

Psychological factors and caregiver needs: A study of dementia caregivers in Colombia, South America

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OBJETIVOS: To determine the relationship between caregiver needs and psychological well-being.

DISEÑO: Correlational study.

LUGAR: Central Police Hospital in Bogotá, Colombia.

PACIENTES: 42 family-member caregivers of individuals with dementia .

INTERVENCIONES: N/A

MEDICIONES: A Caregiver Needs Questionnaire, Patient Health Questionnaire (PHQ-9; depression), Zarit Burden Interview (ZBI; burden), and Satisfaction with Life Scale (SWLS; well-being) were administered. Non-parametric Spearman rho correlations were used to examine the relationships among these variables.

RESULTADOS: Total Caregiver Needs were associated with higher PHQ-9 ($P = 0.49$, $p < 0.001$) and ZBI ($P = 0.52$, $p < 0.001$), and lower SWLS ($P = -0.51$, $p < 0.001$). Caregivers endorsing more economic needs had higher ZBI ($P = 0.33$, $p < 0.05$). Those needing more help with household chores had higher ZBI ($P = 0.42$, $p < 0.01$) and PHQ-9 ($P = 0.42$, $p < 0.01$). Those with more sleep-related needs had higher PHQ-9 ($P = 0.43$, $p < 0.01$) and lower SWLS ($P = -0.37$, $p < 0.05$). Those with more respite needs had higher PHQ-9 ($P = 0.34$, $p < 0.05$) and ZBI ($P = 0.58$,

$p < 0.001$), and lower SWLS ($P = -0.41$, $p < 0.01$). Caregivers reporting more physical health needs had higher PHQ-9 ($P = 0.48$, $p < 0.001$). Those with more psychological health needs had higher PHQ-9 ($P = 0.48$, $p < 0.001$) and ZBI ($P = 0.34$, $p < 0.05$), and lower SWLS ($P = -0.66$, $p < 0.001$).

CONCLUSIONES: There were moderate to strong associations between dementia caregivers' family needs and psychological factors. Specifically, caregivers with higher levels of depression reported more overall needs, endorsing more sleep and respite needs, household assistance, and physical and psychological health needs. Caregivers reporting more burden reported more overall needs, endorsing economic challenges, household assistance, respite needs, and psychological health needs. Those reporting less satisfaction with life reported more overall needs, especially sleep and respite, along with psychological health, needs. There is a close relationship between family needs and psychological well-being, including levels of depression, burden/stress, and satisfaction with life. Interventions targeted to address such identified family needs may improve psychological well-being and function in family member caregivers of individuals with dementia.