatric Inventory	n/a	Heart Rate Blood Pressure Body Mass Index
King 1997	Maximum Oxygen Consumption Treadmill Duration	Perceived Stress Scale Taylor Manifest Anxiety Scale Beck Depression Inventory Screen for Caregiver Burden	n/a	n/a

King 2002	n/a	Neuropsychiatric Inventory Zarit Burden Interview	n/a	Body Mass Index Heart Rate Blood pressure
Lowery 2014	n/a	Zarit Burden Interview Neuropsychiatric Inventory	General Health Questionnaire	n/a
Martin 2014	n/a	Profile of Mood States	SF-36	n/a
Prick 2015	n/a	Center for Epidemiologic Studies Self-Perceived Pressure from Family Care Revised Memory & Behavior Problem Checklist	n/a	n/a
Puymbroeck 2007	Chair Stand Test Arm Curl Test 2-minute Step Test Chair Sit & Reach Test Back Scratch Test Eight-Foot Up & Go Test	n/a	n/a	Body Mass Index
Winters-Stone 2016	Bench Press Leg Press Chair Stand Test Gait Speed Test Physical Performance Battery Self-Reported Physical Function CHAMPS Questionnaire	n/a	SF-36*	Lean Mass Fat Mass

SF-36* = Short-Form 36 physical and mental component summaries