

Exploring benefit finding and psychological wellbeing in spousal dementia caregivers.

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Caregiving Experience

- Previous caregiver research focused almost specifically on the negative aspects of caregiving.
- ***Is this the whole picture?***



Both negative aspects and positive aspects associated with providing care.

Negative

Burden
Depression
Anxiety
Loneliness



Positive

Companionship
Fulfilment
Personal growth
Sense of purpose

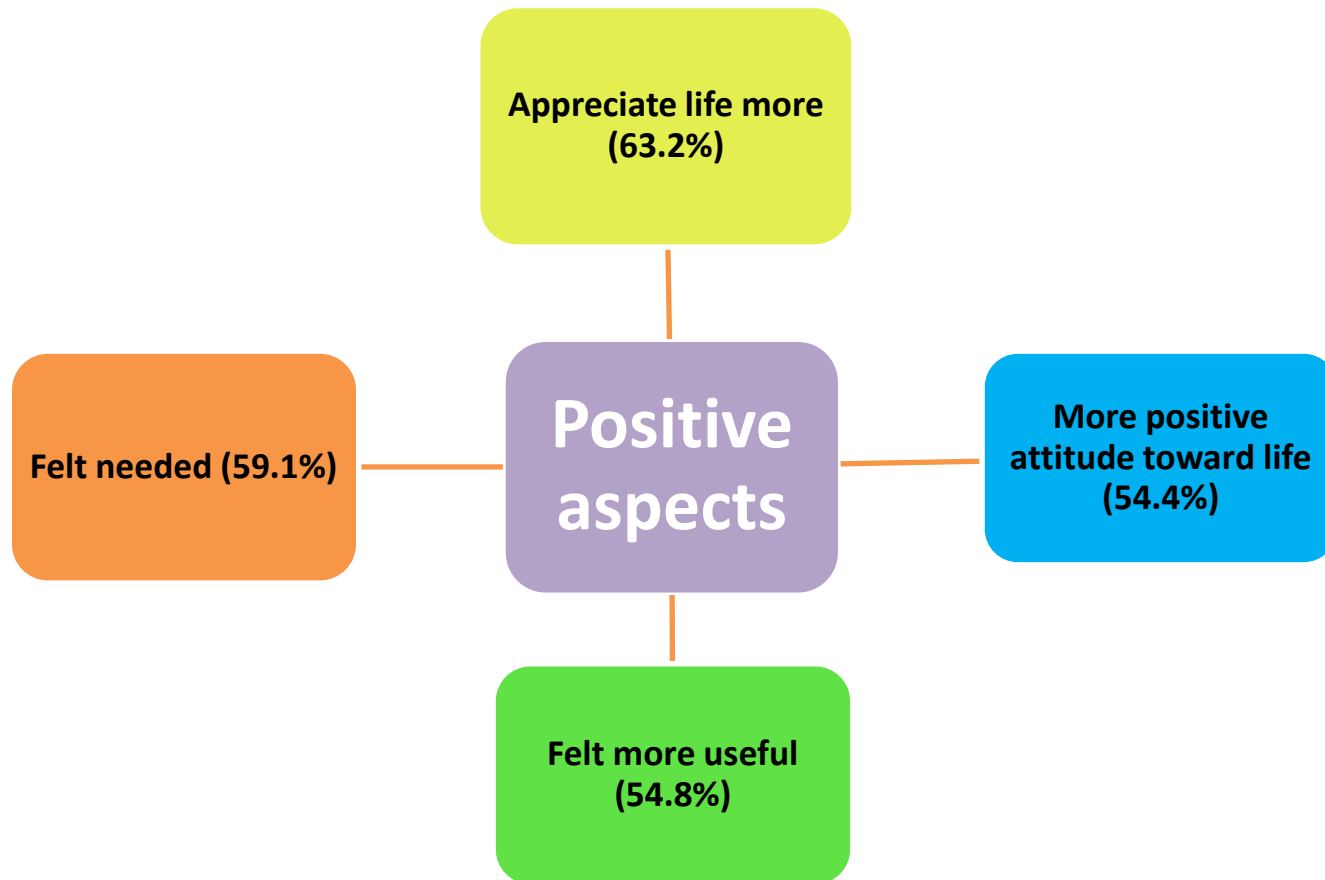
What are positive aspects of caregiving?

Conceptualised differently across studies with a variety of definitions.

- Satisfaction
- Gratification
- Meaning
- Personal gains
- Benefits
- Uplifts and enjoyments



Positive aspects identified in the present study



Is benefit finding beneficial?

- ★ Greater benefit finding associated with better psychological wellbeing (lower anxiety & depression).
- ★ May act as a buffer against negative outcomes (burden, depression).
- ★ Benefit finding interventions may be more effective than psychoeducational interventions in reducing depressive symptoms.
- ★ Link between higher satisfaction and reduced risk of institutionalisation.

Is it important to study benefit finding?

- ★ What predicts benefit finding?
- ★ How does BF impact on psychological wellbeing?
- ★ Who benefits from benefit finding?



How does benefit finding work?

**Positive
appraisal**

**Positive
aspects**

**Less
negative
outcomes**



Predictors of benefit finding

Socio-demographic factors

- Age
- Gender
- Income
- Education
- Culture

Caregiving-related factors

- Burden
- Role Captivity
- Duration of caregiving
- Type of relationship (e.g., Spouse, child)
- Quality of prior relationship

Care-recipient-related factors

- BPSD symptoms & severity
- Cognitive functioning
- Functional disability

Caregiver resources

- Religiosity
- Spirituality
- Self-efficacy & competence
- Coping Strategies
- Psychological wellbeing
- Physical health
- Social Support

Caregiver burden

- The extent to which a caregiver perceives that caregiving has had an adverse effect on their physical, psychological, emotional, social and financial functioning.
- 20 – 50% of dementia caregivers report high levels of burden
- Other caregivers < dementia caregivers < spousal dementia caregivers



Photo by wueStenfUXX from Photocase.com

Behavioural and Psychological Symptoms of Dementia (BPSD)

- Non-cognitive behavioural and psychological symptoms of dementia.
- Among the strongest predictors of burden and psychological distress in dementia caregivers.
- Aggression/agitation, depression, anxiety, apathy, disinhibition and irritability.

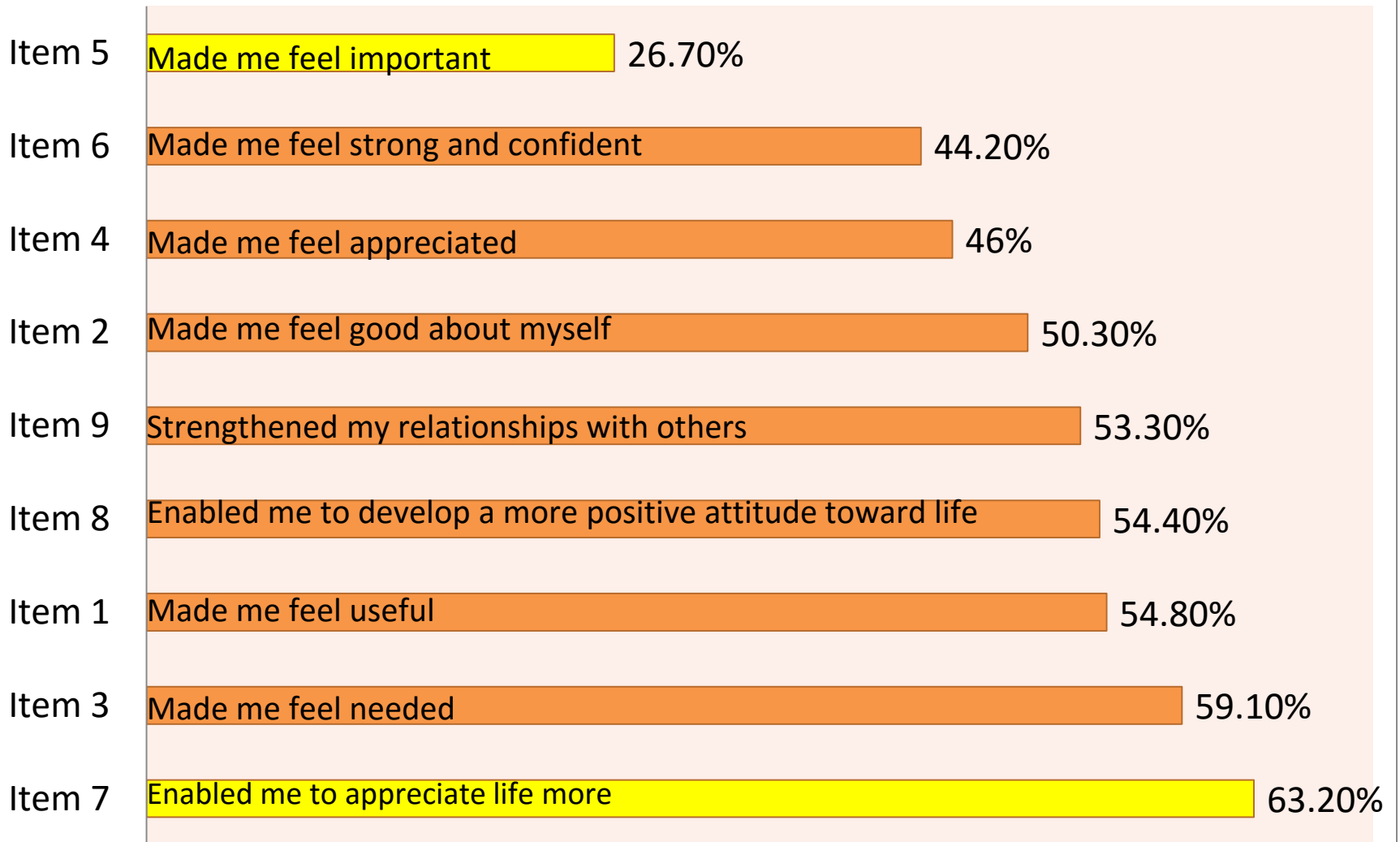
Aims

1. Do spousal dementia caregivers identify benefits associated with caregiving?
 - *What benefits do they report?*
2. Is the relationship between benefit finding and psychological wellbeing mediated by caregivers perceived burden?
3. Is the relationship between benefit finding and psychological wellbeing dependent on care demands (BPSD severity)?
 - *Why might some caregivers have more difficulty identifying benefits than others?*

Methods

- *Positive aspects of caregiving*: The Positive Aspects of Caregiving (PAC) scale (Tarlow et al., 2004).
- *Caregiver depression*: Centre for Epidemiological Studies Depression (CES-D) scale (Radloff, 1977).
- *Caregiver anxiety*: Hospital Anxiety and Depression Scale (HADS) (Zigmond & Snaith, 1983).
- *Caregiver subjective burden*: The Zarit Burden Interview (ZBI), (Zarit, Reever, & Bach-Peterson, 1980).
- *Care-recipient BPSD*: The Neuropsychiatric Inventory Questionnaire (NPI-Q) (Kaufer et al., 2000).

% Agreement with each item on the PAC



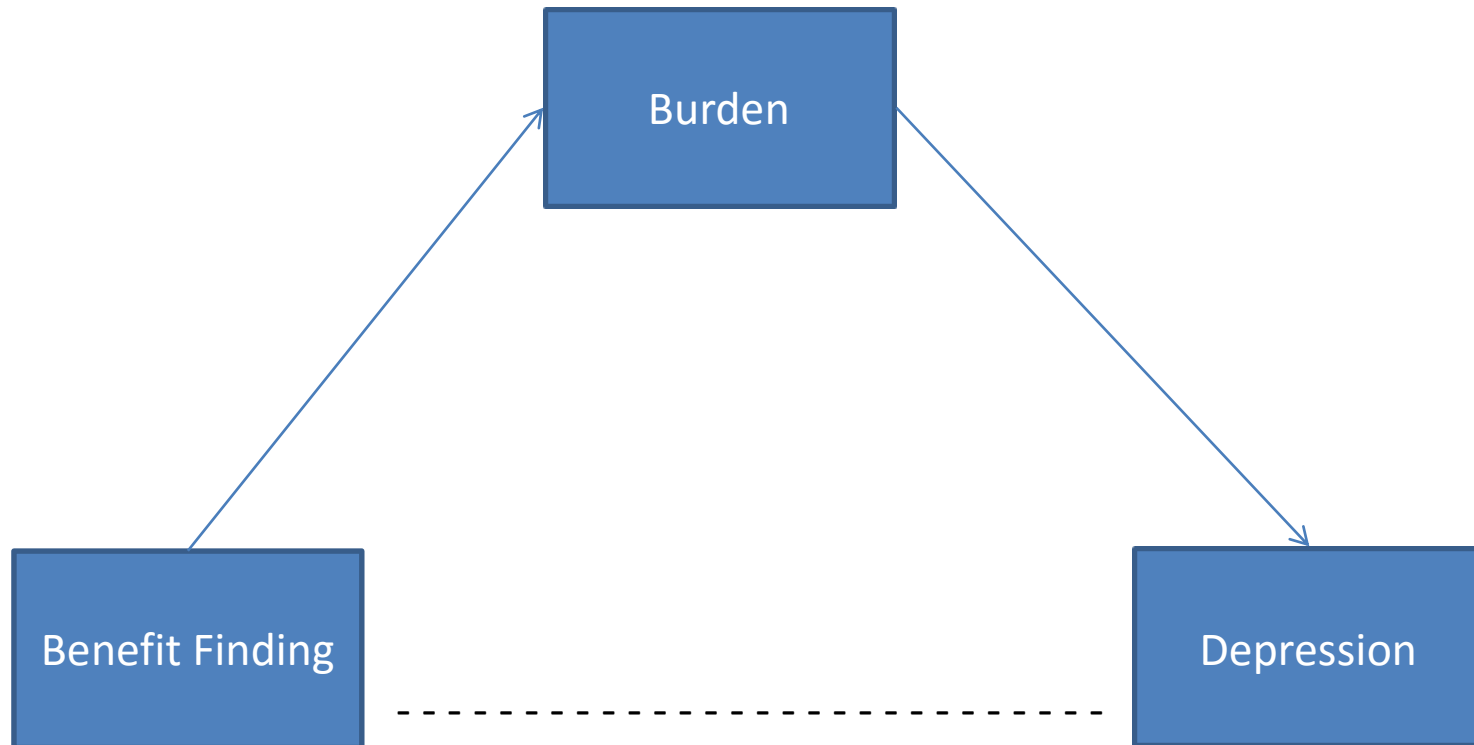
Results

- Is benefit finding beneficial?

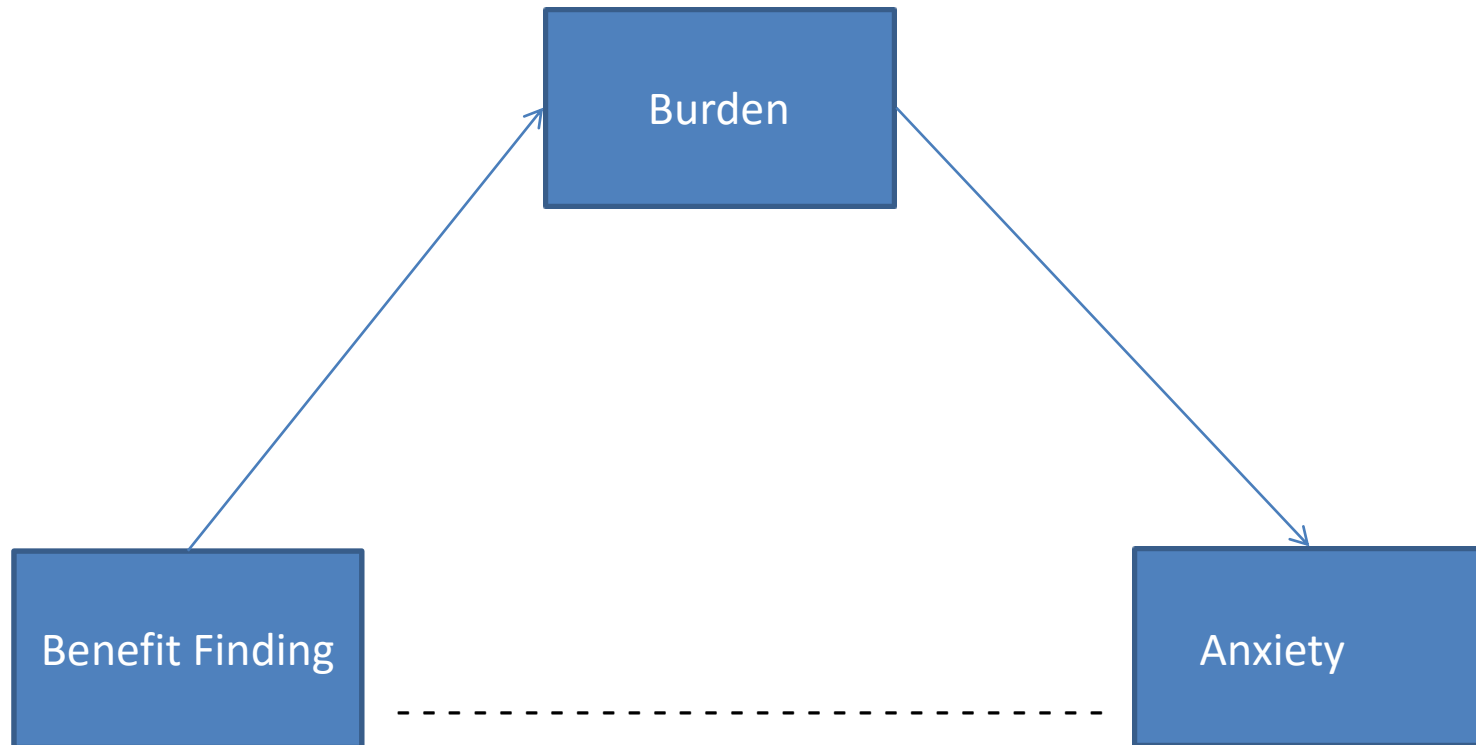
→ Greater benefit finding was significantly associated with lower burden & better psychological wellbeing (depression and anxiety).

- Burden ($r = -.33, p < .001$)
- Depression ($r = -.25, p < .001$)
- Anxiety ($r = -.23, p < .001$)
- BPSD Severity ($r = -.18, p < .01$)

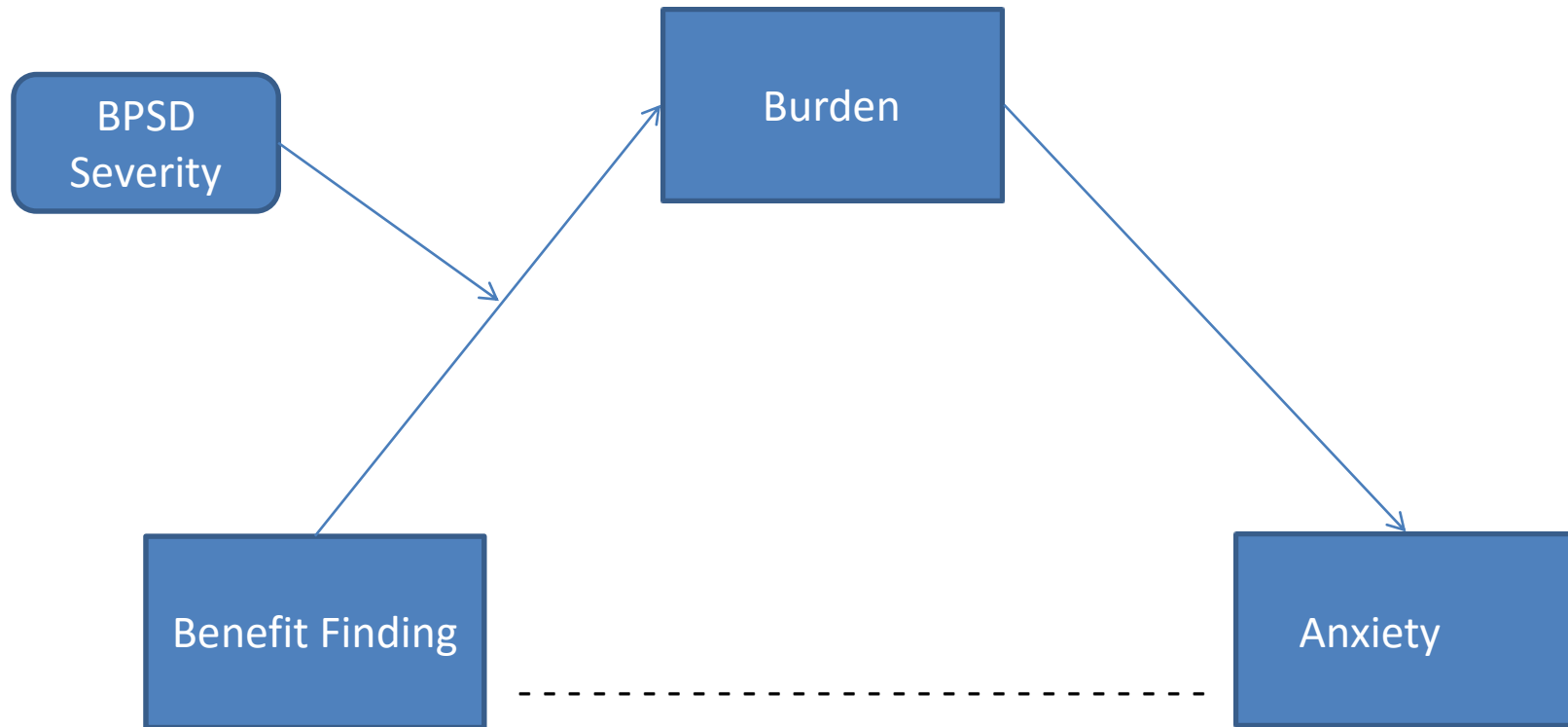
Benefit Finding & Depression



Benefit Finding & Anxiety



Benefit Finding & Anxiety



Take home points

1. Almost all participants identified at least one positive aspect of caregiving, with many identifying more than one.
2. Greater benefit finding predicted lower caregiver burden and in turn lower levels of depression and anxiety.
3. BPSD severity is an important factor to consider when addressing anxiety in caregivers.



Practical Applications

- Benefit finding interventions may play an important role in reducing depressive symptoms in spousal caregivers.
- Benefit finding interventions aimed at anxiety may not be beneficial for caregivers who have to contend with the challenges of severe BPSD.
- Caregivers experiencing high levels of anxiety who are managing mild to moderate BPSD may benefit from benefit-finding interventions.

Thank You!

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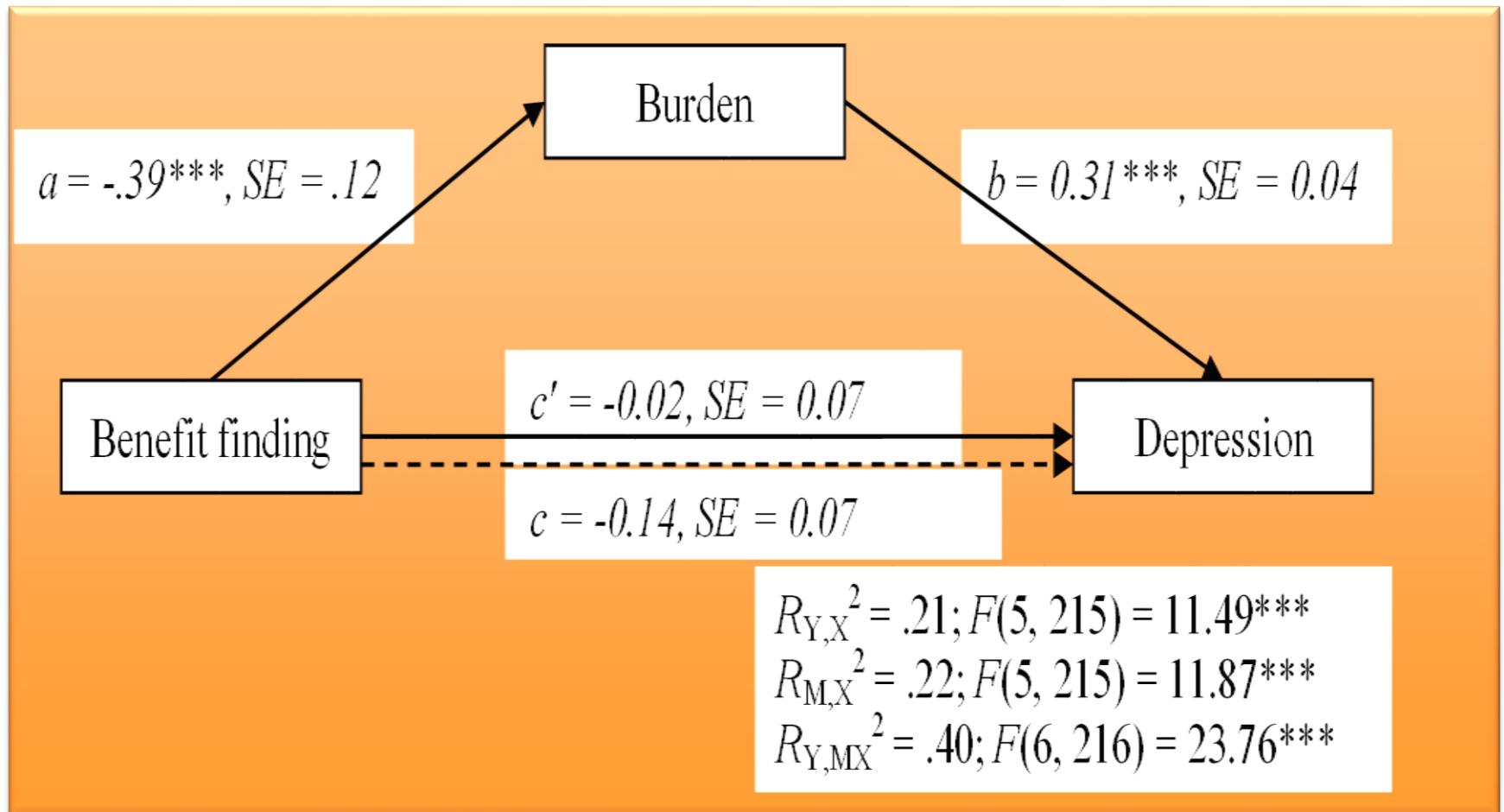
Questions



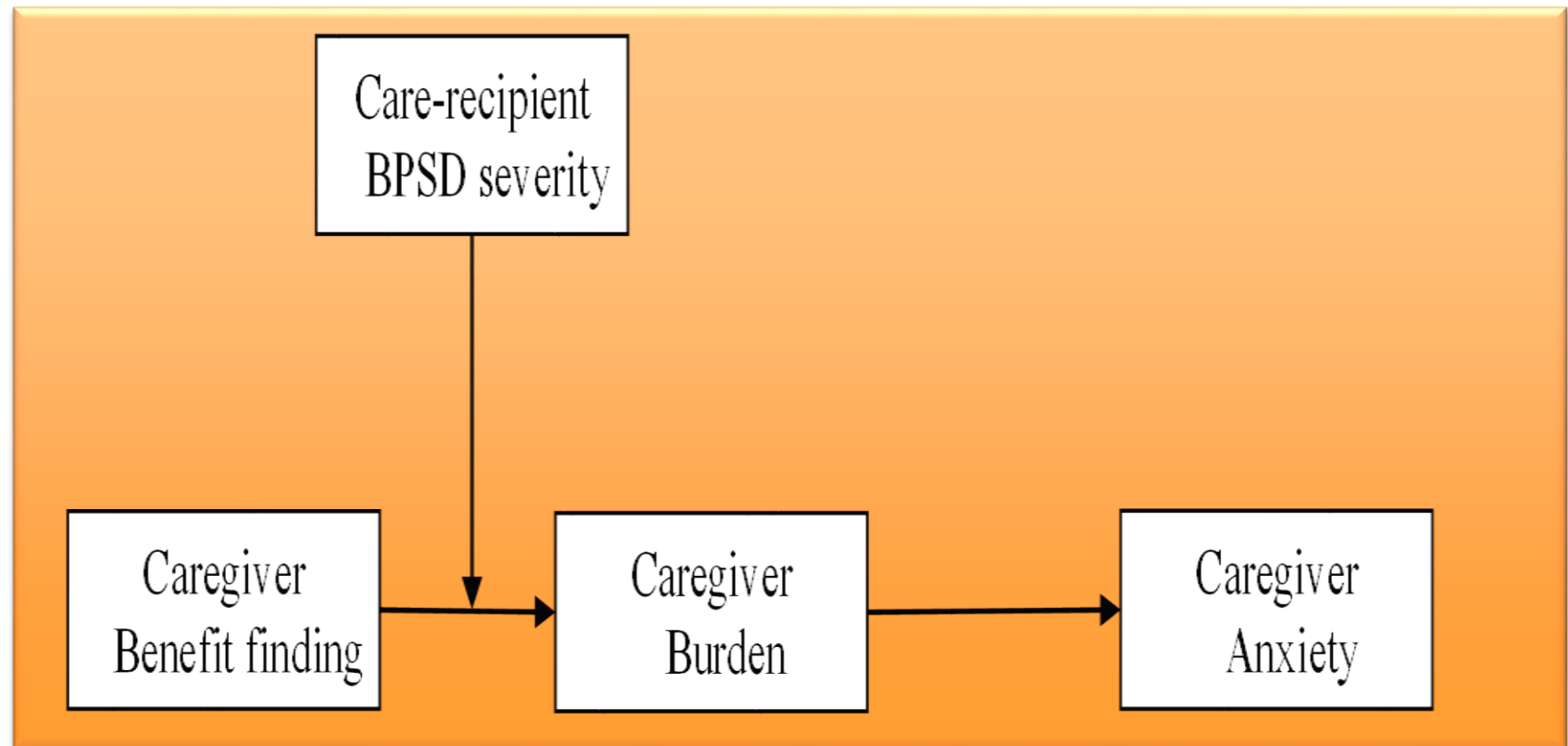
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Simple mediation analysis of benefit finding on depression through burden



Moderated mediation model of the effect of benefit finding on caregiver anxiety



Care-recipient BPSD as a moderator of the indirect relationship between caregiver benefit finding and psychological wellbeing through burden

	Outcome: Depression		Outcome: Anxiety	
<u>Direct effects</u>	b (SE)		b (SE)	
Benefit finding → Burden	-0.40 (0.10)***		-0.40 (0.10)***	
Benefit finding → Outcome	-0.02 (0.07)		-0.01 (0.03)	
Burden → Outcome	0.31 (0.04)***		0.12 (0.02)***	
<u>Conditional indirect effect</u>	Estimate (SE)	95% CI	Estimate (SE)	95% CI
Very mild BPSDs	-.20 (.06)	-.32, -.09	-.08 (.02)	-.14, -.04
Mild BPSDs	-.17 (.05)	-.27, -.08	-.07 (.02)	-.12, -.04
Moderate BPSDs	-.13 (.04)	-.21, -.06	-.05 (.02)	-.08, -.03
Severe BPSDs	-.08 (.05)	-.17, .01	-.02 (.02)	-.06, .01
Very severe BPSDs	-.04 (.06)	-.17, .08	-.01 (.02)	-.05, .04
	R ² = .40; F(6, 195) = 21.66***		R ² = .43; F(6, 208) = 25.38***	