

Caregiver Mental Health: A Dynamic Risk Factor of Elder Mistreatment

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Overview

1. Importance of caregiver mental health for care quality and safety.
2. Daily mental health variability as a dynamic risk factor for mistreatment.
3. Findings from a daily study on caregiver mental health.
4. Implications for elder mistreatment research and prevention.

Caregiver mental health is essential for care quality and safety, yet is highly vulnerable to strain.

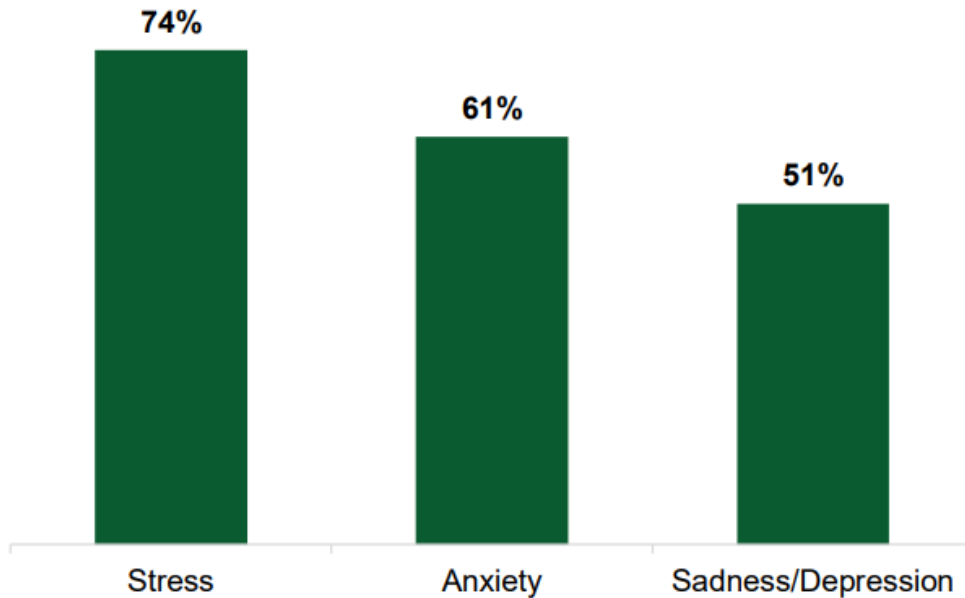
Over 20% of the U.S. population provides care for a family member, friend, or neighbor.



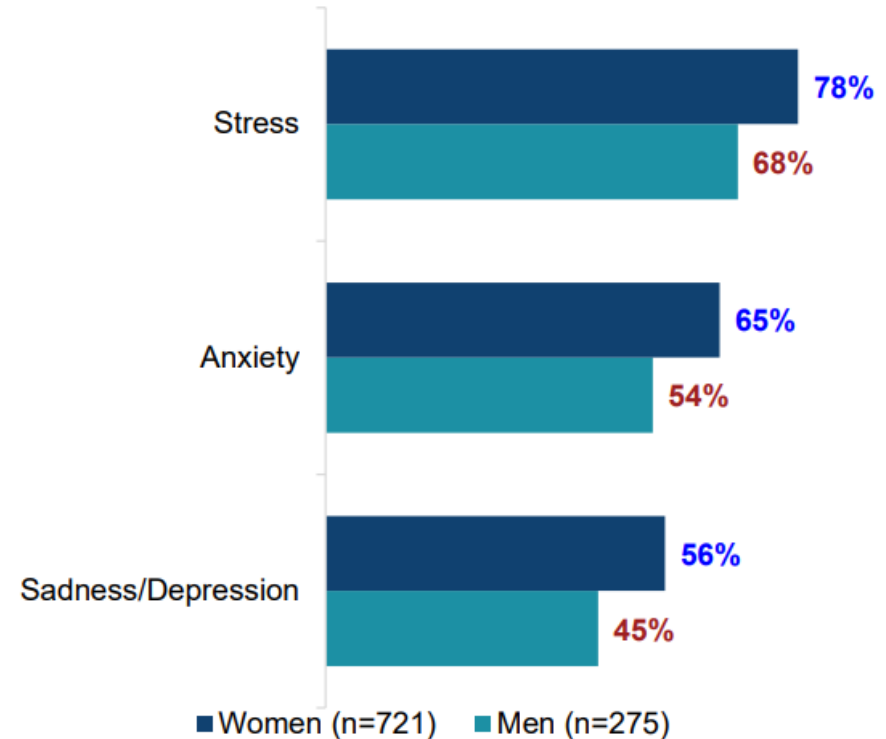
Caregivers are uniquely at risk of experiencing poor mental health.

Caregivers experience higher rates of stress, anxiety and depression.

Caregiver Mental Health



Caregiver Mental Health By Gender



AARP, 2023

Caregiver well-being and harmful behaviors towards care recipients

- Primary Risk factors
 - Increased caregiver burden and stress
 - Social isolation
 - Lack of social support
- Impact of Mental Health on Behavior
 - Poor mental health is associated with potentially harmful caregiving behaviors, including abuse and neglect.

The Dynamic Nature of Caregiver Mental Health



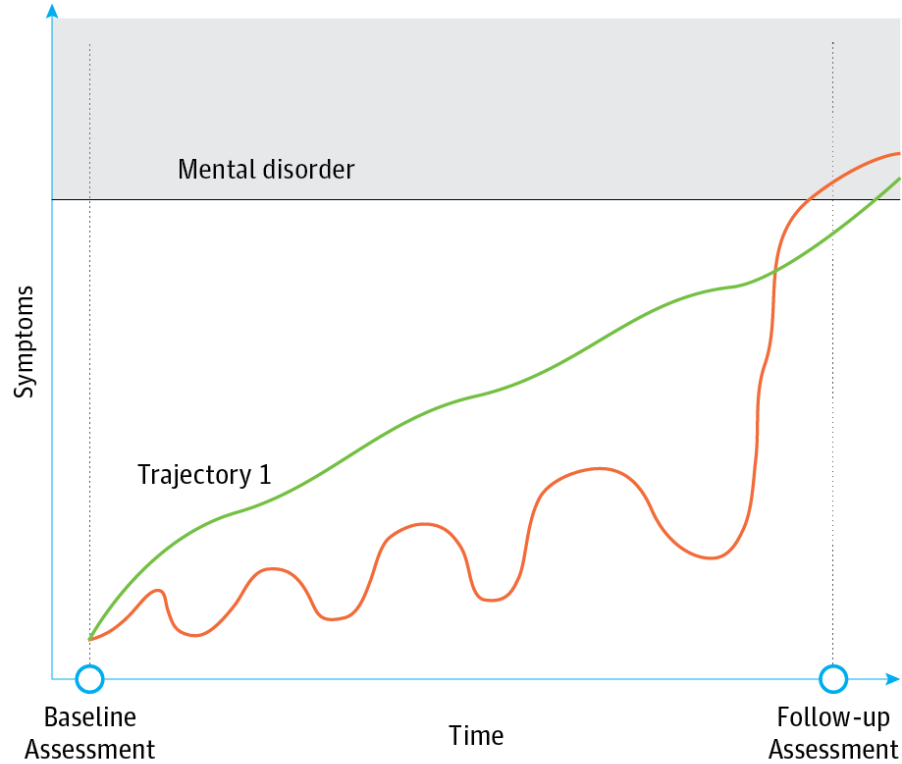
The onset, severity, and progression of psychopathology can vary over time due to dynamic risk and protective factors.



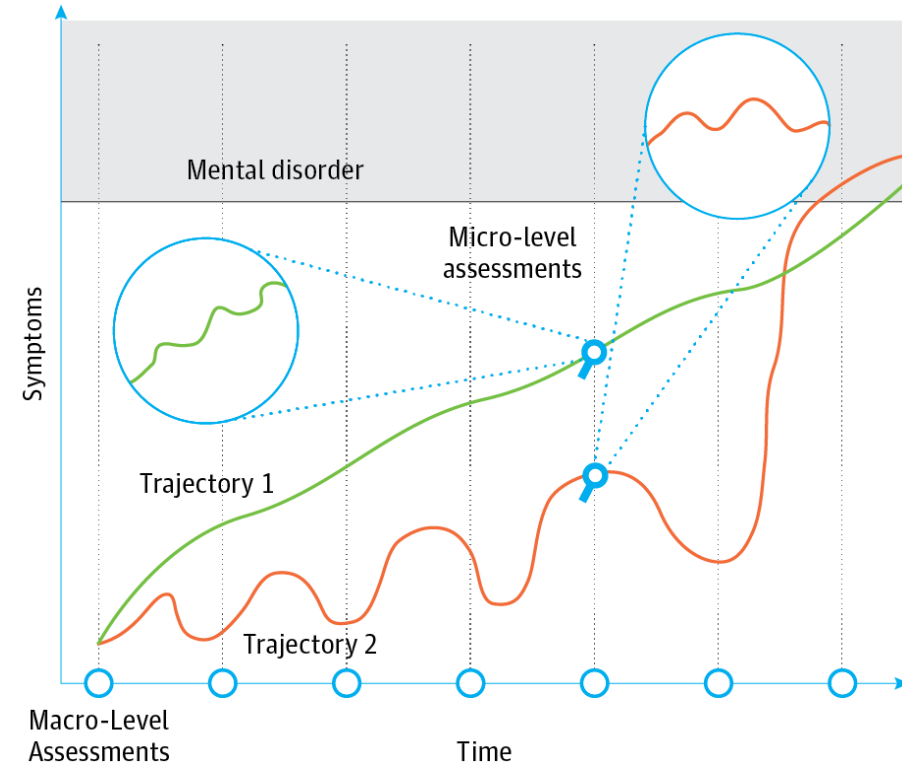
Increased variability in symptom experience can signal a shift from mild symptom experience to more severe psychopathology.

Static vs. dynamic predictive models

A Measurement for static prediction

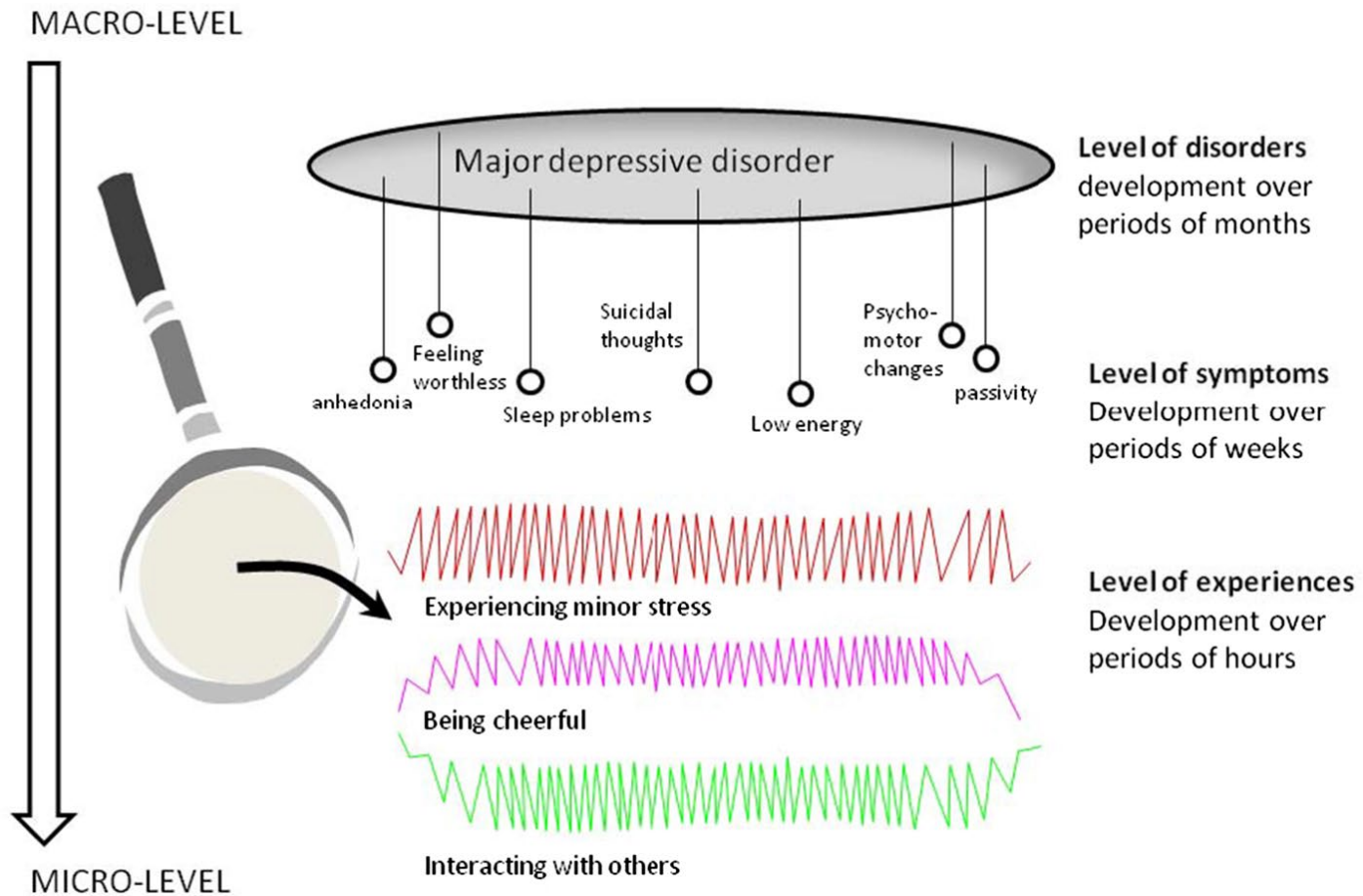


B Measurement for dynamic prediction



Nelson et al., 2017

A multi-level perspective of mental health



Wichers, 2013



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

Findings from the Daily Dementia 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



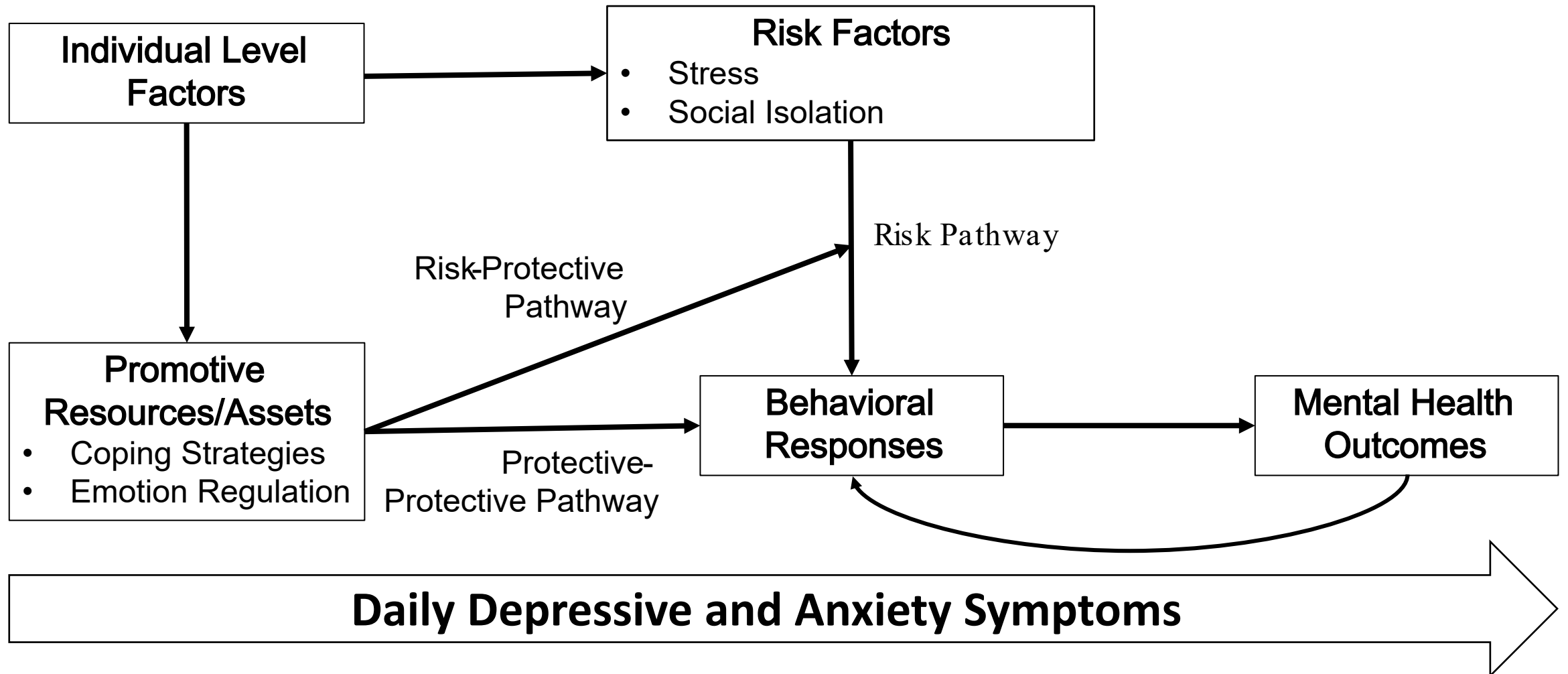
Poor mental and cognitive health among caregivers has been linked to contextual risk factors unique to ADRD caregiving

Functional decline of the individual living with dementia

Physical demands of caregiving

Managing behavioral symptoms of dementia (BSDs)

Risk-Resilience Model of Caregiver Behaviors and 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

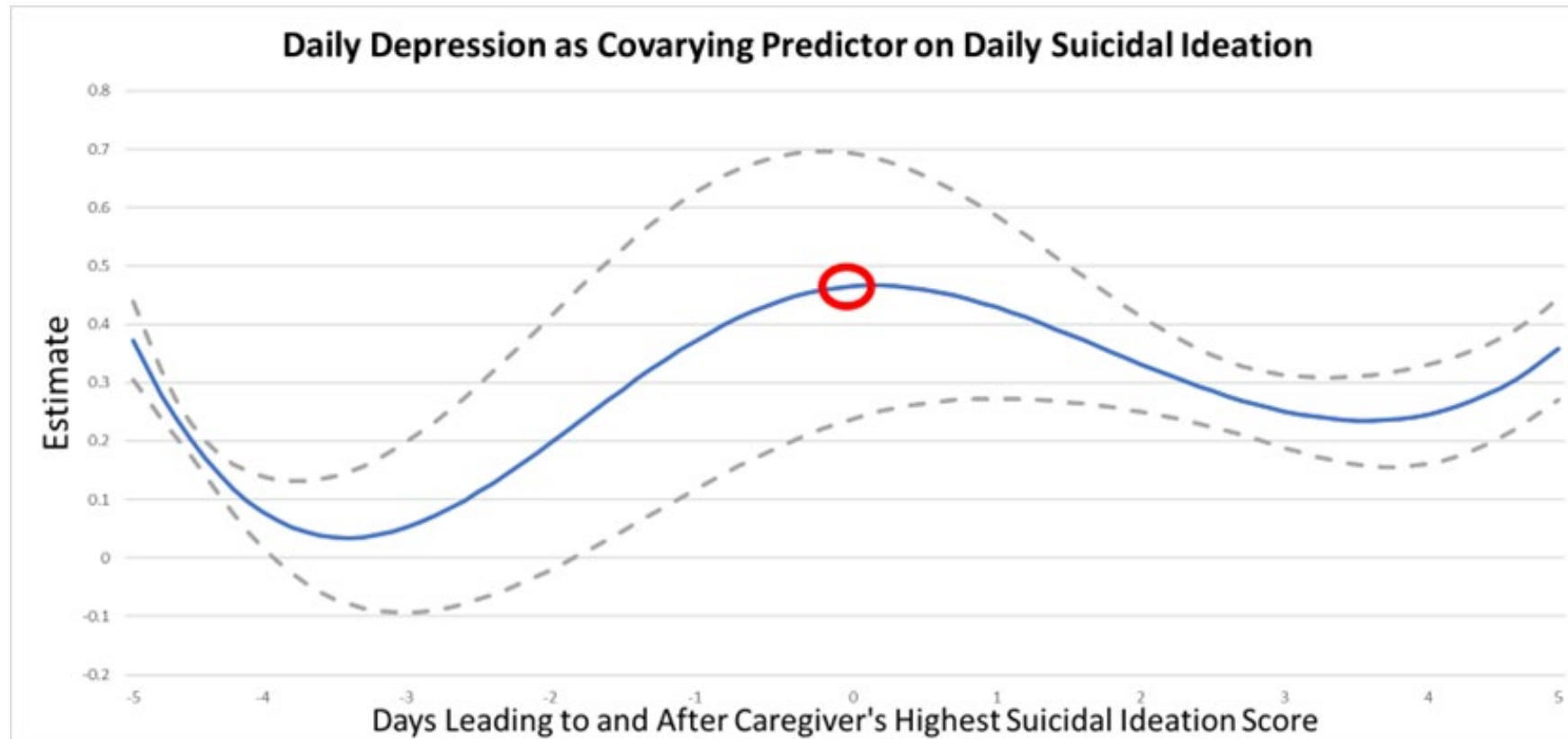
90% reported
anxiety related
symptoms

50% reported
suicidal
ideation

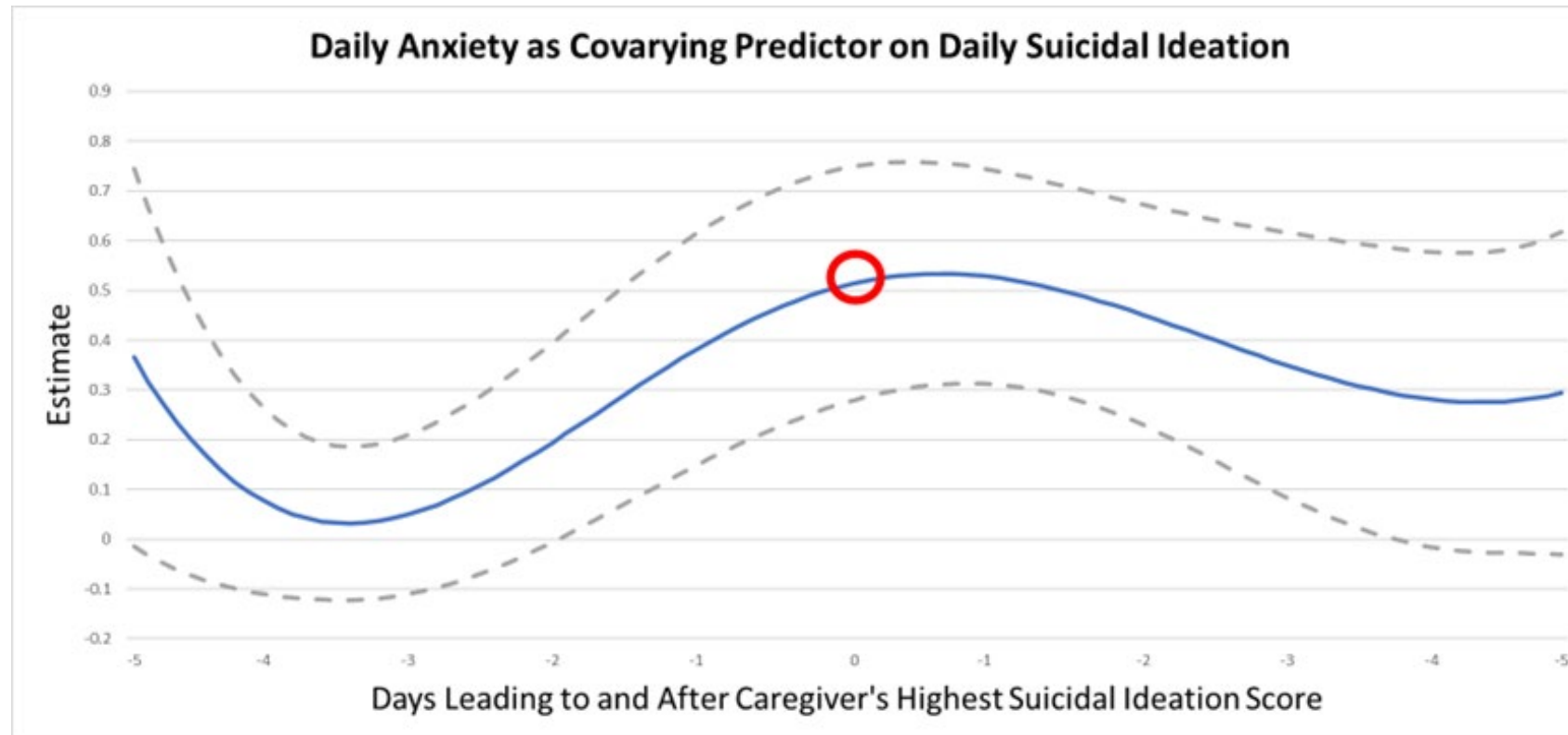
Results: Multi-Level Models

- 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

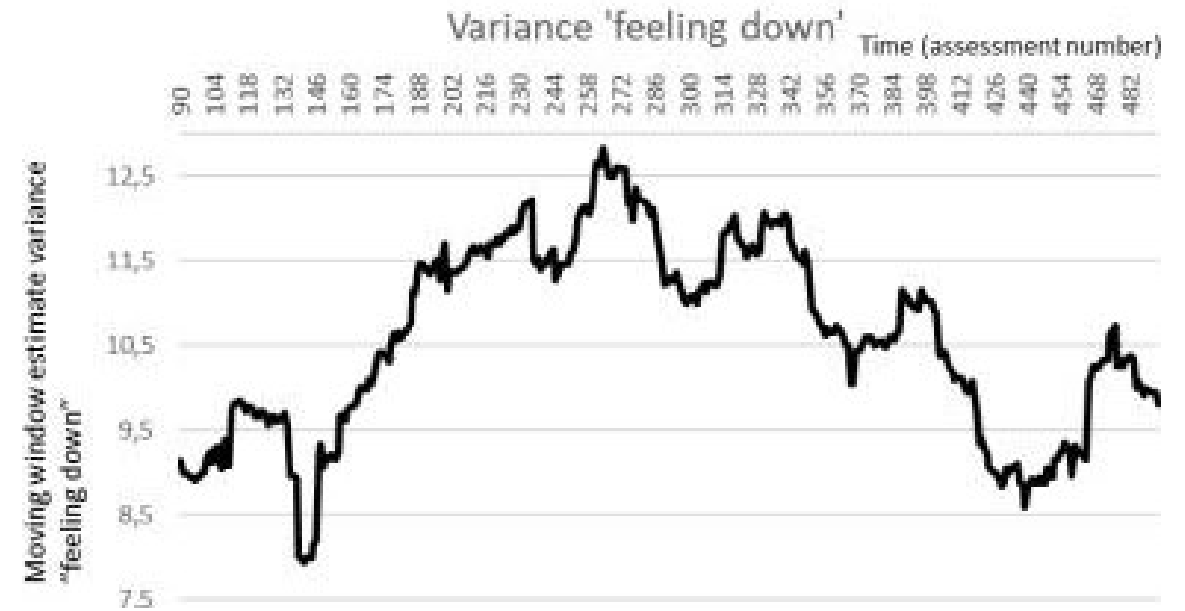
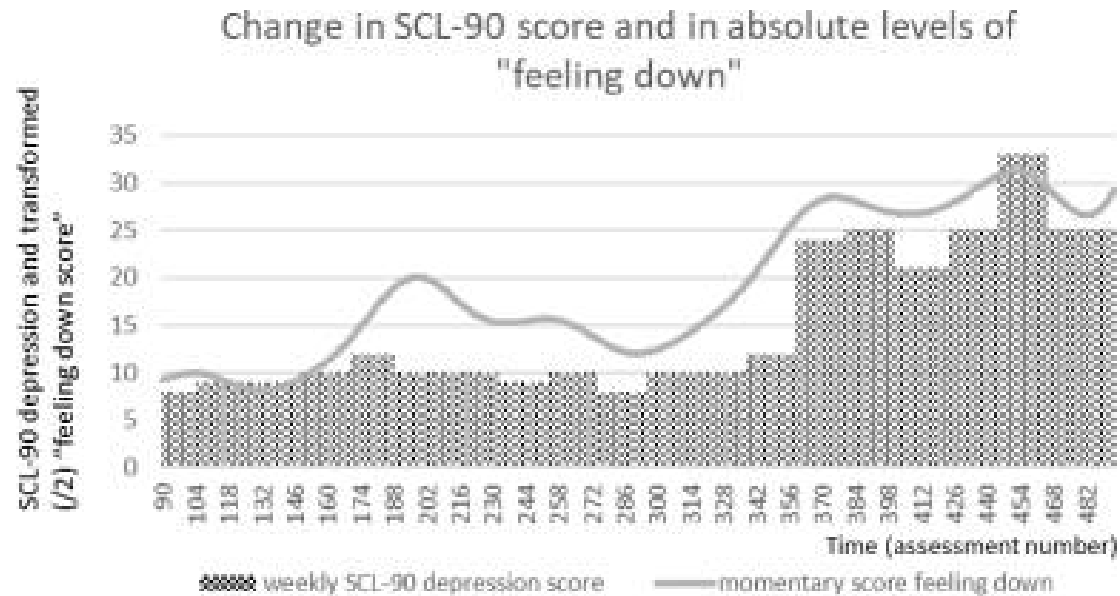
- Caregiver emotional regulation varies day to day based on daily risk and protective factors.
- Caregiver responses to daily stressors may influence mental health day-to-day.
- Variations in daily mental health can help detect potential harmful behaviors.

Implications for Elder Mistreatment Research

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 are needed for micro-level investigations of mental health as a 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

Applications – Repeated Screening for Early Detection

Summary

- Key Takeaways:
 - Daily mental health tracking is a valuable tool for predicting mistreatment risk.
 - Dynamic mental health assessments could improve elder care quality by offering timely interventions.
- Future Research:
 - Identifying modifiable intervention targets during early warning signals.
 - Examining interactions between daily mental health experiences with enduring mistreatment risk factors

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Thank you!

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