

SHUTi-CARE Self-reported Items (assessed via Qualtrics questionnaires)

Category	Instrument	Predictor/ Outcome Descriptive/ Eligibility, Aim #	# Items*	Assessment Points**				
				Interest Screen	Phone Screen	Baseline	9 Week Post	
							SHUTi User	No SHUTi
Verification	N/A	E	2	X				
Contact Information	N/A	E	12	X				
Caregiving	National Caregiving Association High Intensity Caregiving Index (includes Activities of Daily Living [ADL] & Instrumental ADL [IADL])	E; P	→	X (4 (+7))		X (3)		
Internet	N/A	E	2 (+1)	X				
Insomnia	Insomnia Severity Index	E; D	→	X (7)		2	2	2
Sleep	N/A	E	4	X				
Medical	N/A	E	→	X (2)	X (20 [+24])			
Medical	Restless Leg Syndrome - Short form diagnostic questionnaire <i>[only if NO to RLS diagnosis]</i>	E	2 (+9)		X			
Medical	Sleep Apnea (STOP BANG) <i>[only if NO to OSA diagnosis]</i>	E	8		X			
Psychological	Mini International Neuropsychiatric Interview (Mania, hypomania; Alcohol dependence / abuse; Substance dependence / abuse)	E	4 (+50)		X			
Sleep diaries	Consort sleep diary (10 in 14 days)	D	10			X	X	
Demographics	N/A	D	10			X		
Predictor: Proximity to CR	Where does the CR live Bed partner	P	2			X		
Caregiving descriptives	Duration; CR Age; CR condition; Living situation; CR Relationship; Total CRs; caregiving impact on sleep (2)	D	8			X		
Caregiving strain	Pearlin Stress Scale – Caregiving Overload subscale	P	4			X	X	X
Changes in caregiving	N/A	D	1 (+1)				X	X
Caregiving self- efficacy	Pearlin Stress Scale – Caregiving Competence subscale	P	4			X		
Caregiving guilt	Caregiver Guilt Questionnaire – Doing wrong, Not rising to occasion, and Self-care subscales	P	17			X		
CR functional status	Modified Barthel ADL Index	P	10			X		
CR cognitive status	Pearlin Stress Scale – Cognitive Status subscale	P	8			X		
CR problem behaviors	Pearlin Stress Scale – Problematic Behavior subscale	P	14			X		
Sleep beliefs	Dysfunctional Beliefs and Attitudes About Sleep	O2	16			X	X	
Sleep control	Sleep Locus of Control Scale	O2	8			X	X	
Global physical health	PROMIS Global Health – Physical 2a	D	2			X	X	X
Distress	Patient Health Questionnaire - 4	D	4			X	X	X
Barriers to using SHUTi	N/A – Multiple choice and free response items	O1	1 (+7)					X
SHUTi Evaluation	Select multiple choice items from the Client Satisfaction Questionnaire and the Internet Intervention Utility, Evaluation, and Adherence Questionnaires	O1	30				X	
SHUTi Evaluation	Free-response items	O1	9				X	
Wearables	N/A	D	2				X	X
Payment	N/A	(Process)	1			X	X	X
Willing to be contacted again	N/A	(Process)	1				X	X
Total questions per assessment (min – max)				34 – 49	34 – 106	123	90 - 91	18 – 26
Completion time, minutes				~10	~15 (Phone screen only)	~25	~30	~10

*Items: First number = number of items all individuals receive; (second number) = maximum additional items an individual could receive depending on particular responses requiring follow-up

**Where Items = → and a number listed in parentheses: different numbers of items across different assessment points