



COVID-19-RELATED FAMILY CAREGIVER STRESS: PRELIMINARY FINDINGS FROM A NATIONAL U.S. SURVEY

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To My Co-Author and Collaborator, Dr.
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Who Is An Informal Family Caregiver?

- **Currently, 53 million Americans** (NAC/AARP, 2020)
- “Someone who provides regular care or assistance to an older adult family member (for example, a parent, romantic partner, sibling, aunt, uncle, etc.) who has a health problem or disability”
 - unpaid personal and medical care
 - household chores
 - arranging for financial and outside services



Survey Background and Demographics:

277 individuals informally caring for older family members (65+) completed an online Qualtrics survey between 4/21 and 4/30

■ Caregivers:

- 51% female, 77% White, 46 years old (range: 18-88), 44% work full-time
 - 69% serve as only or main caregivers for 22 hours/week

■ Care Recipients:

- 68% female, 77 years old (range: 65-100), are mostly parents/in-laws, majority have dementia/Alzheimer's &/or mobility issues



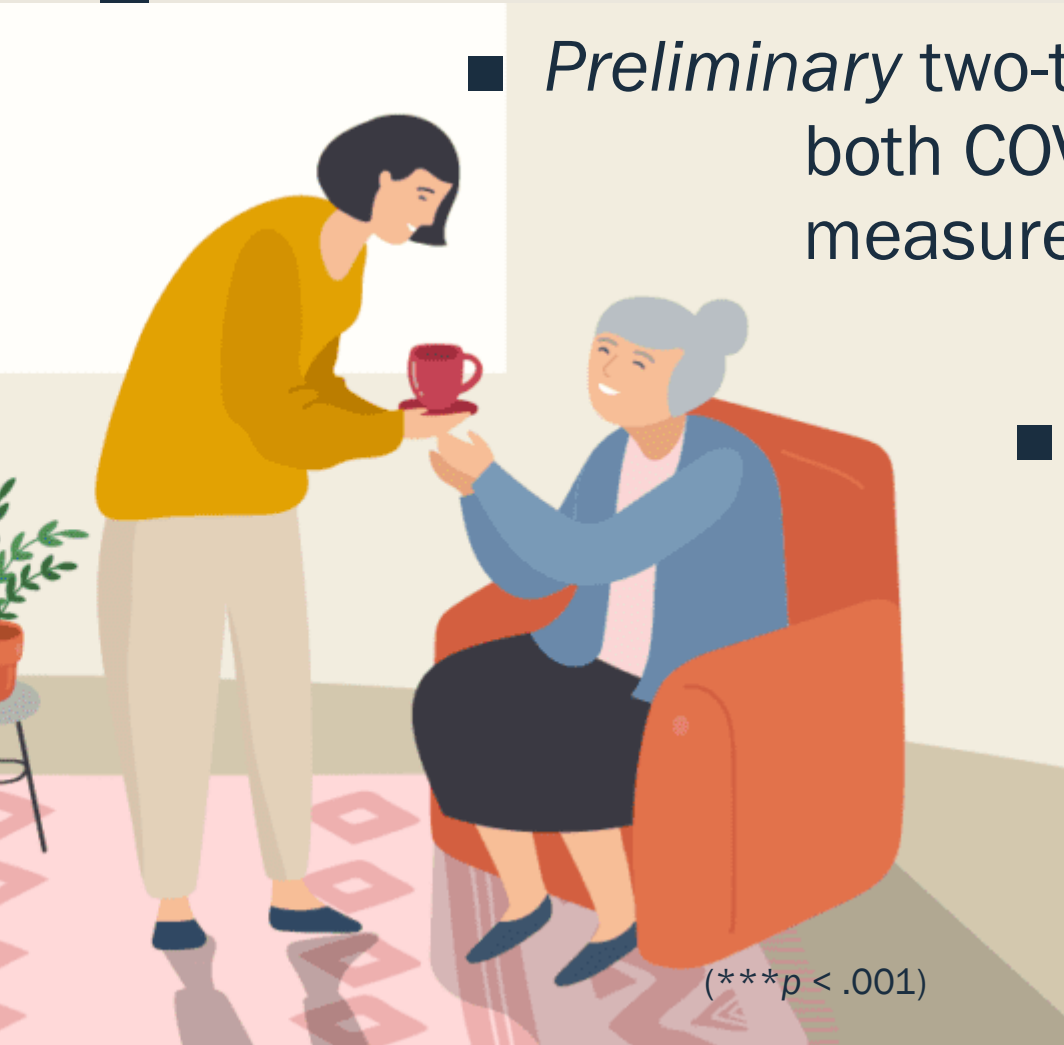
COVID-19 Measures:

- “To what extent have your caregiving responsibilities and decisions been altered by the current COVID-19/coronavirus pandemic?” (0→100)
 - Mean = **51.68**, Range: 0-100
- **COVID-19 Caregiver-related Stress External Factors (CSEF)**: 3-item scale assessing stress related to activities outside of the home (e.g., visiting friends, social activities; 1→5)
 - Mean = **3.66**, SD = 1.07
- **COVID-19 Caregiver-related Stress Internal Factors (CSIF)**: 13-item scale assessing stress related to the relationship with the care recipient (e.g., pressure, frustration, nerves, helplessness; 1→5)
 - Mean = **2.55**, SD = 1.06



Stress scale adapted from Cousins et al. (2002)

COVID-19 Family Caregiver-Related Stress & Relationship Indicators:



- Preliminary two-tailed, bivariate Pearson correlations between both COVID-19 CSEF and CSIF scales and established measures of relationship satisfaction and resentment (focused toward the care recipient) revealed:
 - CSIF & Relationship Satisfaction $r = -.60^{***}$
 - CSEF & Relationship Satisfaction $r = -.10$
 - CSIF & Resentment $r = .79^{***}$
 - CSEF & Resentment $r = .29^{**}$

Thank you!

Questions? Please contact me!
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