

Supplemental Table for:

**Caregiver Experiences with an Internet-Delivered Insomnia Intervention: SHUTi-CARE
Trial Primary Qualitative Analysis**

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Supplementary Table 3. Barriers to Program Uptake Endorsed by SHUTi Non-users

Barrier	N	Follow-up <i>Prompts</i> / [SHUTi Non-user ID] Quotations (Primary care recipient's condition requiring care, proximity to care recipient)
It seemed like it would take too much time	5	<i>How much time did it seem like SHUTi would take each week?</i> [N1] "I didn't really want to spend any time – too much reading." (Alzheimer's disease/dementia, live apart) [N2] "More than I had available." (brain injury/damage, live apart) [N3] "Just extremely busy and overworked right now, so finding time to sit down and really read and comprehend what was being provided became difficult." (cancer, in-home) [N4] "At least 30 minutes" (stroke, in-home) [N5] "7 hours" (old age, in-home)
It didn't seem like it would work with my lifestyle	3	<i>What about your lifestyle did you feel would make it difficult to use SHUTi?</i> [N3] "Just extremely busy and overworked right now, so finding time to sit down and really read and comprehend what was being provided became difficult." (cancer, in-home) [N6] "I work 2 jobs and I'm not home a lot" (other, live apart) [N7] "My work hours vary in times. It is hard to keep the sleep schedule in control." (old age, bedpartner)
I didn't think it would help me	2	<i>How could an insomnia program like SHUTi be more helpful for you?</i> [N5] "More physical exercises" (old age, in-home) [N8] "I think my situation has too many factors outside of myself to consider" (autism spectrum disorder, in-home)
I don't need or want help for insomnia	1	<i>What, if any, other kinds of help would be useful for you right now?</i> [N9] "Not right now" (old age, live apart)
It seemed too complicated	1	<i>What about SHUTi seemed like it would be complicated?</i> [N3] "Just extremely busy and overworked right now, so finding time to sit down and really read and comprehend what was being provided became difficult." (note: repeat quote from above) (cancer, in-home)
It didn't seem relevant to my needs	1	<i>What needs did you feel that the program would not address?</i> [N7] "My need to get my sleep habits under control." (old age, bedpartner)
Something else	5	<i>Please specify</i> [N10] "I got very busy with my mother's health situation and simply put it on the back burner. I should have established it better as a daily habit." (Parkinson's, live apart)

Something else
(*cont'd*)

[N11] “At the time I was to start the program, my [mother-in-law] suffered a stroke and sustained paralysis on the left side. I am even more of a caretaker now. I have no time, at all.” (other, in-home)

[N12] “Up front, there seemed like a lot of repeat education of what I already knew about sleep - how important it is, etc. I wanted to get to the tools directly, but there was all this other stuff you had to go through before, I assume, getting to the tools. I feel like the education might have been better interspersed with the tools. I.e. Here's a tool, here's why it works (sleep education).” (autism spectrum disorder, in-home)

[N13] “Timing was an issue on my end. I ended up having a surgery date moved up on my schedule.” (old age, in-home)

[N14] “My physician prescribed Trazodone and provided sleep hygiene information. Also, I accessed the SHUTi materials but never had an opportunity to get through everything. When I did set aside time to review the information, the link to SHUTi program no longer functioned. Therefore, I could not access the program materials.” (Parkinson's, bedpartner)
