

Supplementary Materials

Table. Exploratory Structural Equation Modeling Factor Loadings of the Italian Youth Activities of Caregiving Scale (YACS).

| Factors and Items | Instrumental | Social/ Emotional | Personal/ Intimate |
|--|--------------|----------------------|-----------------------|
| <i>Instrumental</i> | | | |
| 2 Using public transport | .308 | .085 | .091 |
| 3 Getting around when we are out of the house | .353 | .147 | .041 |
| 6 Making telephone calls, filling out forms or writing letters | .685 | .085 | -.099 |
| 7 Paying bill and managing money | .677 | -.128 | .010 |
| 9 Arranging and attending appointments and meetings | .790 | -.016 | .017 |
| 10 Speaking to doctors, pharmacists, other professionals | .791 | -.009 | -.047 |
| <i>Social/Emotional</i> | | | |
| 4 Looking after other children or family members | .214 | .388 | .103 |
| 12 Walking with my family member | .221 | .450 | .011 |
| 13 Keeping them company | .030 | .727 | .024 |
| 14 Keeping them occupied | .161 | .544 | .065 |
| 15 Keeping them happy | -.062 | .829 | .004 |
| 16 Helping them when they are feeling bad | -.020 | .809 | -.064 |
| 17 Remembering things | .228 | .481 | -.042 |
| 18 Helping them when they are tired | .070 | .675 | -.039 |
| <i>Personal/Intimate</i> | | | |
| 19 Going to the toilet | -.007 | .021 | .693 |
| 20 Eating | .001 | .007 | .714 |
| 21 Showering and bathing | .007 | -.039 | .701 |
| 22 Dressing | .003 | .008 | .764 |
| 23 Bladder or bowel control | .062 | -.145 | .633 |
| 24 Getting in and out of bed | -.026 | .002 | .847 |
| 25 Moving about the house | .009 | .008 | .811 |
| 26 Picking things up | -.018 | .185 | .548 |

Notes. All coefficients in bold are significant at $p < .001$.