

Supplementary table 1. Prevalence of long-term social and emotional problems among patients and carers.^a

| Examples | Study | Methodology (source of participants; data collection; tool) | Time post stroke | Prevalence | |
|----------------------------------|--------------------|--|------------------|------------|-----------------|
| | | | | n | % |
| Depression | 2000 ³¹ | Early hospital discharges; face-to-face; HADS (>8) | 41 days | 125 | 62 |
| | 1987 ³⁴ | Community sample; WDI (>18) | 1 week | 350 | 18 |
| | 1987 ³⁴ | Former in-patients; GHQ-28 (>12) | 6 months | 149 | 23 |
| | 1997 ²² | Community-based register; face-to face; HADS (≥11) | 5 years | 96 | 23 |
| | 1986 ⁸ | Source NS; face-to-face; WDS (≥15) | 1 years | 246 | ^a 11 |
| | 1997 ²² | See above; HADS (≥11) | 5 years | 37 | ^a 14 |
| Anti-depressants | 1991 ¹² | Hospital admissions; face-to-face; self-report, unconfirmed | 3 years | 19 | 5 |
| Anxiety | 1997 ²² | See note ^b ; HADS (≥11) | 5 years | 96 | 19 |
| | 2000 ³¹ | See note ^b ; HADS (>10) | 41 days | 125 | 20 |
| | 1986 ⁸ | See note ^b ; self-report | 6 months | 223 | ^a 43 |
| Emotional distress | 1991 ¹² | See note ^b ; CSI (>6) | 3 years | 44 | ^a 30 |
| | 1998 ²⁶ | Via hospital admissions; face-to-face; GHQ-30 (>4/5) | 6 months | 187 | ^a 55 |
| Increased irritability | 1986 ⁸ | See note ^b ; Self-report | 6 months | 223 | ^a 28 |
| Personal mental health worries | 2001 ³² | Advertising, mail shot and targeted mailing; postal survey; RR — 23%; self-report. | 60% <5 years | 1265 | ^a 56 |
| Poor adjustment | 1982 ⁶ | Hospital stroke unit; face-to-face; self-report. | 2–3 years | 92 | 36 |
| Unable to go to shops | 1987 ⁹ | Hospital register; face-to-face; self-report item in ranked activities of daily living. | 6 months | 183 | 38 |
| Return to driving | 1982 ⁶ | See note ^b ; self-report | 2–3 years | 26 | 19 |
| Give up work | 1996 ²¹ | Via hospital; face-to-face; self-report | 3 months | 16 | ^a 25 |
| Stigmatisation | 1992 ¹⁴ | GP register; face-to-face; self-report | 9 months | 110 | 20 |
| Poorer relationship with patient | 1992 ¹⁴ | See note ^b ; self-report | 18 months | 76 | ^a 38 |
| Poorer relationship with spouse | 1982 ⁶ | See note ^b ; self-report | 2–3 years | 92 | 18 |
| Poorer sexual relationship | 1982 ⁶ | See note ^b ; self-report | 2–3 years | 50 | ^a 38 |
| Social isolation | 1992 ¹⁴ | See note ^b ; self-report | 18 months | 93 | 33 |
| | 1991 ¹² | See note ^b ; self-report item in NHP | 3 years | 44 | ^a 17 |
| Fear of patient falling | 1995 ¹⁹ | Via hospital admissions; face-to-face; self-report; pre-stroke fall rate used as control | 6 months | 72 | ^a 46 |

^aCarer prevalence estimates. ^bMethodological details of study provided earlier in table, see appropriate reference. HADS = hospital anxiety and depression scale; WDI = Wakefield depression inventory; GHQ = general health questionnaire; NS = not specified; WDS = Wakefield Depression Scale; CSI = carer strain index; RR = response rate; NHP = Nottingham health profile; PD = post discharge.