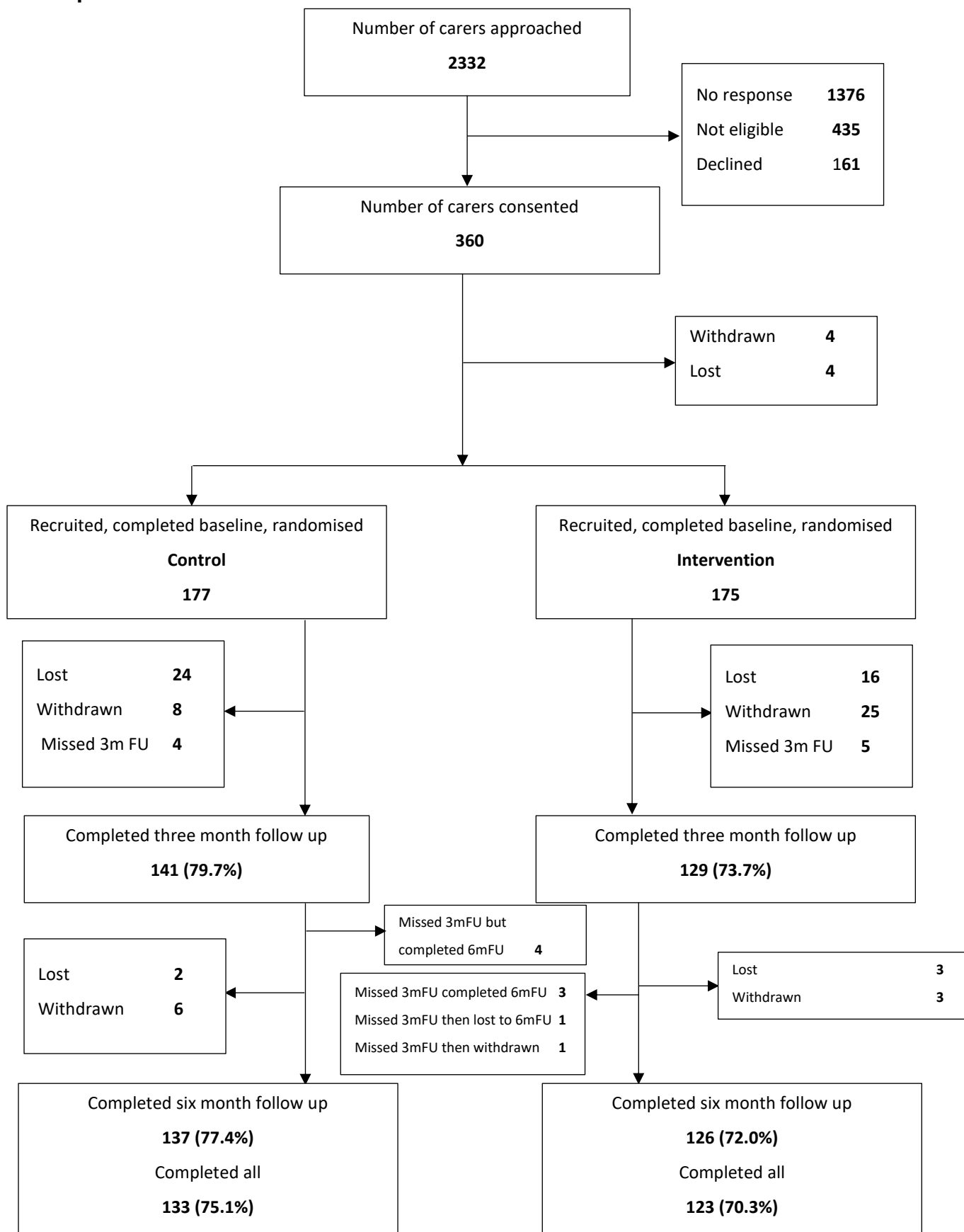


Participant Flow



Baseline Characteristics

Baseline Characteristic	Descriptive	Control	Intervention	Total
Age (years)	N (Missing)	177 (0)	175 (0)	352 (0)
	Mean (SD)	61.9 (11.3)	62.6 (12.0)	62.2 (11.6)
	Median [IQR]	62 [56, 70]	62 [56, 72]	62 [56, 71]
	Min, Max	28, 83	24, 89	24, 89
Gender	Male	36 (20.3%)	35 (20.0%)	71 (20.2%)
	Female	140 (79.1%)	140 (80.0%)	280 (79.6%)
	Other	0 (0%)	0 (0%)	0 (0%)
	No answer	1 (0.6%)	0 (0%)	1 (0.3%)
	Missing	0 (0%)	0 (0%)	0 (0%)
Main Language	English	175 (98.9%)	172 (98.3%)	347 (98.6%)
	Welsh	0 (0%)	2 (1.1%)	2 (0.6%)
	Gaelic	0 (0%)	0 (0%)	0 (0%)
	Other	2 (1.1%)	1 (0.6%)	3 (0.9%)
	Missing	0 (0%)	0 (0%)	0 (0%)
Ethnicity	English/Welsh/Scottish/Northern Irish/British	164 (92.7%)	164 (93.7%)	328 (93.2%)
	Irish	0 (0%)	1 (0.6%)	1 (0.3%)
	Gypsy or Irish Traveller	0 (0%)	0 (0%)	0 (0%)
	Any other White background	4 (2.3%)	3 (1.7%)	7 (2.0%)
	Indian	2 (1.1%)	1 (0.6%)	3 (0.9%)
	Pakistani	0 (0%)	0 (0%)	0 (0%)
	Bangladeshi	0 (0%)	0 (0%)	0 (0%)
	Chinese	1 (0.6%)	0 (0%)	1 (0.3%)
	Any other Asian background	0 (0%)	1 (0.6%)	1 (0.3%)
	White and Black Caribbean	0 (0%)	0 (0%)	0 (0%)
	White and Black African	0 (0%)	0 (0%)	0 (0%)
	White and Asian	2 (1.1%)	0 (0%)	2 (0.6%)
	Any other Mixed/multiple ethnic background	2 (1.1%)	0 (0%)	2 (0.6%)
	White and Black Caribbean	0 (0%)	0 (0%)	0 (0%)
	White and Black African	0 (0%)	0 (0%)	0 (0%)
	White and Asian	0 (0%)	0 (0%)	0 (0%)
	Any other Mixed/multiple ethnic background	0 (0%)	0 (0%)	0 (0%)
	African	0 (0%)	0 (0%)	0 (0%)
	Caribbean	1 (0.6%)	3 (1.7%)	4 (1.1%)
	Any other Black/African/Caribbean background	0 (0%)	1 (0.6%)	1 (0.3%)
	Arab	0 (0%)	0 (0%)	0 (0%)
	Any other ethnic group	0 (0%)	1 (0.6%)	1 (0.3%)
	Prefer not to say	1 (0.6%)	0 (0%)	1 (0.3%)
	Missing	0 (0%)	0 (0%)	0 (0%)
Marital Status	Single	18 (10.2%)	18 (10.3%)	36 (10.2%)
	Married	132 (74.6%)	130 (74.3%)	262 (74.4%)
	A Civil Partner	6 (3.4%)	3 (1.7%)	9 (2.6%)
	Separated but legally married	0 (0%)	2 (1.1%)	2 (0.6%)
	Divorced	5 (2.8%)	8 (4.6%)	13 (3.7%)
	Widowed	4 (2.3%)	1 (0.6%)	5 (1.4%)
	Cohabiting	12 (6.8%)	13 (7.4%)	25 (7.1%)
	Other	0 (0%)	0 (0%)	0 (0%)
	Missing	0 (0%)	0 (0%)	0 (0.0%)
What is your relationship to the person with dementia?	Spouse/partner	75 (42.4%)	77 (44.0%)	152 (43.2%)
	Sibling	3 (1.7%)	2 (1.1%)	5 (1.4%)
	Child	90 (50.9%)	87 (49.7%)	177 (50.3%)
	Parent	0 (0%)	0 (0%)	0 (0%)
	Friend	2 (1.1%)	1 (0.6%)	3 (0.9%)
	Other	7 (4.0%)	8 (4.6%)	15 (4.3%)
	Missing	0 (0%)	0 (0%)	0 (0%)
What type of dementia was diagnosed? (For person they care for)	Alzheimer's disease	80 (45.2%)	80 (45.7%)	160 (45.5%)
	Vascular Dementia	26 (14.7%)	28 (16.0%)	54 (15.3%)
	Familial Alzheimer's Disease	0 (0%)	1 (0.6%)	1 (0.3%)
	Fronto-temporal Dementia	5 (2.8%)	4 (2.3%)	9 (2.6%)
	Primary Progressive Aphasia	1 (0.6%)	0 (0%)	1 (0.3%)
	Posterior Cortical Atrophy	1 (0.6%)	1 (0.6%)	2 (0.6%)
	Dementia with Lewy Bodies	4 (2.3%)	5 (2.9%)	9 (2.6%)
	Other	47 (26.6%)	46 (26.3%)	93 (26.4%)
	Don't know	13 (7.3%)	10 (5.7%)	23 (6.5%)
	Missing	0 (0%)	0 (0%)	0 (0%)

Outcome Measures

	Baseline mean (SD)/ median [IQR]	T1 mean (SD)/ median [IQR]	T2 mean (SD)/ median [IQR]	Diff T1 Intervention – Control (mean [95% CI])	Diff T2 Intervention – Control (mean [95% CI])	p-value Group
Primary outcomes						
ZBI-12	Raw data			Multi-level mixed effects linear model		
Control	21.7 (7.9)/ 22 [15, 28]	20.0 (8.0)/ 20 [14, 26]	20.0 (8.3)/ 19 [14, 26]	0.67 [-0.57, 1.91]	0.16 [-1.17, 1.49]	0.290
Intervention	21.4 (8.4)/ 22 [16, 26]	21.1 (8.9)/ 22 [14.5, 27]	20.6 (8.6)/ 21 [13, 27]			
CESD-10	Raw data			Multi-level mixed effects linear model		
Control	9.9 (6.3)/ 8.5 [5,14]	8.9 (6.1)/ 8 [4, 13]	9.5 (7.0)/ 8 [5, 13]	0.24 [-0.95, 1.43]	-0.54 [-1.70, 0.62]	0.697
Intervention	10.9 (6.5)/ 10 [6, 16]	10.2 (6.4)/ 9 [5, 15]	9.8 (6.5)/ 10 [4, 14]			

Adverse Events

Group	Detail	Status	Severity	Is the event serious?	Expected?	Related to trial participation?
Control	Participant mentioned that they had difficulty walking and leg pain. They saw a GP and then went to a walk in centre and were instructed to go to accident and emergency. They were found to have a pulmonary embolism and were admitted as an inpatient. They will have further follow up checks. The participant is also undergoing examinations to screen for potential [organ] cancer. The participant completed the 6-month follow up interview, mentioned they were feeling well but waiting for follow up checks at hospital.	Ongoing – at end of study	Severe	Serious – requires hospitalisation / prolongation of existing hospitalisation	Unexpected	Not related
Control	Participant emailed the shared inbox reporting that their mental health had been poor, they were receiving counselling and taking anti-depressants. They also shared that they had attempted to take their own life.	Ongoing – at end of study	Severe	Serious – Important Medical Event	Unexpected	Unlikely
Control	Participant had a hospital appointment because nodules were found [in an organ] from a CT scan. They would have follow up visits to hospital to investigate this further.	Ongoing – at end of study	Moderate	Serious – persistent/ significant disability/ incapacity	Unexpected	Not related
Intervention	The participant bent over whilst gardening and could not lift themselves back up. The participant informed the researcher of this during the baseline assessment. They attended their local accident and emergency for this. When further contact was made the participant stated that their back was fine and they had no issues and were in good health	Resolved	Moderate	Serious – requires hospitalisation / prolongation of existing hospitalisation	Unexpected	Not related
Intervention	The participant developed a medical condition which gave them extreme fatigue and cognitive issues. They were having further investigations for this.	Ongoing – at end of study	Severe	Serious – persistent/ significant disability/ incapacity	Unexpected	Unlikely
Intervention	The participant attended their local emergency eye clinic due to partial sight loss. The participant mentioned this when asked about services they have used in the last three months. This happened suddenly and had not happened to the participant before, they will have ongoing appointments to treat and assess this.	Ongoing – at end of study	Moderate	Serious – persistent/ significant disability/ incapacity	Unexpected	Not related
Intervention	When trying to arrange the six month follow up with the participant, the participant let the researcher know that they were in hospital with blood pressure issues. When the researcher responded after their annual leave to say they hoped the participant was feeling better, the participant mentioned that they had a heart attack and had been in the local hospital for a few days. They were out of hospital at this time but were still feeling unsettled.	Ongoing – at end of study	Severe	Serious – is life-threatening	Unexpected	Not related
Intervention	The participant was involved in a road traffic accident and stated that they felt battered and bruised. During follow up interview the participant stated that they were doing much better, still in some discomfort but getting there.	Resolved	Severe	Serious – is life-threatening	Unexpected	Not related
Intervention	The participant emailed the shared inbox to state they had to have emergency surgery due to an infection. They were waiting for results and were still in hospital. During qualitative interview the participant mentioned that the infection had cleared but they were due a check up.	Ongoing – at end of study	Moderate	Serious – requires hospitalisation / prolongation of existing hospitalisation	Unexpected	Not related
Control	During T1 interview, participant felt unwell due to taking new medication and asked to resume the following week.	Resolved	Moderate	Not serious	Unexpected	Unlikely
Intervention	Participant tested positive for COVID-19 and felt unwell	Resolved	Moderate	Not serious	Unexpected	Not related
Intervention	Participant had COVID-19	Resolved	Moderate	Not serious	Unexpected	Not related