



Service Priorities and Programmes
Electronic Presentations

Convention ID: 27

Submitting author: Mr Chun Yip CHAN

Post title: Registered Nurse, Queen Mary Hospital, HKWC

Factors associated with depressive mood among elderly family caregivers of patients with dementia in the community

Chan CY(1)

(1)Memory Clinic, Department of Medicine, Queen Mary Hospital

Keywords:

caregivers
dementia
psychology
depressive mood
patients
care

Introduction

With aging of the population, the number of elderly persons with dementia will increase in the future. Most of the elderly persons with dementing illnesses are cared for at home by their family members. Family caregivers are commonly experiencing physical, emotional, financial, and social distress associated with their caregiving task. Both depressive mood, poor general health and psychological distress were reported to be associated with caregiving for persons with dementia in overseas studies. At present, there is no local Chinese study on caregiver's depression and psychological distress in Hong Kong. It is therefore necessary to research on the factors associated with depressive mood among family caregivers of Chinese persons with dementia in Hong Kong.

Objectives

The objectives of the present study were to investigate the factors associated with depressive mood and psychological distress among Chinese elderly caregivers of demented patients in Hong Kong.

Methodology

This was a cross-sectional study. Subjects were recruited from the Memory Clinic in Queen Mary Hospital. Chinese elderly persons with dementia and their elderly caregivers who fulfilled the inclusion and exclusion criteria were recruited from June 2010 to November 2010. Assessment measures included patient's and caregiver's demographic variables, patient's behavioural disturbance, activities of daily living, cognitive function (MMSE), living arrangement and duration of disease. The primary outcome measure was the caregiver's depressive mood, which was evaluated by the Chinese version of the Geriatric Depression Scale – Short form (GDS-15). The secondary outcome measure was psychological distress of the caregiver, which was assessed by General Health Questionnaire short form (GHQ-30).

Result

119 pairs of demented patients and family caregivers was recruited from June to November 2010. 13.4% and 5.1% of family caregivers had depressive mood (GDS-15 >8) and psychological distress (GHQ-30 ≥ 6) respectively. In bivariate analysis, depressive mood of caregivers were associated with patients' factors (GDS-15, MMSE, NPI and ADCS-ADL) and caregivers' factors (living with the caregiver). Logistic regression analyses showed that caregivers' depressive mood (GDS>8) were independently associated with the patient's NPI score (Odd Ratio 1.198. 95% CI 1.089-1.318) and GDS-15 (Odd Ratio 1.791 95% CI 1.188-2.700). In bivariate analysis, caregiver's psychological distress were associated with patients' factors (NPI score and GDS-15) and caregivers' factors (age of caregiver, financial status, smoking and drinking habit, relation with patient and self-rated health). Logistic regression analyses showed that caregivers' psychological distress were independently associated with the NPI score of patient only (Odd Ratio 1.200. 95% CI 1.018-1.415).