

Background & Objectives

Family caregivers (FCGs) of people with cancer and dementia experienced novel and exacerbated negative mental health impacts during the COVID pandemic¹

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

There are no published reviews that have examined the ment health of FCGs to people with COVID.

Research Question:

What are the risks and protective factors associated with mer health outcomes among adult FCGs to adults with COVID with the emerging literature?

Methods

- Scoping Review following Joanna Briggs Institute framework
- January 2023 & January 2024 searched MEDLINE, CINAHL, a **PsycINFO for: Mental health; COVID; FCG**
- Population Adult FCG to adults with acute or long COVID
- Concept Mental health outcomes and related internal, external and/or demographic factors
- Context FCG within home during COVID pandemic
- Sources Original peer-reviewed journal articles



Mental health of caregivers to adults with COVID: Scoping review

James D. Sessford^{1,2}, Alison Dodwell¹, Katarina Elms¹, Monique Gill^{1,2}, Meera Premnazeer^{1,2}, Orianna Scali^{1,2}, Michelle Roque³, Jill I. Cameron ^{1,2,4}.

> ¹Department of Occupational Science and Occupational Therapy, University of Toronto ²Rehabilitation Sciences Institute, University of Toronto

³McMaster University

⁴Co-Director of Rehabilitation Science Research Network for Covid

Results

have	Studies from databases/registers (n = 4,646)	References from other sources (n = 0)
i au suite a lithe	Identification	
iew. Health tal		References removed (n = 1,459) Duplicates identified manually (n = 68) Duplicates identified by Covidence (n = 1,391) Marked as ineligible by automation tools (n = 0) Other reasons (n = 0)
Car	Studies screened (n = 3,187)	Studies excluded (n = 2,427)
ntal	Studies assessed for eligibility (n = 759)	Studies excluded (n = 737) Wrong setting (n = 46) Wrong outcomes (n = 3) Grey Literature (n = 5) Not in English (n = 7) Paid caregiving (n = 2) Wrong study design (n = 2) Paediatric population (n = 8) Wrong patient population (n = 664)
hin	Studies included in review (n = 22) -82% of studies conducted in Iran –N	o studies specified acute
	Risk	Factors
	Quantitative (n = 14)	Qualitative/Mixed-Me
and	Caregiving burden	Limited support
	Longer durations of COVID infection	Financial burden
	Care recipient health complications	Family challenges
ernal,		Nature of COVID
		Inexperience caring
		Isolation
		Unpleasant experier







Protective Factors





vs long COVID

ethods (*n* = 8)

for COVID

nces

Quantitative (n = 14)

- Online interventions (e.g. psychoeducational or familycentred empowered model)
- FCG coping strategies (e.g., conversation with family members, physical exercise, hobbies, smoking, alcohol consumption, and professional help)

Qualitative/Mixed-Methods (*n* = 8)

- Self-reinforcement
- Coping strategies
- Spirituality
- Social support

Conclusions

- Quantitative and qualitative research identified common mental health risk factors (e.g. nature/duration of COVID infection) and protective factors (e.g., coping strategies) for FCGs to adults with COVID
- Factors related to COVID itself (concern about transmission, limited) knowledge of caring for someone with COVID, etc.) differentiate this population from other FCG populations
- Rehabilitation professionals offering virtual service options may mitigate risk factors (e.g., financial burden, nature of COVID, etc) and promote accessibility
- Future studies should specify acute vs long COVID

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