**Appendix Online 2. Description of the dependent and independent variables**

Dependent variables were understood as the number of hours of informal care received daily by the patient during the corresponding period. In phase 1 and 2, dependent variables were defined as: yi=1, if the informal care is none or less than 2 h/day; yi=2, if the informal care is between 2 and 4 h/day; yi=3, if the informal care is between 4 and 8 h/day; yi=4, if the informal care is more than 8 h/day, with i=1,..,n, where n is the number of individuals in the sample. In phase 3, an ordered logistic regression model could not be estimated because 66.67% of the patients needed less than 2 hours of informal care, so variability of our sample was drastically reduced. A binary logistic regression was applied instead. The dependent variable was to receive less than 2 hours/day vs. receive more than 2 hours/day.

Regarding to the independent variables, the patients’ sociodemographic characteristics included in the analyses were (the model reference variable is indicated by \*): gender (male; female\*); the age of the patient at the time of transplant (analysis has been centred on the median which is 49 years of age); marital status (with a partner: married/with a partner; without a partner\*: single/widowed/separated/divorced); the educational level (low level\*: without studies/primary studies; middle level: secondary studies/Bachelor/middle-grade vocational training; high level: university studies/higher vocational training). On the other hand, the clinical characteristics of the individual have been taken into account, which include health status, shown by the same on a scale of 1 to 5 (1: very bad health status; 2: bad; 3: regular; 4: good; 5: very good). That variable has been introduced in the models corresponding to phases 1 and 2 as very bad /bad\*; regular; good/very good health status. In phase 3 given the low variability of information in the health states of very bad and bad of patients, health status has been categorized as very bad/bad/regular\*; good/very good. Diagnosis type also was a clinical characteristic included in the models (acute leukaemia, lymphoma\* (Hodgkin and non-Hodgkin); multiple myeloma, and others). Also, it should be noted that in the later stages of phase 1 the variable that contains the type of transplant received by the patient according to the donor's stem cells was included as an additional variable, i.e. autologous\* (if the patient is his own donor), related allogeneic (if the donor is a relative) and unrelated allogeneic transplantation (if the donor is not a relative of the patient).22

Two sociodemographic characteristics of the caregiver were introduced in the three models, the gender (male; female\*) and employment status (employed; no employed\*: housewife/student/retired/unemployed/other).