Supplementary Material

File 1 Objectives for each work-stream

WS1. A definitive pragmatic individually randomised controlled trial across Wales, Scotland and England, with a six-month nested internal pilot. This will:

• Determine progression of the definitive trial based on a go/review/stop criteria (nested internal pilot).
• Determine the effectiveness of ‘iSupport’ in reducing symptoms of distress and/or depression.
• Determine the effectiveness of ‘iSupport’ in reducing symptoms of anxiety.
• Determine the effectiveness of ‘iSupport’ in improving dementia knowledge, relationship quality and resilience.
• Describe the trial sample according to demographic/socioeconomic characteristics.

WS2. A process evaluation will be conducted in line with the established guidelines for process evaluations of complex evaluations\textsuperscript{15,16} to determine the barriers and facilitators to the implementation of ‘iSupport’ at scale, and the extent it supports carers in the face of the ongoing or future COVID-19 pandemic. This will:

• Determine participant engagement and adherence to ‘iSupport’.
• Explore the mechanisms of change.
• Identify the external factors to ‘iSupport’ which influence the delivery and function of the intervention.
• Explore the contextual factors that influence the scalability of ‘iSupport’ into wider contexts using the CICI framework.\textsuperscript{17}

WS3. A parallel cost-effectiveness analysis, undertaken from both a public sector perspective (NHS, personal social services and local authorities), and a societal perspective (public sector plus opportunity costs). This will:

• Calculate the costs of implementing ‘iSupport’, including technical support and time spent supporting carers to use the tool.
• Explore patterns of, and estimate the cost of, health and social care resource use for carers in the ‘iSupport’ and comparison arms of the trial.
• Explore patterns of, and estimate the cost of, health and social care resource use for the care recipients of carers in the trial.
• Explore the opportunity cost of informal care through the measurement of informal care time, types of care task, impacts on carer’s leisure and employment hours, and carers’ willingness to pay for more support.
• Using QALYs derived from the EQ-5D-5L, determine the cost-effectiveness of ‘iSupport’ compared to the control condition; conduct secondary cost-effectiveness analyses using the Zarit Burden Interview\textsuperscript{18} and the Centre for Epidemiological Studies of Depression Scale (CES-D10).\textsuperscript{19,20}
File 2 Recruitment process

Information from research partners, join Dementia Research, or direct responses to Support study adverts are used by Research Assistants (RAs) to contact potential participants.

- Email address
- Method to contact potential participant
- Phone number

RA emails leaflet, information sheet and consent form. Arrange a date for a 1:1 phone or internet meeting.

- RA calls and asks for an email address so that leaflet, information sheet and consent form can be sent. Arrange a date for a 1:1 phone or internet meeting.

During 1:1 meeting RA goes over PIS with potential participant and answers any questions they may have.

- Either not eligible, or eligible but not interested
- Eligible and interested

Is participant eligible and interested?

- RA asks reason, if willing to provide anonymised demographics for the Screening Log spreadsheet, and if would like a copy of the Support manual and information about support services
- RA records in Screening Log spreadsheet anonymised demographics (if given) and reason(s) not eligible or not interested.

- RA goes over the points in the Consent Form, takes informal consent, and sends a Statement of consent email to participant to reply with their name*
- RA records in Screening Log spreadsheet that a consent was taken

- Electronically “signed” Statement of consent is received by RA*
- RA saves a screenshot as a pdf file and saves this pdf in their University’s folder for Support study (access restricted)

- RA deletes original emails and records Participant ID and consent status in Participant Schedule spreadsheet

N.B. In the event participants request hard copies or prefer not to use email, paper versions of documents will be posted to their address and the process for taking consent would slightly differ. The participant would sign while on the phone with the researcher, return their signed consent form to the researcher for scanning, and a copy would then be returned to the participant.

*Support consent flowchart v2; 10/09/2021
File 3 Feasibility study flowchart

Phase 1: Adaptation of iSupport for young carers

Consent

W1  W2  W3

WHO-approved adapted pilot version of iSupport

Phase 2: Feasibility testing

Participant recruitment
Young dementia carers 11-17yrs. (n=30)

Consent

T0: Baseline data
(Outcomes measures to be chosen during Phase 1)

INTERVENTION DELIVERY
(Adapted pilot version of iSupport)

Online evaluations

T1: 3 months after baseline
T2: 6 months after baseline

Amendments following the evaluation

iSupport version - adapted to young carers
(WHO approved)

Workshops (W) on iSupport and outcome measures
- W1: 6-8 young dementia carers (11-17 yrs.)
- W2: 6-8 professionals who work with young carers
- W3: All participants who attended W1 and W2
File 4 Consent Forms

iSupport for Dementia Carers – Main trial

Consent Form

Full title of project: A randomised controlled trial and feasibility study of the effects of an e-health intervention ‘iSupport’ for reducing distress of dementia carers, especially in the ongoing pandemic of COVID-19

Project number: NIHR_130914

Name of lead investigator: Prof. Gill Windle

[The process for technology-mediated consent is detailed in the protocol]

Participant identification number: ________________

Please initial each box

1. I confirm that I have read and understood the information sheet dated 25/10/2021 (version 2) for this study, had the opportunity to ask questions and have had these answered satisfactorily.

2. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving any reason. I understand that if I withdraw this will not affect my health care or my legal rights in any way.

3. I understand that if I withdraw from the study the research team may continue to use the information that I previously provided up to that point, unless I indicate I do not want them to.

4. I understand that the information collected about me may be used to support other research in the future, and may be shared anonymously with other researchers.

5. I understand that I will not be identifiable in any data published in relation to this project.

6. I understand this study requires my involvement for six months and that I will be contacted by the research team approximately 3 months and 6 months after today’s date.

7. I understand that if the researchers hear or observe anything that causes serious concern about my health, safety or well-being, or that of another person close to me, they have a duty to inform the lead investigator.

8. I agree that my anonymised data can be deposited and securely stored in a data archive.

9. I agree to take part in the above study.

Name of Participant Date Signature
_________________________ ________________ _______________

Name of person Date Signature taking consent
_________________________ ________________ _______________

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## Discussing my experiences of using iSupport for Dementia Carers

### Consent Form

**Full title of project:** A randomised controlled trial and feasibility study of the effects of an e-health intervention ‘iSupport’ for reducing distress of dementia carers, especially in the ongoing pandemic of COVID-19  
**Project number:** NIHR_130914  
**Name of lead investigator:** Prof. Gill Windle  

[The process for technology-mediated consent is detailed in the protocol]

**Participant identification number:** ________________

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<td>I confirm that I have read and understood the information sheet dated 25/10/2021 (version 2) for this part of the study, had the opportunity to ask questions and have had these answered satisfactorily.</td>
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<td>I understand that my participation is voluntary and that I am free to withdraw at any time, without giving any reason. I understand that if I withdraw this will not affect my health care or my legal rights in any way.</td>
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<td>I understand that if I withdraw from the study the research team may continue to use the information that I previously provided up to that point, unless I indicate I do not want them to.</td>
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<td>I understand that the information collected about me may be used to support other research in the future, and may be shared anonymously with other researchers.</td>
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<td>5.</td>
<td>I agree to the interview being audio recorded as part of the research study.</td>
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<td>6.</td>
<td>I understand anonymised quotes from the interview may be included in any data published in relation to this project but that I will not be identifiable.</td>
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<td>7.</td>
<td>I understand that if the researchers hear or observe anything that causes serious concern about my health, safety or well-being, or that of another person close to me, they have a duty to inform the lead investigator.</td>
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<td>8.</td>
<td>I agree the anonymised transcripts and audio recordings of the interviews can be deposited and securely stored in a data archive.</td>
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<td>9.</td>
<td>I agree to take part in the above study.</td>
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**Name of Participant** ________________  
**Date** ________________  
**Signature** ________________

**Name of person taking consent** ________________  
**Date** ________________  
**Signature** ________________
**Adaptation of iSupport for younger dementia carers (Phase 1) Consent Form**

| **1.** | I confirm that I have read and understood the information sheet dated 25/10/2021 (version 3) for this study, had the opportunity to ask questions and have had these answered satisfactorily. |
| **2.** | I understand that my participation is voluntary and that I am free to withdraw at any time, without giving any reason. I understand that if I withdraw this will not affect my health care or my legal rights in any way. |
| **3.** | I agree to the workshops being audio and video recorded by the researcher as part of the study. |
| **4.** | I understand that if I withdraw from the study the research team may continue to use the information that I previously provided up to that point, unless I indicate I do not want them to. |
| **5.** | I understand that the information collected about me may be used to support other research in the future, and may be shared anonymously with other researchers. |
| **6.** | I understand that I will not be identifiable in any data published in relation to this project. |
| **7.** | I agree that my anonymised data can be deposited and securely stored in a data archive. |
| **8.** | I understand that if the researchers hear or observe anything that causes serious concern about my health, safety or well-being, or that of another person close to me, they have a duty to inform the lead investigator. |
| **9.** | I understand that as part of the study there is a procedure in place which deals with disclosures of malpractice or abuse reported by participants and in such instances researchers will be required to break confidentiality. |
| **10.** | I agree to take part in the above study. |

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**Feasibility testing iSupport for younger dementia carers (Phase 2) Consent Form**

**Full title of project:** A randomised controlled trial and feasibility study of the effects of an e-health intervention ‘iSupport’ for reducing distress of dementia carers, especially in the ongoing pandemic of COVID-19  
**Project number:** NIHR_130914  
**Name of lead investigator:** Prof. Gill Windle

[The process for technology-mediated consent is detailed in the protocol]

**Participant identification number:** ________________  
**Please initial each box**

1. I confirm that I have read and understood the information sheet dated 25/10/2021 (version 2) for this study, had the opportunity to ask questions and have had these answered satisfactorily.  

2. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving any reason. I understand that if I withdraw this will not affect my health care or my legal rights in any way.  

3. I understand this study requires my involvement for six months and that I will be contacted by the research team approximately 3 months and 6 months after today's date.  

4. I understand that if I withdraw from the study the research team may continue to use the information that I previously provided up to that point, unless I indicate I do not want them to.  

5. I understand that the information collected about me may be used to support other research in the future, and may be shared anonymously with other researchers.  

6. I understand that I will not be identifiable in any data published in relation to this project.  

7. I agree that my anonymised data can be deposited and securely stored in a data archive.  

8. I understand that if the researchers hear or observe anything that causes serious concern about my health, safety or well-being, or that of another person close to me, they have a duty to inform the lead investigator.  

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