

## ABSTRACT

This study is a secondary, cross-sectional analysis that compares depression and life satisfaction among full-time caregivers, part-time caregivers, and non-caregivers in the Midlife in the United States 3 Survey 2013-2014 (MIDUS 3). The analysis found that full-time caregivers reported statistically significant higher levels of depression than part-time caregivers or non-caregivers. All caregivers reported statistically significant lower levels of life satisfaction than non-caregivers. Full-time caregivers reported lower levels of satisfaction with their work situation, financial status, and relationships. These levels were statistically significant compared to the other groups. Pre-tax income, employment, and marital status have statistically significant differences among full-time caregivers and the others, a finding that suggests an association between life satisfaction and socio-economic factors. These findings may help social workers better understand the challenges facing 53 million family caregivers in this underserved population.

## INTRODUCTION

- America's 53 million family caregivers provide an estimated \$400 billion in unpaid care each year
- Their invaluable service is not well understood
- LITERATURE REVIEW**
- Caregivers may expend more resources caring for their ailing family member than on themselves
- Caregivers frequently report high levels of depression and low levels of life satisfaction
- Expending personal resources, depression and low satisfaction have been defined as caregiver burden
- These caregivers are at risk for providing poor care
- Studies have compared levels of depression and life satisfaction among caregivers and control groups
  - These studies used samples of convenience, so the groups are not fully comparable
  - They were not able to compare socio-economic factors due to lack of data

## PURPOSE

- To investigate whether providing care to a family member impacts the levels of depression and life satisfaction of those providing care as compared to non-caregivers.
- To see if measures of satisfaction tie to socio-economic factors

### HYPOTHESIS 1

- Full-time family caregivers report greater levels of depression than their non-caregiving peers.

### HYPOTHESIS 2

- Full-time caregivers express lower levels of life satisfaction
  - These lower levels of life satisfaction relate to socio-economic factors

## METHODOLOGY

### DATA SOURCE

#### Midlife in the United States 3 Survey 2013-2014 (MIDUS 3)

- MIDUS is a quantitative longitudinal study
- Assesses bio-psycho-socio-environmental context
- MIDUS 3 is the third wave to a nationally representative database
- 3294 participants
  - Full-time Caregivers (n=98)
  - Part-time Caregivers (n=310)
  - Not a caregiver (n=2883)

### RESEARCH DESIGN

- Quantitative secondary cross-sectional analysis

### MEASURES

#### Depression

- World Health Organization (WHO) Composite International Diagnostic Interview Short-Form (CIDI-SF)

#### Life Satisfaction

- Developed from MIDUS 1 data
- Self-reported socio-economic factors

### STATISTICAL ANALYSIS

Statistical Package for the Social Sciences Version 27

#### Statistics

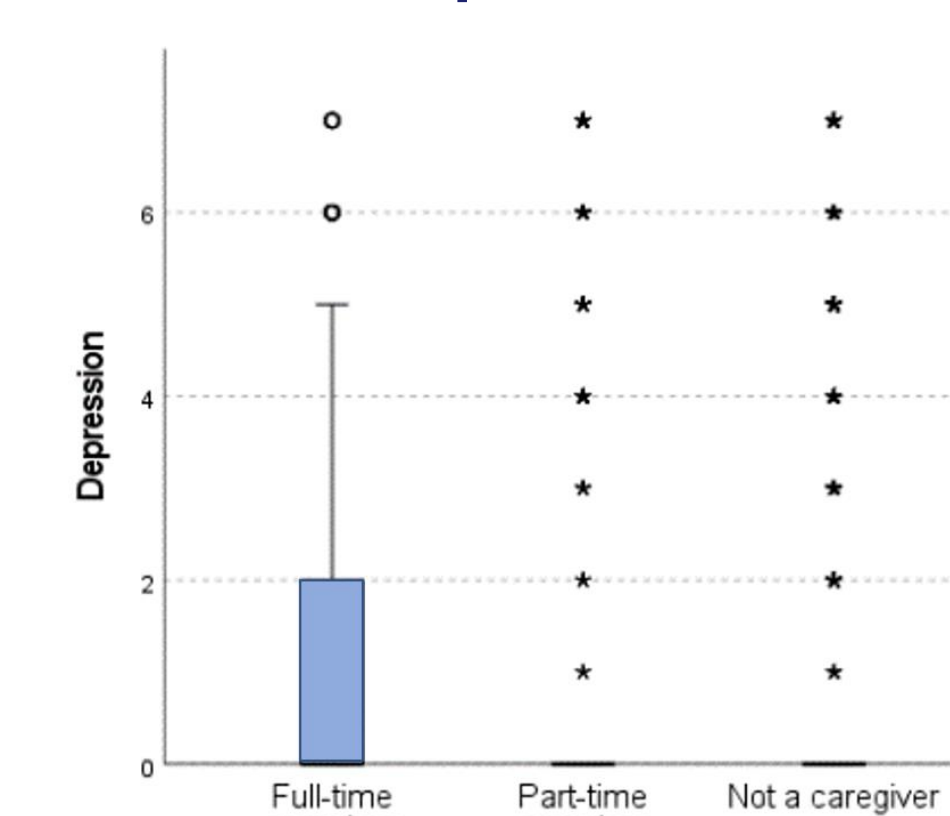
- Descriptive – demographic and socio-economic
- Inferential – depression and life satisfaction measures

## RESULTS

### DEPRESSION

- Kruskal-Wallis H test found statistically significant differences in the levels of depression among caregivers ( $p < .001$ )
- Pairwise comparisons found significant differences
  - Full-time caregivers and part-time caregivers  $p < .001$
  - Full time caregivers and the 'not a caregiver' group  $p < .001$
- Mean rank comparisons:
  - Full-time caregivers had higher levels of depression than the other groups
  - There was no significant difference among part-time caregivers and non-caregivers

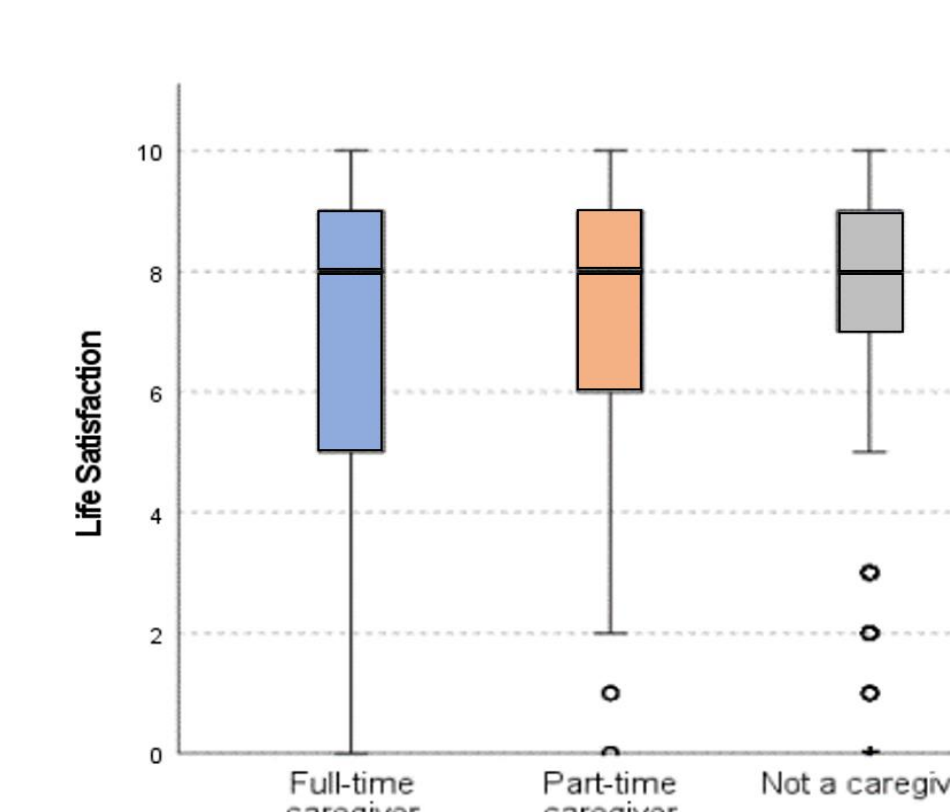
Depression



### LIFE SATISFACTION

- Kruskal-Wallis H test found statistically significant differences among caregiver groups ( $p < .001$ )
- Mean rank comparisons:
  - Caregivers had lower life satisfaction scores than non-caregivers
  - No statistically significant difference among full-time and part-time caregivers
- Caregivers reported statistically significant differences in satisfaction among life domains:
  - Financial
  - Work
  - Marriage / relationship
- Post hoc analysis determined differences in socio-economic factors:

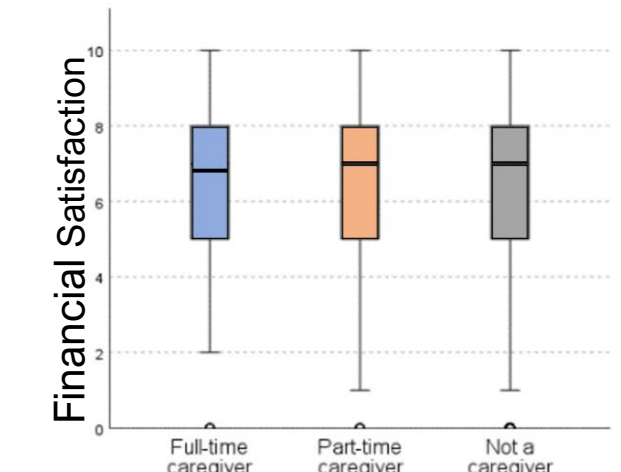
Life Satisfaction



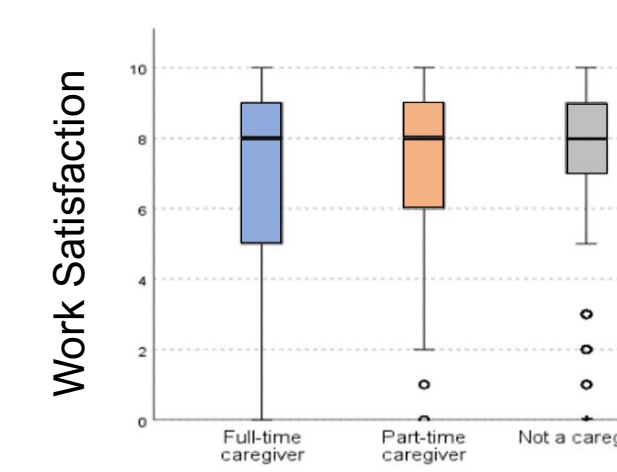
Post hoc, crosstabsular analysis of select socio-economic characteristics:

Characteristic	Full-time caregiver (n = 98)	Part-time caregiver (n = 310)	Not a caregiver (n = 2883)
Pre-tax income < \$25,000	.41 (40)	.31 (95)	.27 (790)
Working	.49 (30)	.63 (143)	.65 (1207)
Married	.54 (53)	.71 (220)	.67 (1935)

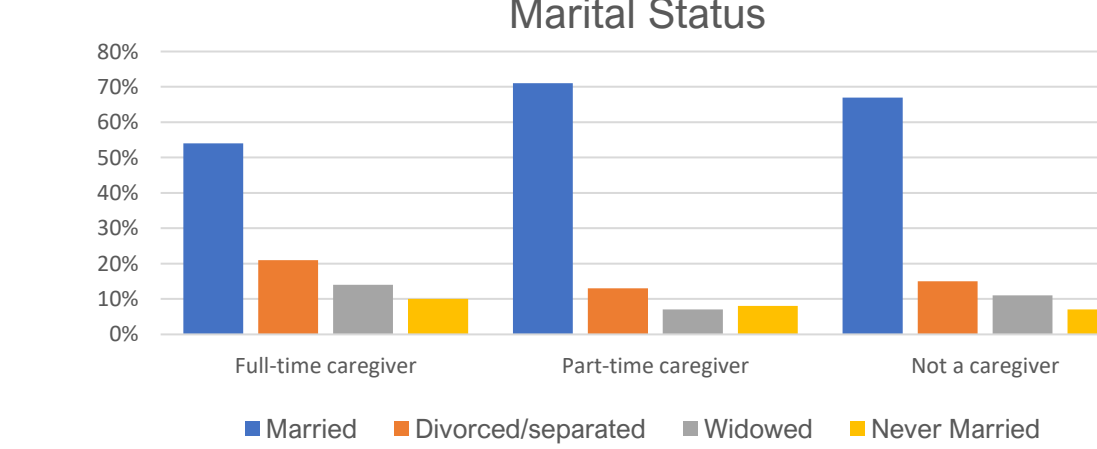
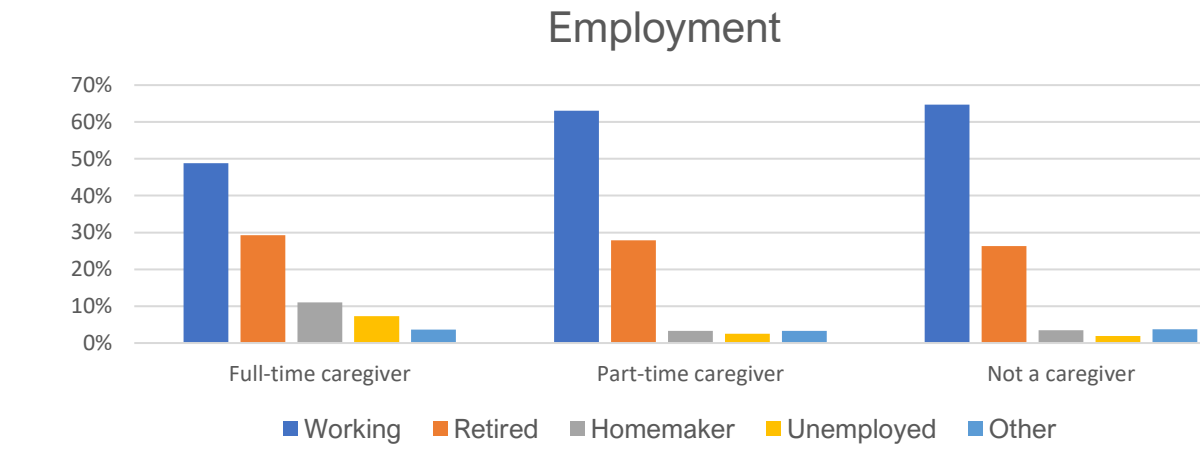
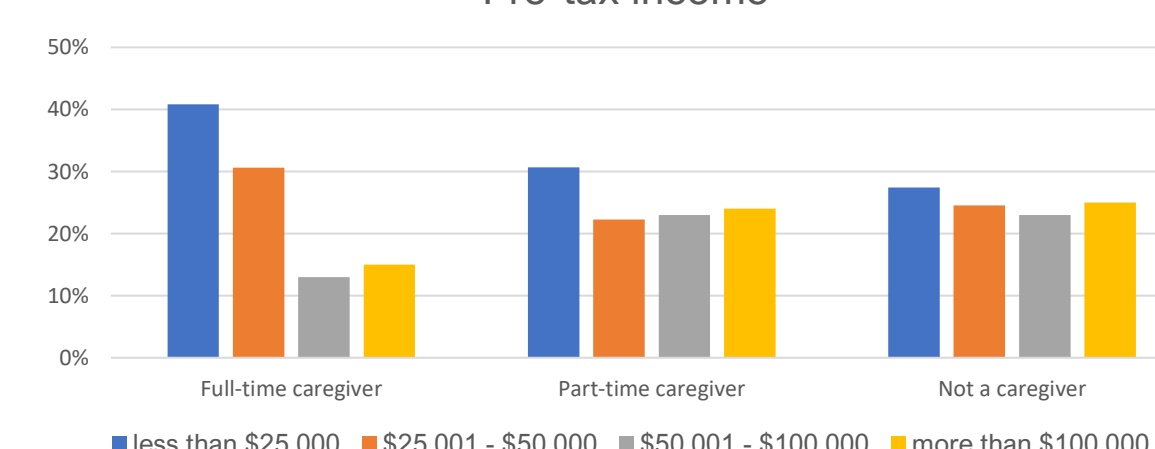
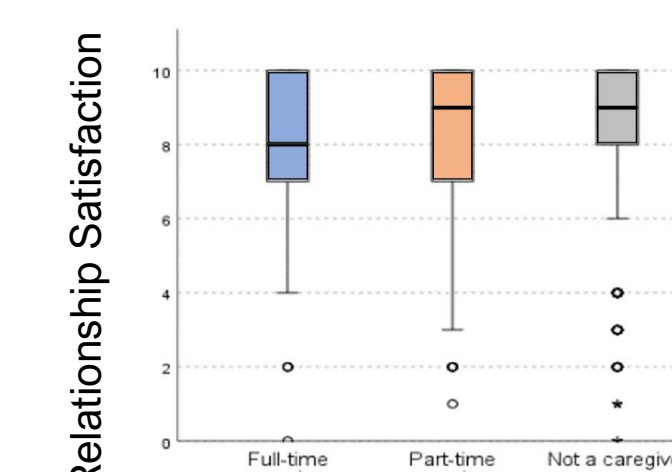
Financial



Work



Marriage/relationship



## DISCUSSION

### FINDINGS

- Full-time family caregivers report higher levels of depression and lower levels of life satisfaction than their peers using nationally representative data
  - These findings confirm prior studies
- Life satisfaction levels are associated with socio-economic factors, especially among full-time caregivers
  - This finding adds to prior studies

### IMPLICATIONS

- America's 53 million family caregivers should be population of concern for social work
- Social workers should advocate for increased respite care options and dedicated social support services
- Society could better support family caregivers
- Workplace policies could offer more flexibility to caregivers
- Law and policy should be updated to alleviate financial burdens by providing economic support through direct payments or tax credits

### STUDY STRENGTHS & LIMITATIONS

#### Strengths

- Direct comparisons of caregivers & those not providing care
- Analyses of related socio-economic factors
- These additional analyses led to possible associations between personal satisfaction and objective socio-economic factors

#### Limitations

- Oversimplification of complex confounding factors
- Self-reported socio-economic data
- Database longer reflects U.S. demographics

### FUTURE RESEARCH RECOMMENDATIONS

- Re-field the MIDUS survey to new national sample that reflects current demographics
- Perform additional analyses of the extensive MIDUS 3 data in relation to caregiving.
- A longitudinal bio-psycho-social-environmental study that follows caregivers through the caregiving experience at regular intervals
- Qualitative studies of the impact of caregivers' depression on their family members

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