

Mental health of caregivers to adults with COVID: Scoping review

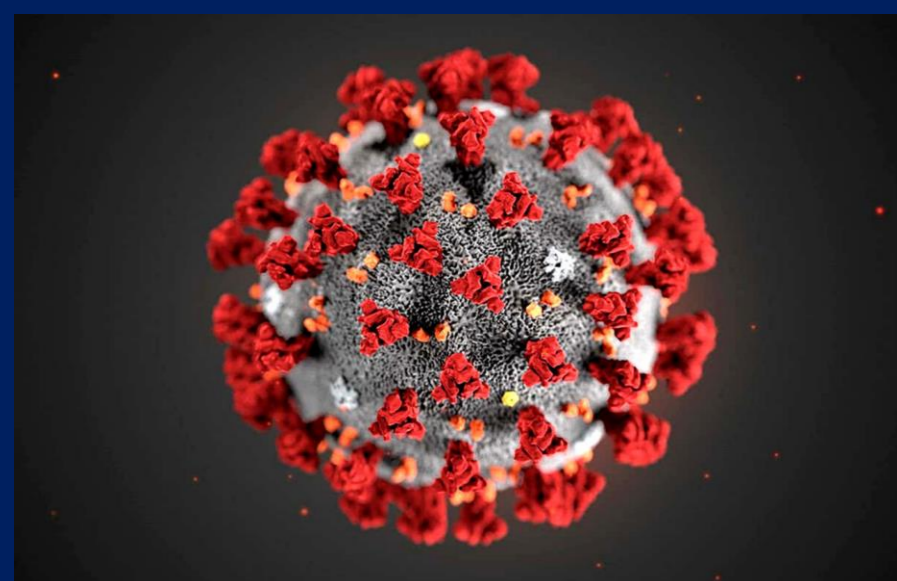
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Background & Objectives

- Family caregivers (FCGs) of people with cancer and dementia have 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 review. Health and Social Care in the Community. 2021;30(4): 1275-1285

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

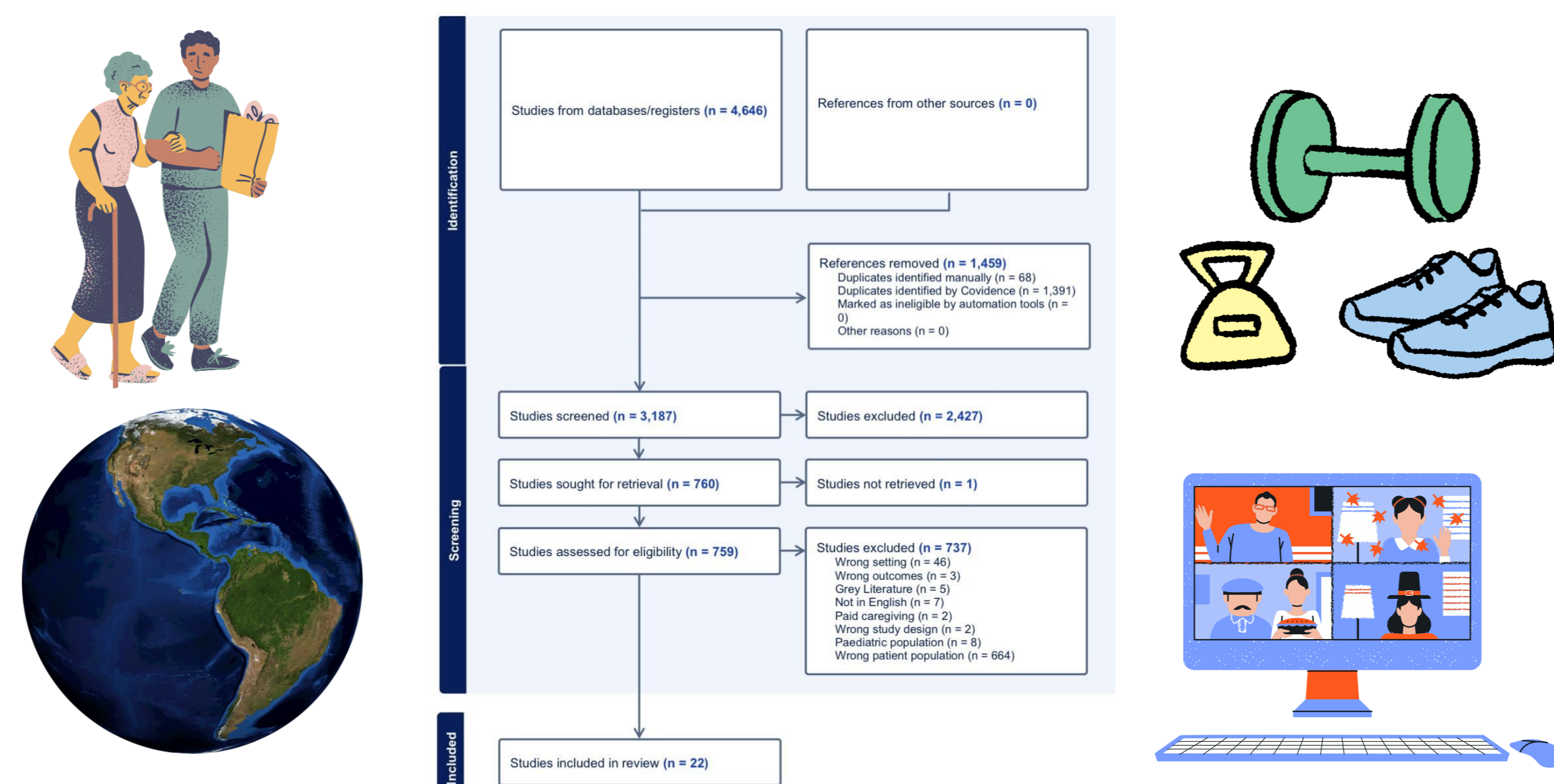
Research Question:

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

Methods

- Scoping Review following Joanna Briggs Institute framework
- January 2023 & January 2024 - searched MEDLINE, CINAHL, and 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

Results



-82% of studies conducted in Iran –No studies specified acute vs long COVID

Risk Factors

Quantitative (n = 14)

- Caregiving burden
- Longer durations of COVID infection
- Care recipient health complications

Qualitative/Mixed-Methods (n = 8)

- Limited support
- Financial burden
- Family challenges
- Nature of COVID
- Inexperience caring for COVID
- Isolation
- Unpleasant experiences



Protective Factors

Quantitative (n = 14)

- 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 = 8)

- 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 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

