

# Mental health of Caregivers to Adults with COVID-19: A Scoping Review

James D. Sessford<sup>1,2</sup>, Alison Dodwell<sup>1</sup>, Katarina Elms<sup>1</sup>, Monique Gill<sup>1,2</sup>, Meera Premnazeer<sup>1,2</sup>, Orianna Scali<sup>1,2</sup>, Jill I. Cameron<sup>1,2,3</sup>

<sup>1</sup>Department of Occupational Science and Occupational Therapy, University of Toronto

<sup>2</sup>Rehabilitation Sciences Institute, University of Toronto

<sup>3</sup>Co-Director of Rehabilitation Science Research Network for Covid



## Background & Objectives

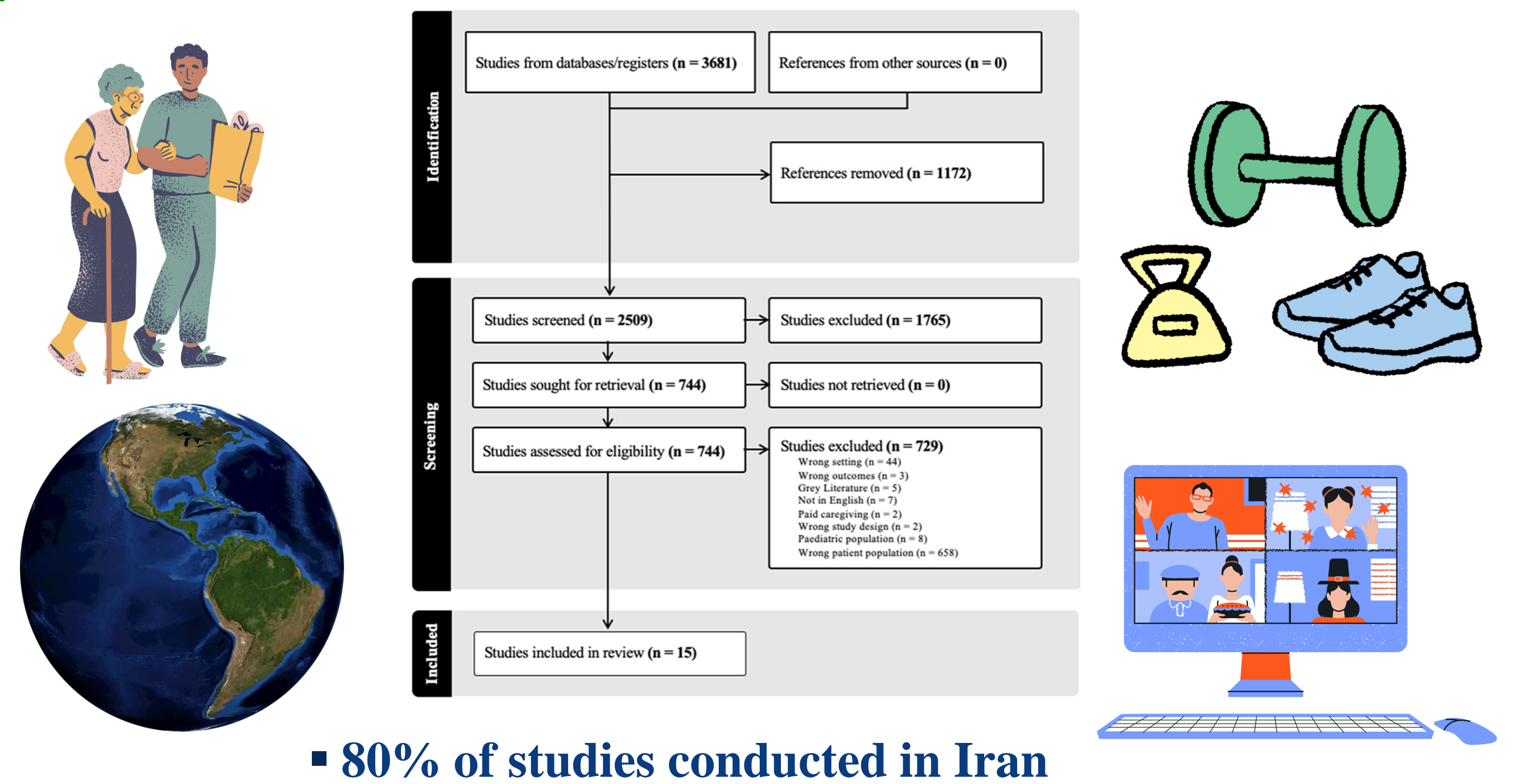
- Family caregivers (FCGs) of people with cancer and dementia have experienced novel and exacerbated negative mental health impacts during the Covid-19 (C19) pandemic<sup>1</sup>
- No such review of impacts on FCGs to people with C19 has been completed
- Objective:** Answer...
- What are the risks and protective factors associated with mental health outcomes among adult FCGs to adults with C19 within the emerging literature?

<sup>1</sup>Muldrew D, Fee A, Coates V. Impact of the COVID-19 pandemic on family carers in the community: A scoping review. Health and Social Care in the Community. 2021;30(4): 1275-1285

## Methods

- Scoping Review following Joanna Briggs Institute framework
- January 2023 - searched MEDLINE, CINAHL, and PsycINFO for: Mental health; C19; FCG
- Population – FCG (≥ 18 years) to adults with C19
- Concept – Mental health outcomes and related internal, external, and/or demographic factors
- Context – FCG within home during C19 pandemic
- Sources – Original peer-reviewed journal articles

## Results



## Risk Factors

- Quantitative (n = 10)**
- Caregiving burden
  - Longer durations of C19 infection
  - Care recipient health complications
- Qualitative/Mixed-Methods (n = 5)**
- Fear of COVID-19
  - Limited support
  - Financial burden
  - Family challenges
  - Nature of COVID-19
  - Inexperience
  - Isolation
  - Unpleasant experiences



## Protective Factors

- Quantitative (n = 10)**
- Online interventions (e.g. psychoeducational or family-centred empowered model)
  - FCG coping strategies (e.g., conversation with family members, physical exercise, hobbies, smoking, alcohol consumption, and professional help)
- Qualitative/Mixed-Methods (n = 5)**
- Self-reinforcement
  - Coping strategies
  - Spirituality
  - Social support
  - Access to support services

## Conclusions

- Quantitative and qualitative research identified common mental health risk factors (e.g. nature/duration of C19 infection) and protective factors (e.g., coping strategies) for FCGs to adults with C19
- Rehabilitation professionals offering virtual service options may mitigate risk factors (e.g., financial burden, fear of COVID-19, etc)
- Future Directions** – re-run updated search and analyse more recent papers
- Future studies should specify acute vs long C19

## Acknowledgements

Katie Merriman and Jessica Shiers, librarians at the University of Toronto

