

Table 3. Standardized direct, indirect and total effects

	Standardized direct effect	Standardized indirect effect	Standardized total effect
	β	β	β
PSS > GHQ	-0.117*		-0.117*
BCOPE > GHQ			
Self-distraction > GHQ	0.04		0.04
Behavioural disengagement > GHQ	0.089		0.089
Substance use > GHQ	0.017		0.017
Self-blame > GHQ	0.056		0.056
CJCS > BCOPE			
CJCS > Self-distraction	0.061		0.061
CJCS > Behavioural disengagement	-0.294**		-0.294**
CJCS > Substance use	-0.130*		-0.130*
CJCS > Self-blame	-0.136**		-0.136**
ZBI > BCOPE			
ZBI > Self-distraction	0.430**		0.430**
ZBI > Behavioural disengagement	0.439**		0.439**
ZBI > Substance use	0.213**		0.213**
ZBI > Self-blame	0.344**		0.344**
RMBPC > BCOPE			
RMBPC > Self-distraction		0.148**	0.148**
RMBPC > Behavioural Disengagement		0.151**	0.151**
RMBPC > Substance use		0.073**	0.073**
RMBPC > Self-blame		0.119**	0.119**
RMBPC > ZBI	0.344**		0.344**
CJCS > PSS	0.119*		0.119*
ZBI > PSS	-0.180**		-0.180**
RMBPC > PSS		-0.062**	-0.062**
CJCS > GHQ		-0.047	-0.047
ZBI > GHQ	0.530**	0.100**	0.630**
RMBPC > GHQ		0.217**	0.217**

* $p > .05$; ** $p > .01$

Note. PSS, Perceived Support Received Scale; CJCS, Cultural Justification for Caregiving Scale; RMBPC, The Revised Memory and Behavior Problems Checklist; ZBI, The Zarit Burden Interview; BCOPE, The Brief COPE scale; GHQ, General Health Questionnaire.