

Daily Measures of Caregiver Mental Health: A Dynamic Risk Factor of Elder Mistreatment

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Overview

- 1. Caregiver Mental Health and Harmful Behaviors**
- 2. The Dynamic Nature of Caregiver Mental Health**
- 3. Findings from the Daily Caregiver Mental Health Study**
- 4. Implications for Elder Mistreatment Screening**

Caregiver Mental Health and Associations With Harmful Behaviors

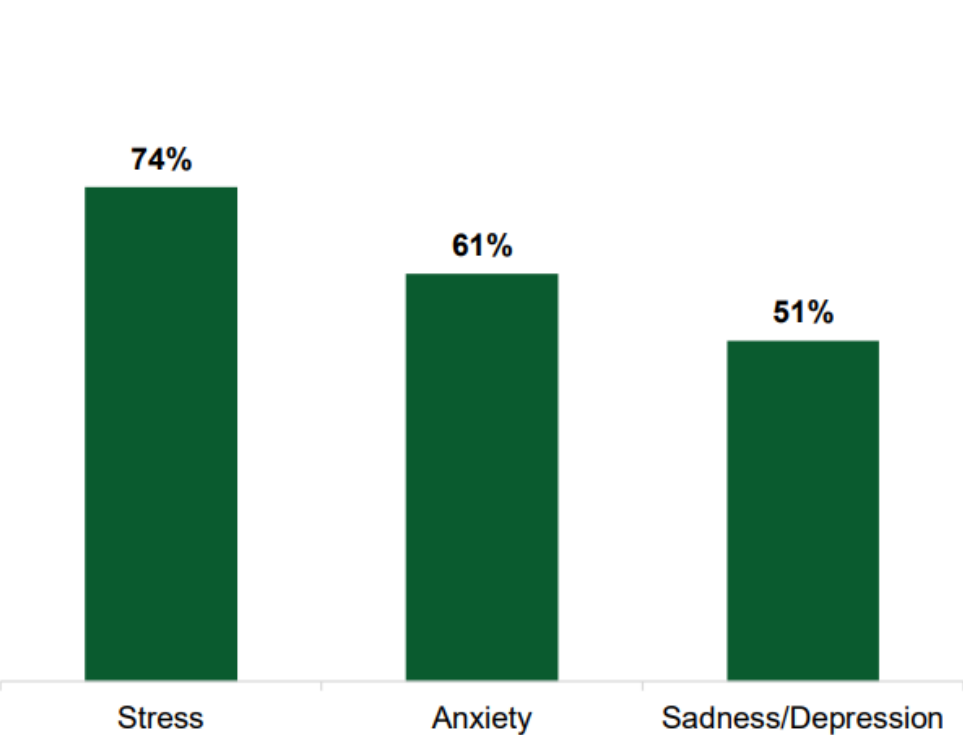
Caregivers are at risk of experiencing poor mental health

- Approximately 40% of caregivers experience high emotional strain.
- Emotional or mental health issues are more often reported by those who
 - care for someone 50 years of age or older
 - serve as a primary caregiver
 - care for someone with a long-term physical condition.
- Women report experiencing higher stress compared to men.

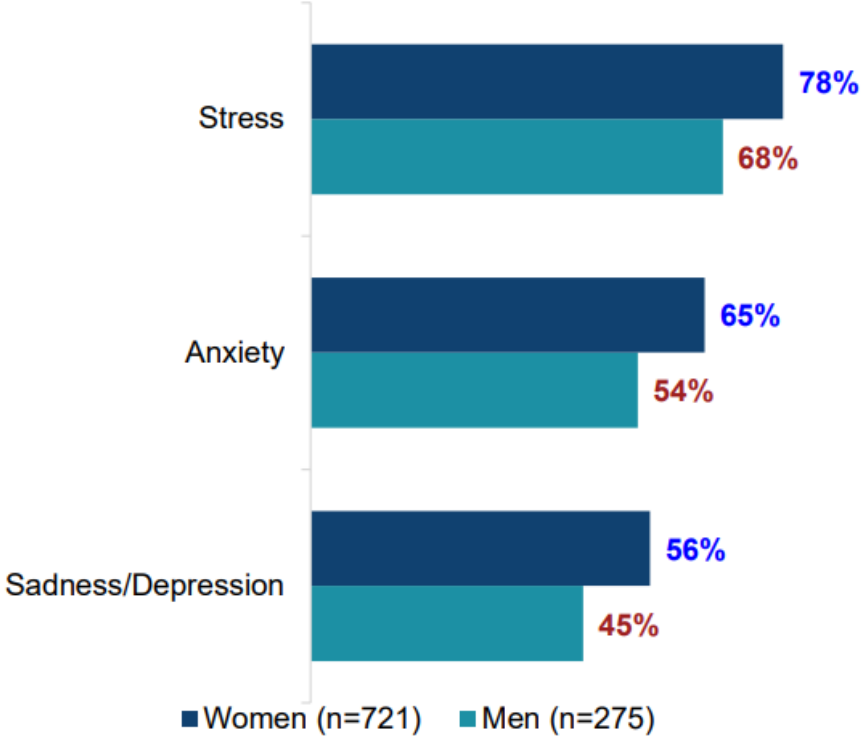
National Alliance for Caregiving, 2023

Caregivers are at risk of experiencing poor mental health

Caregiver Mental Health



Caregiver Mental Health By Gender



AARP, 2023

Caregiver well-being and harmful behaviors towards care recipients

- Risk factors
 - Increased caregiver burden and stress
 - Social isolation
 - Lack of social support
- Caregiver behavioral responses
 - Previous reports suggest caregiver depression is associated with potentially harmful behaviors.

The Dynamic Nature of Caregiver Mental Health

There is increasing recognition that psychopathology is inherently dynamic

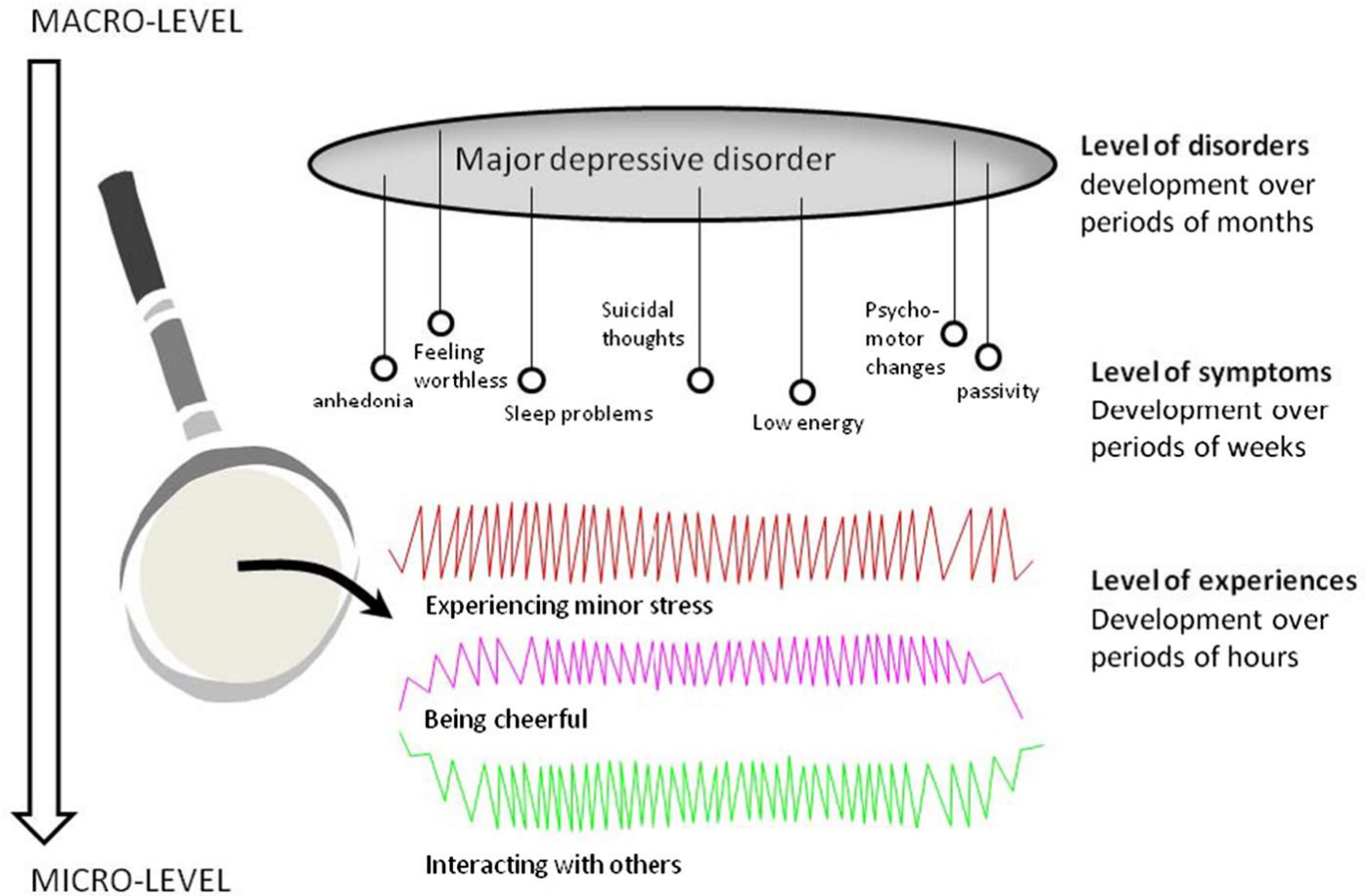


The onset, severity, and progression of psychopathology can vary over time due to dynamic risk and protective factors.



Increased variability in symptom experience can signal a shift from mild symptom experience to more severe psychopathology.

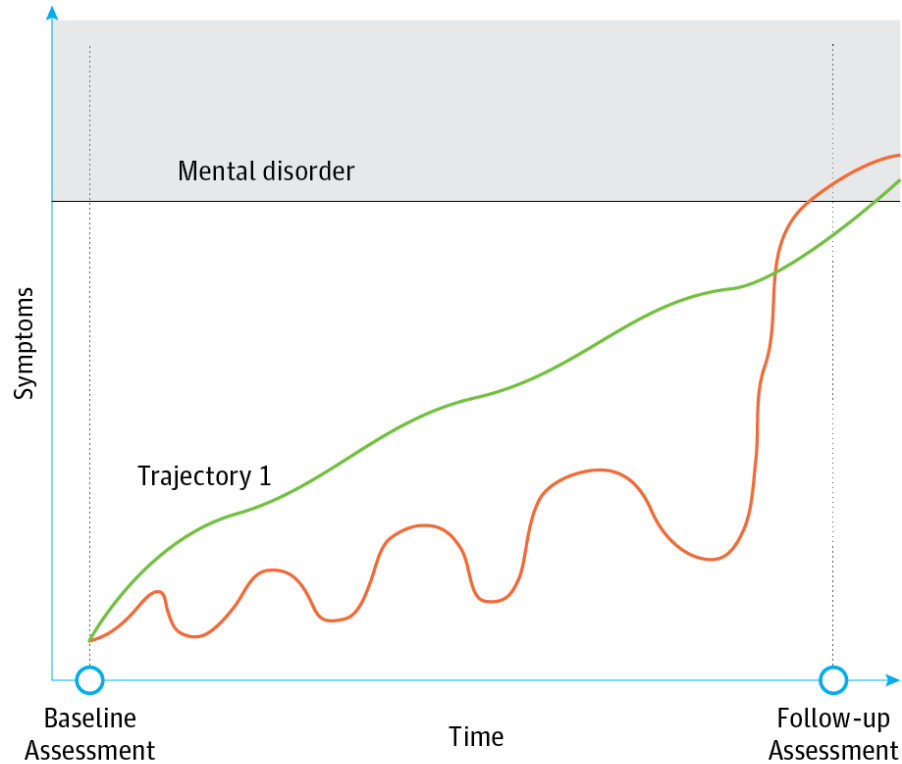
A multi-level perspective of mental health



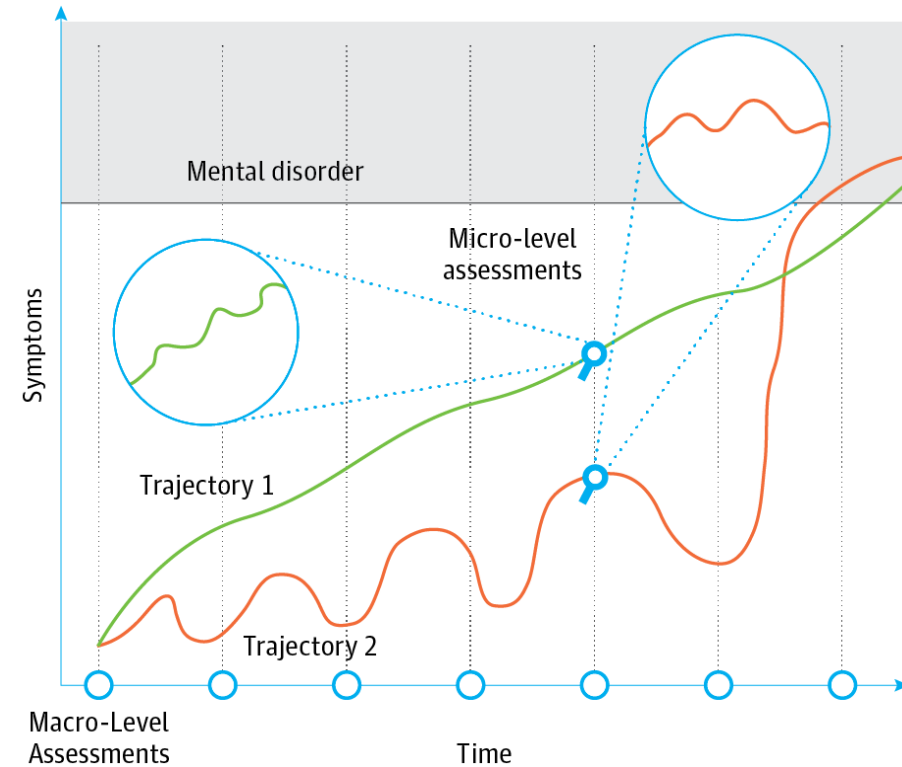
Wichers, 2013

Static vs. dynamic predictive models

A Measurement for static prediction

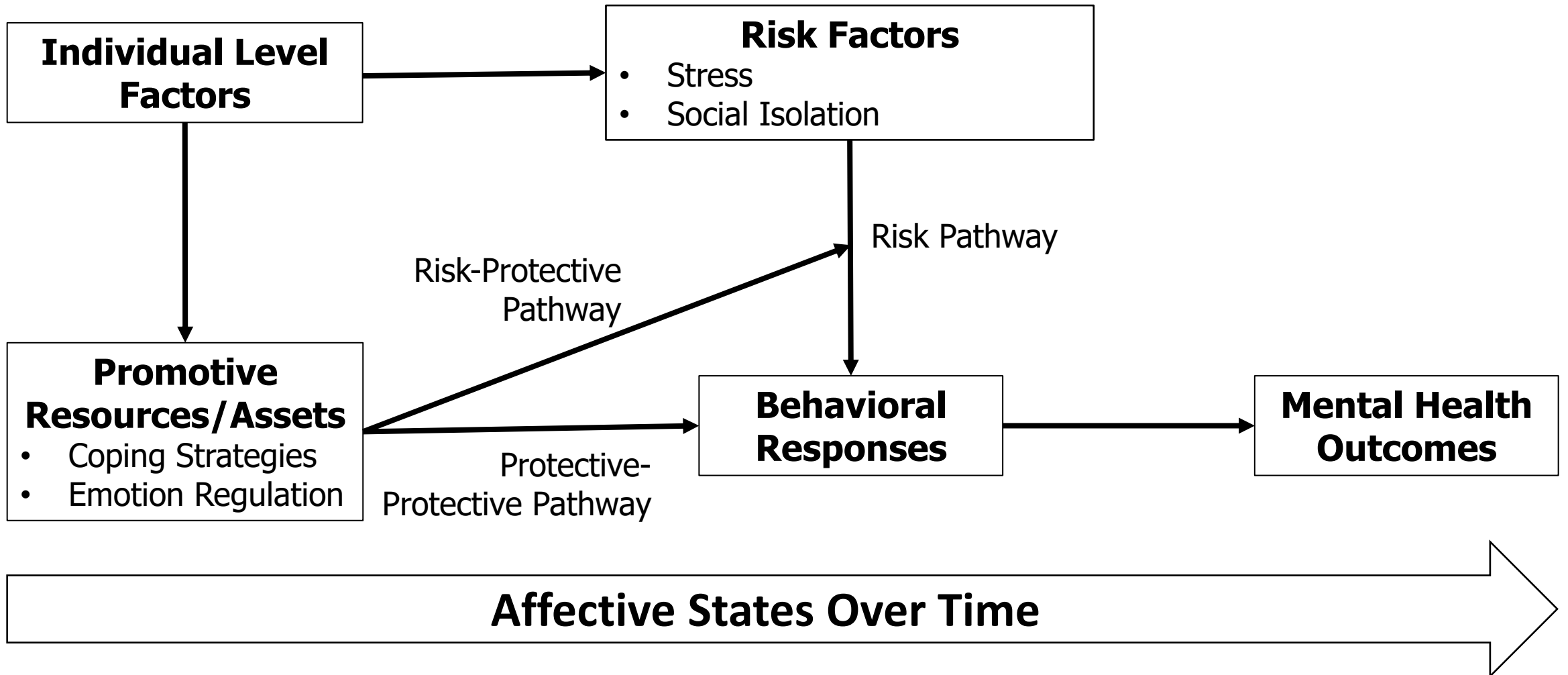



B Measurement for dynamic prediction



Nelson et al.,
2017

Behavioral responses may also vary over time





**Intensive longitudinal studies
provide an opportunity to
better understand dynamic
mental health experiences
over time.**

Findings from the Daily Caregiver Mental Health Study

Family dementia caregivers have a higher risk of poor mental health outcomes than non-caregiver peers.

- The prevalence of depression and anxiety varies between 34% and 44% among dementia caregivers.
- Approximately 60% of ADRD spousal caregivers developed clinically significant depression and/or anxiety within a two-year period.

Sallim et al., 2015

Joling et al., 2015



Poor mental and cognitive health among caregivers has been linked to contextual risk factors unique to ADRD caregiving

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Functional decline of the individual living with dementia

Physical demands of caregiving

Managing behavioral symptoms of dementia (BSDs)

**The caregiving context
can vary day-to-day.**

Study Purpose

To examine the daily experiences of dementia caregivers and identify what influences day-to-day mental health.

Approach Overview

- Data were from an ongoing study on the daily mental health experiences of dementia caregivers in the United States.
- Study design: Intensive longitudinal design using daily diary surveys.



Approach Overview

- Participants: Convenience sample of community-dwelling family caregivers.
- Recruitment: Multiple recruitment strategies.
 - Social media platforms
 - Outreach through organizations that serve caregivers
 - Referrals from clinical partners

Approach Overview

- Data Collection: Online via REDCap
- Daily Variables: Emotional Regulation, Social Isolation, Depression, Anxiety, Suicidal Ideation
- Analysis: Multi-level modeling, time-varying effect modeling

Results: Sample Demographics

N=30

323 observations

78.3% female

Mean age 55.9 years (SD = 14.6)

Race

- 47.7% White
- 44.6% Black/African American
- 4.3% Other
- 3.4% More than one race

Relationship to individual living with dementia

- 34.7% spouse
- 52% adult child
- 12.1% adult grandchild

Results: Daily Mental Health

86% reported
depressive
symptoms

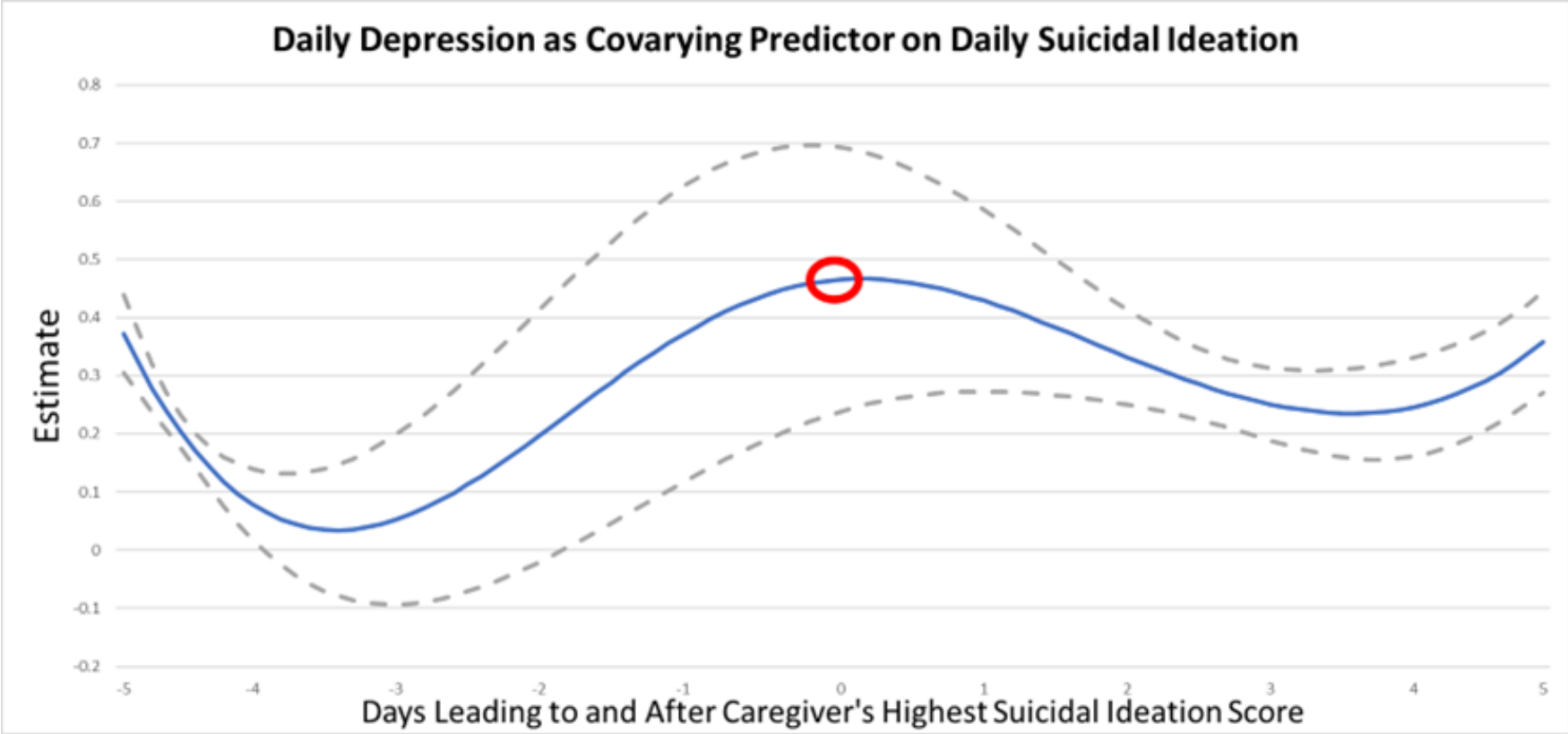
90% reported
anxiety related
symptoms

50% reported
suicidal
ideation

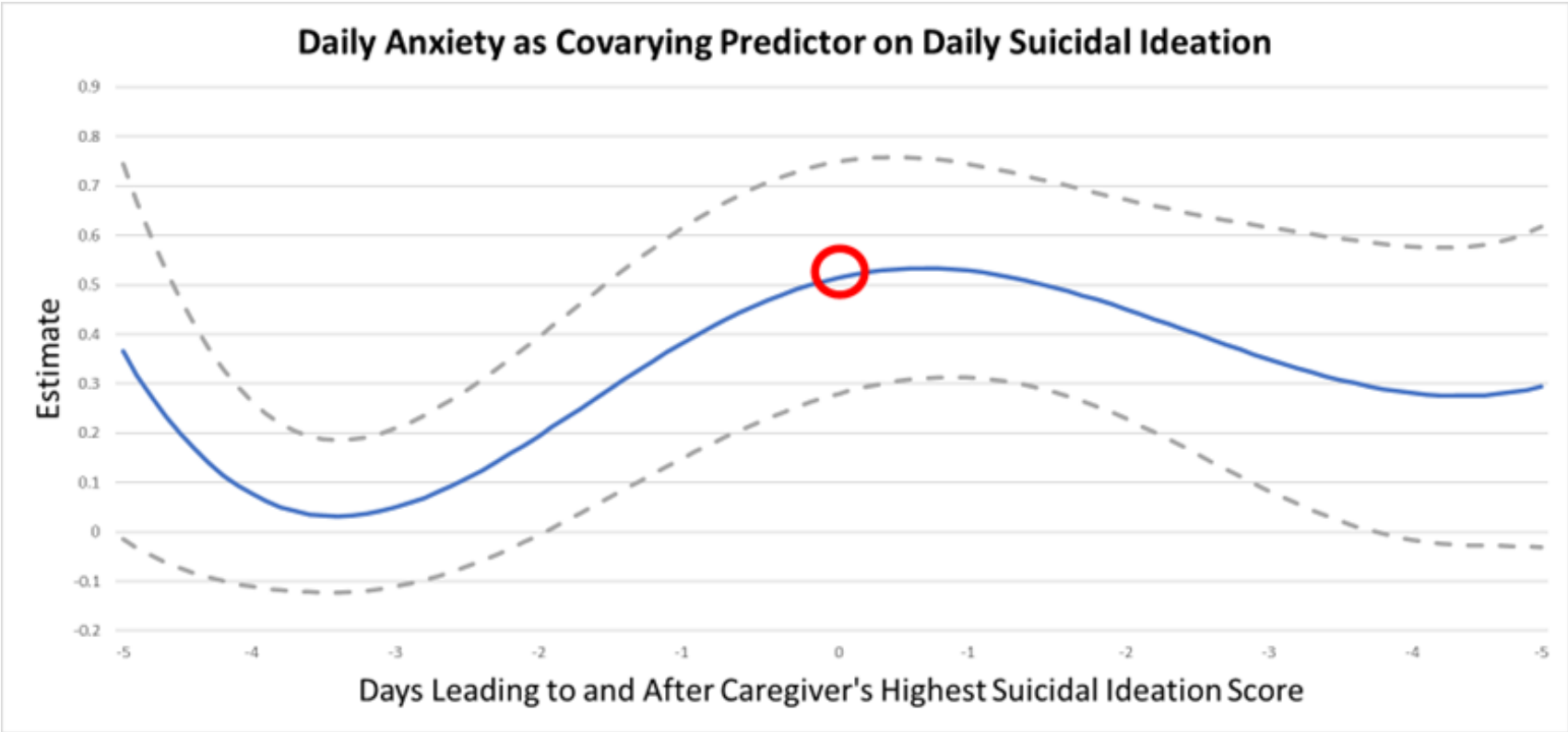
Results: Multi-Level Models

- Higher-than-average **stress related to behavioral symptoms of dementia** was associated with an **increase** in the daily odds of **feeling a loss of control over one's emotions** (Odds Ratio [OR]=1.08, 95% CI [1.01, 1.17], $p < 0.05$).
- Higher perceived **social isolation** on a given day was associated with an **increase** in the daily odds of **feeling a loss of control over one's emotions** (OR=1.15, 95% CI [1.01, 1.31], $p < 0.05$).
- Higher-than-average **emotion dysregulation** on a given day was associated with an **increase** in the daily odds of **depression-related symptoms** (OR=1.72, 95% CI [1.02, 2.89], $p < 0.05$).

Results: Time-Varying Effect Models



Results: Time-Varying Effect Models

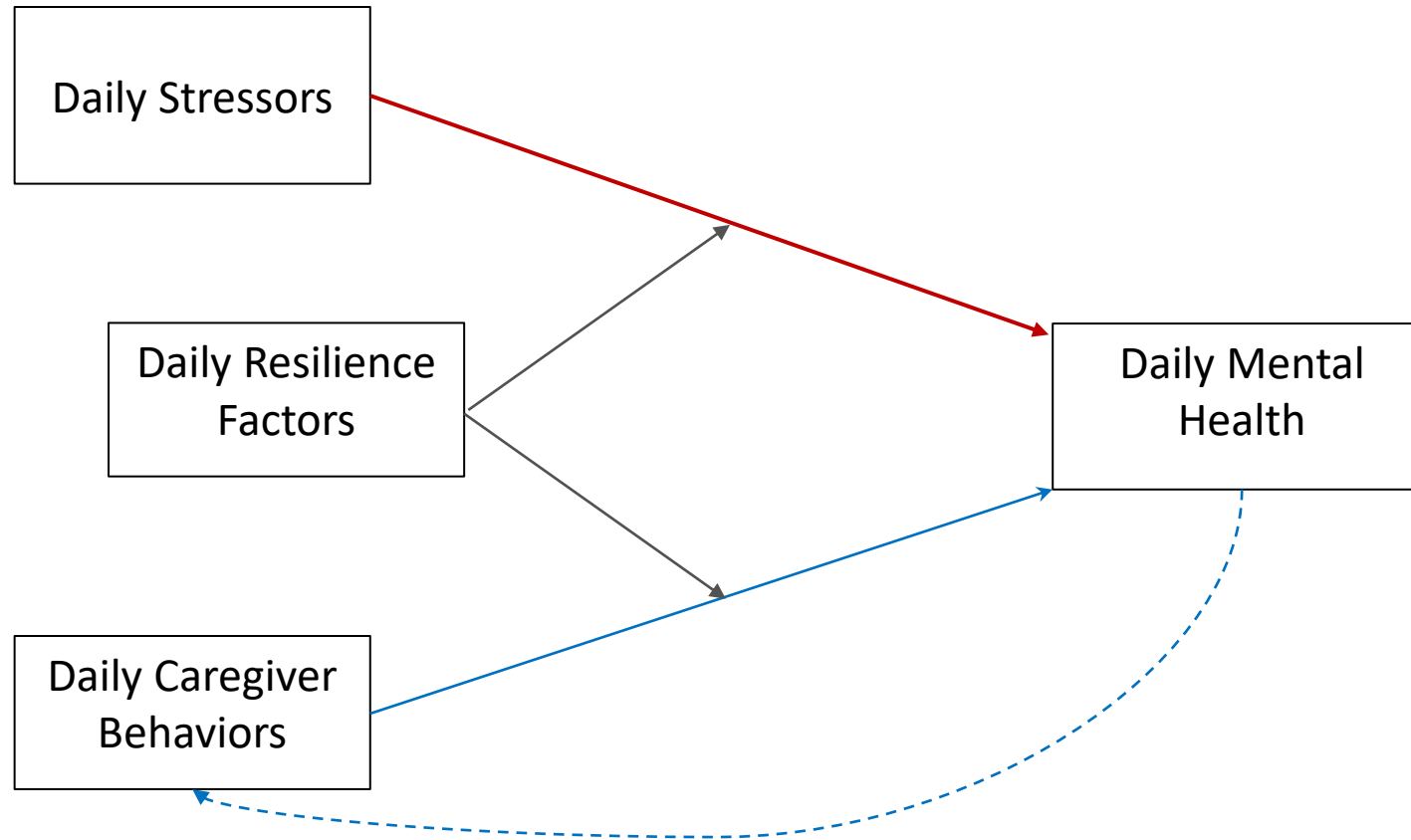


Conclusion

- Caregiver emotional regulation varies day to day based on daily risk and protective factors.
- Caregiver responses to daily stressors may influence mental health day-to-day.
- Variations in daily mental health can help detect potential self-harm behaviors.

Implications for Elder Mistreatment Screening

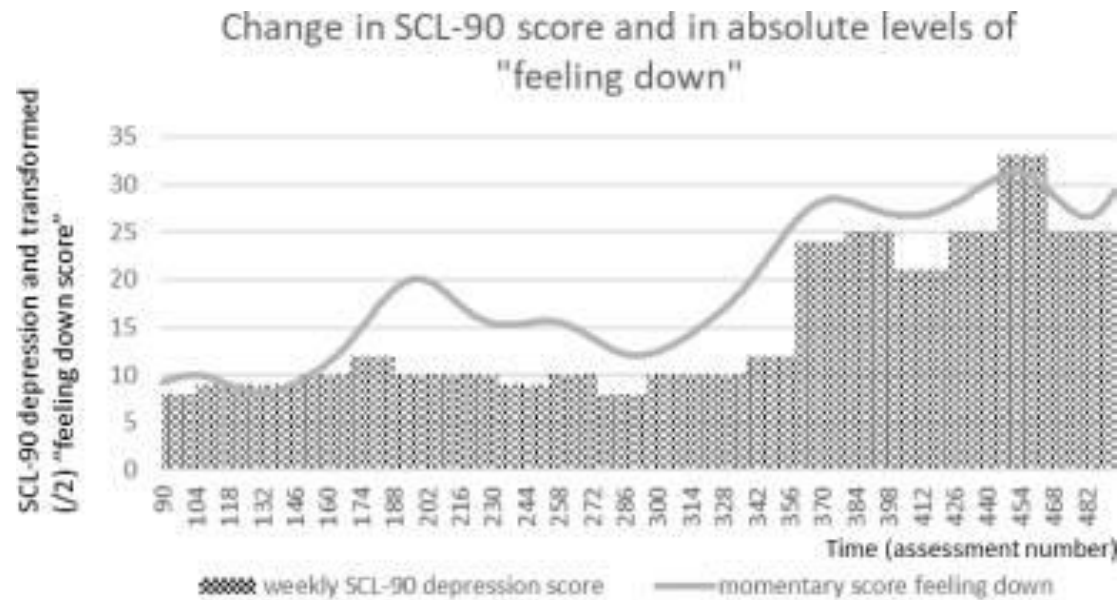
Associations between daily stress, mental health and caregiver behavioral responses



A complex systems model of caregiver mental health and elder mistreatment

- Increased variability in daily caregiver mental health can potentially serve as an early warning signal of elder mistreatment.
- More intensive longitudinal studies needed for microlevel investigations of mental health as dynamic risk factor, including interactions with other risk and protective factors.
- Understanding associations between daily caregiver mental health and elder mistreatment can better align screening tools with relevant risk factors.

Using repeated screening to identify early warning signals



Wichers, Smit, & Snippe, 2020

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Thank you!

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