Alguns sites que também tirei informações, mas não foram os principais:

https://learn.microsoft.com/en-us/windows/win32/fileio/encrypted-files-and-user-keys
https://learn.microsoft.com/en-us/windows/win32/fileio/backup-and-restore-of-encrypted-files

https://learn.microsoft.com/en-us/windows/win32/fileio/file-security-and-access-rights

https://learn.microsoft.com/en-us/windows/win32/api/fileapi/nf-fileapi-createfilea

https://learn.microsoft.com/en-us/windows/win32/api/winbase/nf-winbase-encryptfilea

https://learn.microsoft.com/en-us/windows/win32/api/winbase/nf-winbase-decryptfilea