

Author/year/country	Aims	Study design	Setting and sample	Summary of findings
Ng et al. (2016) Singapore	To explore the motivations and challenges facing family caregiving and to suggest a possible framework to guide culturally sensitive future work on caregivers	Qualitative Individual interviews Inductive thematic analysis	Caregivers of patients being treated for cancer N = 20 Female = 12 Male = 8 Age: 21–64 Mean age: 45 Relation: parents, spouse or other	Autonomous motivated caregivers cited learning points and reprioritised more effectively. Less autonomous caregivers reported more internal conflict and less control over their situation. Sociocultural values of family caregiving were not uniformly experienced as positive, and were burdensome for caregivers who gave care primarily for extrinsic motivations. The study's qualitative approach expands the framework of SDT
Strekalova (2016) USA	To understand how caregivers of newborns diagnosed with cystic fibrosis (CF) use online community forums to satisfy their need for competence, autonomy and Relatedness	Qualitative Conceptual-thematic analyses of the online forum discussions	106 threads with 645 responses written by parents on active CF online community forums Relation: Parents	Through online communication with parents in a similar situation, caregivers sought and received support for their autonomy (control over lifestyle changes and future planning), competence (understanding the diagnosis and recognising the health care needs) and relatedness (relate to the community of other families with same diagnosis, knowing they were not alone)
Badr et al. (2015) USA	To examine feasibility, acceptability and effects from a dyadic SDT intervention for patients with lung cancer and their informal caregivers	Quantitative randomised controlled trial (RCT)	Dyads of patients and caregivers Caregivers N = 39 Female = 27 Male = 12 Age: >35 Mean age: 51 Relation: spouse/partner or other close primary caregiver	The intervention was found feasible and acceptable by the participants, proven by a recruiting rate of 60%, and by participants' ratings of the intervention as helpful, relevant and convenient. The interventions found large decreases in participants' depression and anxiety, improved patient and caregiver competency and relatedness, and caregiver autonomous motivation, and a decrease in caregiver burden
Cossette et al. (2016) Canada	To test feasibility, acceptability and effects from a SDT-based nursing intervention for caregivers to support heart failure (HF) patients' self-care	Quantitative RCT	Dyads of HF patients and their caregivers Caregivers N = 32 Female = 23 Male = 9 Age: >18 Mean age: 64 Relation: Spouse, adult child, sibling, or significant other	The caregivers were overall satisfied with the intervention. The intervention proved acceptable in terms of content and structure, and highly appropriate to help HF self-management. Caregivers reported provision of high levels of support and feeling less amotivated in their supportive work
Kim et al. (2008) USA	To examine the prediction of caregiver well-being from the relationship qualities specified by attachment theory and from motives specified by SDT	Quantitative cross-sectional study Benefit finding in cancer caregiving experience, life satisfaction, and depressive symptoms were assessed to measure caregiver's psychological adjustment	Caregivers N = 314 to cancer survivors Female = 160 Male = 154 Age: >18 Mean age: 57 Relation: Spousal relationship	Autonomous motivation was associated with positive outcomes for caregivers, including less depression in men and increased benefit-finding in women. For both genders, attachment security related positively to autonomous motives for finding benefit in caregiving. Attachment anxiety related to introjected motives for caregiving and less life satisfaction, less well-being and more depression
Kim et al. (2015) USA	To investigate the extent to which caregiving motives earlier in a relative's cancer pathway predict caregivers' spirituality and Quality of Life (QoL) years after	Quantitative longitudinal study Caregiving motives were measured after 2 years and spirituality and QoL (mental and physical health) were measured at 5 years postdiagnosis	Family caregivers N = 369 who were caring for cancer survivors Female = 233, Male = 136 Age: 19–90 Mean age: 55 Relation: family members and close friends	Internal reasons for caregiving were personal endorsement of caring as meaningful, important and valuable. Having a greater sense of autonomy correlated with having long-term greater spirituality and better mental health among male caregivers. Among female caregivers, having higher caregiving demands resulted in worse long-term physical health. Being peaceful predicted better mental health for both genders, and better physical health among men. Findings were fully consistent with SDT and therefore the theory was evaluated as useful when applied in the cancer caregiving context
Kindt et al. (2015) Belgium	To examine the relationship between autonomous versus controlled motivation to help in caregivers of individuals with chronic pain and caregivers' personal and relational function	Quantitative, cross-sectional study Outcomes tested among caregivers were life satisfaction, positive and negative affect, helping motivation, helping exhaustion, relationship quality, psychological distress, and need satisfaction	Sample of 48 couples, of which one partner had chronic pain Caregivers N = 48 Female = 12 Male = 36 Age: 31-67 Mean age: 54 Relation: Spouses and other definition of partners	Autonomous motives for helping among partners related positively to partners' well-being and relationship quality, and negatively to distress and helping exhaustion. Relationship-based need satisfaction in partners was positively associated with their personal well-being relational function. Controlled motivated partners gained little well-being from helping their partner with chronic pain. Applying SDT in a context of pain provided new insights into why chronic pain affected partners' outcome
Kindt et al. (2016) Belgium	To examine associations between day-to-day fluctuations in partners' type of helping motivation and several outcomes, among partners and chronic pain patient	Quantitative diary survey Outcomes tested among caregivers included daily helping motivation together, daily affect, relational conflict, and relational-based need satisfaction	Dyads of 70 where one partner had chronic pain Caregivers N = 70 Female = 17 Male = 53 Age: >18 Mean age: 55 Relation: Spouses and other definition of partners	Fluctuations in partners' daily autonomous helping motivation related positively to improvements in positive affect and decreases in negative affect, relational conflict, and helping exhaustion among partners. Providing autonomous help related to improvements in partners' daily relationship-based psychological need satisfaction The SDT-perspective proved useful and applying the theory within pain research has the potential of providing more clinically relevant directions
Kindt et al. (2017) Belgium	To examine whether perceived gratitude (i.e., received appreciation for providing support) in partners and goal conflicts in partners predicted partners' helping motivation	Quantitative diary study during 14 days For partners, daily goal conflict, perceived gratitude and helping motivation were assessed	Dyads of chronic pain patients (ICP) and partners. Caregivers N = 64 Female = 6 Male = 58 Age: >18 Mean age: 51 Relation: Spouses and other definition of partners	Caregivers provided more autonomously motivated help on days when they experienced fewer goal conflicts and perceived more gratitude from their partner. Perceived gratitude predicted an increase in caregivers' autonomous helping motivation the same day and the day after On days that partners experience a lot of interference between helping the ICP and other life goals, they felt more pressured to provide help
Pierce et al. (2001) Canada	To further our understanding of the factors associated with the well-being of family caregivers by examining the contributions of commitment and self-determination	Quantitative interviews and questionnaire Outcomes tested were commitment, internalisation, caregivers' satisfaction with providing care and well-being	Caregivers of persons with dementia N = 50 Female = 35, Male = 15 Age: >18 Mean age: 54 Relation: spouse, siblings, adult children or other	Greater identification with caregiving generated enthusiasm, which then was a significant predictor of caregivers' general well-being. Enthusiasm stems from a more self-determined internalisation of caregiving. A more identified internalisation of their role lead caregivers to appraise difficult situations as less threatening