Tables and Figures

Participant Demographics and Parkinson’s Disease Patient Clinical Measures

|  |  | Mean (Std.Dev.) |
| --- | --- | --- |
| Care Partner | Female (n, %) | 5 (62.5% ) |
| Care Partner | Male (n, %) | 3 (37.5% ) |
| Care Partner | Age (years) | 68.5 (7.39) |
| Care Partner | Education (years) | 14.57 (2.51) |
| Persons with Parkinson’s Disease | Female (n, %) | 4 (44.44% ) |
| Persons with Parkinson’s Disease | Male (n, %) | 5 (55.56% ) |
| Persons with Parkinson’s Disease | Age (years) | 70.22 (5.8) |
| Persons with Parkinson’s Disease | Education (years) | 14.56 (1.94) |
| Persons with Parkinson’s Disease | Age of PD Onset (years) | 68.78 (5.91) |
| Persons with Parkinson’s Disease | Hoen & Yahr Score | 2.22 (0.36) |
| Persons with Parkinson’s Disease | Symptom Duration (years) | 1.54 (1) |
| Persons with Parkinson’s Disease | Carbidopa-Levidopa Dose (mg/day) | 163.89 (71.93) - 655.56 (287.71) |

Score Interpretation of Psychometric Instruments Administered

|  |  | CP | CP | PwPD | PwPD |
| --- | --- | --- | --- | --- | --- |
| Instrument | Score Interpretation | Pre-test | Post-test | Pre-test | Post-test |
| GDS-SF | Normal | 8 | 8 | 6 | 7 |
| GDS-SF | Mild Depression | 0 | 0 | 2 | 2 |
| GDS-SF | Severe Depression | 0 | 0 | 1 | 0 |
| GAD-7 | Minimal Anxiety | 7 | 8 | 6 | 5 |
| GAD-7 | Mild Anxiety | 1 | 0 | 2 | 4 |
| GAD-7 | Moderate Anxiety | 0 | 0 | 1 | 0 |
| MoCA | Normal | 4 | 5 | 4 | 5 |
| MoCA | Impaired | 4 | 3 | 5 | 4 |
| BRS | High Resilience | 2 | 3 | 3 | 2 |
| BRS | Normal Resilience | 6 | 5 | 6 | 6 |
| BRS | Low Resilience | 0 | 0 | 0 | 1 |
| RDAS | Non-Distress | 7 | 7 | 8 | 8 |

Intervention Measures for Patients with Parkinson’s Disease

| Instrument | Dimension | Mean Difference | Std.Err. | 95% CI | p-value | t | df |
| --- | --- | --- | --- | --- | --- | --- | --- |
| UPDRS-III |  | -7.38 | 1.28 | (-10.4, -4.35) | 0.00 | -5.76 | 7 |
| FGA |  | 3.50 | 0.82 | (1.55, 5.45) | 0.00 | 4.25 | 7 |
| 10-m Gait Speed |  | 0.27 | 0.06 | (0.14, 0.4) | 0.00 | 4.80 | 7 |
| PDQ-39 | Mobility | -13.61 | 4.49 | (-23.96, -3.26) | 0.02 | -3.03 | 8 |
| PDQ-39 | Activities of Daily Living | -1.39 | 3.26 | (-8.9, 6.12) | 0.68 | -0.43 | 8 |
| PDQ-39 | Emotional Well Being | -8.33 | 6.86 | (-24.57, 7.9) | 0.26 | -1.21 | 7 |
| PDQ-39 | Stigma | 3.47 | 5.22 | (-8.56, 15.51) | 0.52 | 0.67 | 8 |
| PDQ-39 | Social Support | -5.56 | 2.78 | (-11.96, 0.85) | 0.08 | -2.00 | 8 |
| PDQ-39 | Cognition | -7.64 | 4.51 | (-18.05, 2.77) | 0.13 | -1.69 | 8 |
| PDQ-39 | Communication | -4.63 | 5.57 | (-17.49, 8.23) | 0.43 | -0.83 | 8 |
| PDQ-39 | Bodily Discomfort | -1.85 | 5.52 | (-14.57, 10.87) | 0.75 | -0.34 | 8 |
| PDQ-39 | Summary Index | -4.71 | 3.93 | (-14.02, 4.59) | 0.27 | -1.20 | 7 |
| PROMIS-29 | Physical Function | 1.54 | 1.44 | (-1.78, 4.87) | 0.31 | 1.07 | 8 |
| PROMIS-29 | Anxiety | -2.89 | 2.34 | (-8.29, 2.51) | 0.25 | -1.23 | 8 |
| PROMIS-29 | Depression | -2.19 | 2.29 | (-7.46, 3.08) | 0.37 | -0.96 | 8 |
| PROMIS-29 | Fatigue | -5.99 | 2.12 | (-10.88, -1.1) | 0.02 | -2.83 | 8 |
| PROMIS-29 | Sleep Disturbance | -0.02 | 1.69 | (-3.93, 3.89) | 0.99 | -0.01 | 8 |
| PROMIS-29 | Social Participation | 4.69 | 0.90 | (2.62, 6.76) | 0.00 | 5.21 | 8 |
| PROMIS-29 | Pain Interference | -3.12 | 2.56 | (-9.02, 2.77) | 0.26 | -1.22 | 8 |
| GDS-SF | Total Score GDS | -1.33 | 0.87 | (-3.33, 0.66) | 0.16 | -1.54 | 8 |
| GAD-7 | Total Score GAD-7 | 0.22 | 1.78 | (-3.88, 4.32) | 0.90 | 0.12 | 8 |
| MoCA | Orientation | -0.11 | 0.20 | (-0.57, 0.35) | 0.59 | -0.55 | 8 |
| MoCA | Delay Recall | 0.44 | 0.63 | (-1, 1.89) | 0.50 | 0.71 | 8 |
| MoCA | Abstraction | 0.00 | 0.17 | (-0.38, 0.38) | 1.00 | 0.00 | 8 |
| MoCA | Language | 0.56 | 0.34 | (-0.22, 1.33) | 0.14 | 1.64 | 8 |
| MoCA | Attention | -0.67 | 0.24 | (-1.21, -0.12) | 0.02 | -2.83 | 8 |
| MoCA | Naming | 0.22 | 0.15 | (-0.12, 0.56) | 0.17 | 1.51 | 8 |
| MoCA | Visuospatial/Executive | 0.11 | 0.35 | (-0.7, 0.92) | 0.76 | 0.32 | 8 |
| MoCA | Total Score MOCA | 0.56 | 0.99 | (-1.72, 2.83) | 0.59 | 0.56 | 8 |
| BRS | Total Score BRS | -0.04 | 0.18 | (-0.45, 0.38) | 0.84 | -0.21 | 8 |
| RDAS | Consensus | 0.62 | 1.29 | (-2.44, 3.69) | 0.64 | 0.48 | 7 |
| RDAS | Satisfaction | -0.12 | 0.35 | (-0.95, 0.7) | 0.73 | -0.36 | 7 |
| RDAS | Cohesion | 0.50 | 0.57 | (-0.84, 1.84) | 0.41 | 0.88 | 7 |
| HRV | Mean RR (ms): | 10.96 | 11.18 | (-16.39, 38.31) | 0.36 | 0.98 | 6 |
| HRV | SDNN (ms): | 3.85 | 1.72 | (-0.36, 8.06) | 0.07 | 2.24 | 6 |
| HRV | Mean HR (beats/min): | -1.34 | 1.03 | (-3.87, 1.18) | 0.24 | -1.30 | 6 |
| HRV | RMSSD (ms): | 5.94 | 2.26 | (0.4, 11.48) | 0.04 | 2.62 | 6 |
| HRV | pNNxx (%): | 1.99 | 1.18 | (-0.9, 4.88) | 0.14 | 1.68 | 6 |

Intervention Measures for Care Partners of Patients with Parkinson’s Disease

| Instrument | Dimension | Mean Difference | Std.Err. | 95% CI | p-value | t | df |
| --- | --- | --- | --- | --- | --- | --- | --- |
| PROMIS-29 | Physical Function | 2.54 | 1.64 | (-1.47, 6.56) | 0.17 | 1.55 | 6 |
| PROMIS-29 | Anxiety | 2.33 | 1.24 | (-0.6, 5.25) | 0.10 | 1.88 | 7 |
| PROMIS-29 | Depression | -1.35 | 1.35 | (-4.54, 1.84) | 0.35 | -1.00 | 7 |
| PROMIS-29 | Fatigue | -0.99 | 1.73 | (-5.07, 3.1) | 0.59 | -0.57 | 7 |
| PROMIS-29 | Sleep Disturbance | 0.95 | 1.20 | (-2.14, 4.04) | 0.46 | 0.79 | 5 |
| PROMIS-29 | Social Participation | 2.10 | 1.50 | (-1.45, 5.65) | 0.20 | 1.40 | 7 |
| PROMIS-29 | Pain Interference | 0.56 | 2.56 | (-5.49, 6.62) | 0.83 | 0.22 | 7 |
| GDS-SF | Total Score GDS | -0.88 | 0.30 | (-1.57, -0.18) | 0.02 | -2.97 | 7 |
| GAD-7 | Total Score GAD-7 | -0.62 | 0.80 | (-2.52, 1.27) | 0.46 | -0.78 | 7 |
| MoCA | Orientation | 0.00 | 0.00 | (NaN, NaN) | 0 | 0 | 7 |
| MoCA | Delay Recall | -0.62 | 0.73 | (-2.35, 1.1) | 0.42 | -0.86 | 7 |
| MoCA | Abstraction | 0.12 | 0.12 | (-0.17, 0.42) | 0.35 | 1.00 | 7 |
| MoCA | Language | 0.12 | 0.30 | (-0.57, 0.82) | 0.68 | 0.42 | 7 |
| MoCA | Attention | 0.50 | 0.38 | (-0.39, 1.39) | 0.23 | 1.32 | 7 |
| MoCA | Naming | 0.00 | 0.00 | (NaN, NaN) | 0 | 0 | 7 |
| MoCA | Visuospatial/Executive | 0.38 | 0.26 | (-0.25, 1) | 0.20 | 1.43 | 7 |
| MoCA | Total Score MOCA | 0.38 | 0.91 | (-1.77, 2.52) | 0.69 | 0.41 | 7 |
| BRS | Total Score BRS | 0.13 | 0.22 | (-0.39, 0.64) | 0.58 | 0.57 | 7 |
| RDAS | Consensus | -0.57 | 0.78 | (-2.49, 1.34) | 0.49 | -0.73 | 6 |
| RDAS | Satisfaction | 0.29 | 0.18 | (-0.17, 0.74) | 0.17 | 1.55 | 6 |
| RDAS | Cohesion | 0.86 | 0.96 | (-1.5, 3.21) | 0.41 | 0.89 | 6 |
| HRV | Mean RR (ms): | 8.71 | 9.84 | (-15.38, 32.8) | 0.41 | 0.88 | 6 |
| HRV | SDNN (ms): | 1.09 | 0.75 | (-0.75, 2.93) | 0.20 | 1.45 | 6 |
| HRV | Mean HR (beats/min): | -0.95 | 0.92 | (-3.2, 1.31) | 0.34 | -1.03 | 6 |
| HRV | RMSSD (ms): | 1.85 | 0.76 | (-0.02, 3.72) | 0.05 | 2.42 | 6 |
| HRV | pNNxx (%): | 0.87 | 0.41 | (-0.13, 1.87) | 0.08 | 2.12 | 6 |



