



Relationships of Resourcefulness, Worry, and Demands on Anxiety in Family Caregivers

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Purpose

- This study examined the relationships of resourcefulness, worry and caregiving demand on anxiety among family caregivers of persons diagnosed with Alzheimer's disease (AD). The theory of resourcefulness (Rosenbaum, 1982) guided this study.

Methodology

Descriptive correlational design

Eligibility criteria

- Women family caregivers
- Must be living with and caring for a loved one diagnosed with AD

Sample

- Number recruited= 138
- Number eligible = 119
- Number participated=102

Instruments

- Resourcefulness was measured using Rosenbaum's (1982) Self-Control Scale, a 36-item instrument with a 6-point scale. The instrument measures cognitive-behavior skills (12 items measures the use of cognitions to control emotional and physiologic sensations; 15 items measures problem-solving strategies; and 9 items on expectations for self efficacy).
- Anxiety was measured using the State-Trait Anxiety Inventory –State subscale (Spielberger et al, 1982).

- Worry was measured using the Family Caregiving Inventory subscale on Areas of Concern (Archbold et al, 1990), a 17- item scale that measures how much caregivers worry about their loved one's health, state of mind, safety, and financial needs. Example: "How much do you worry about him/her if something happens to you? Caregivers used a 5-point Likert scale to rate their worry from Not at all (0) to a great deal (4).

Demand was measured using the needs for assistance in the provision of care in activities of daily living.

Caregivers used a 5-point Likert scale to rate the need for care from 0 (cannot do it) to 4 (no help needed)

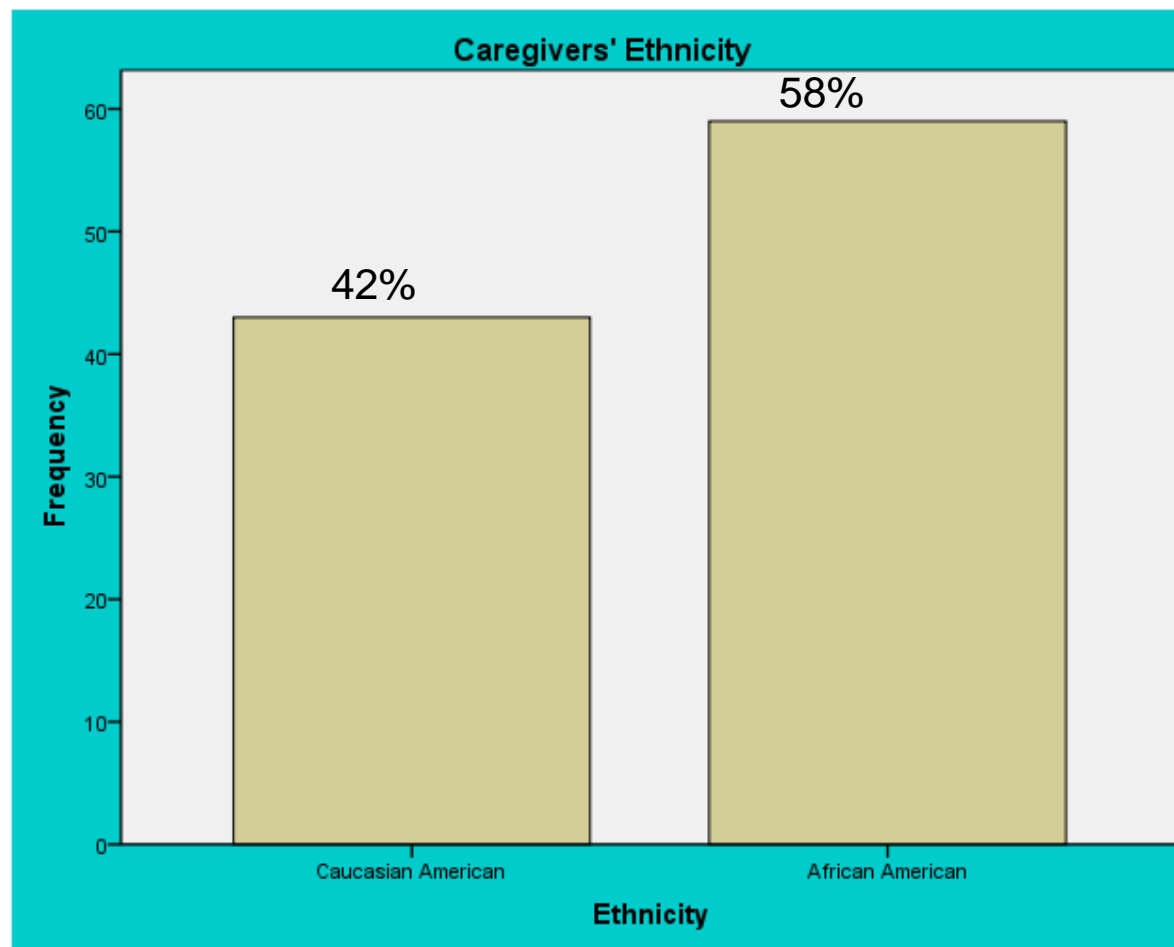
Data Analyses

- Descriptive statistics
- Multiple Regression

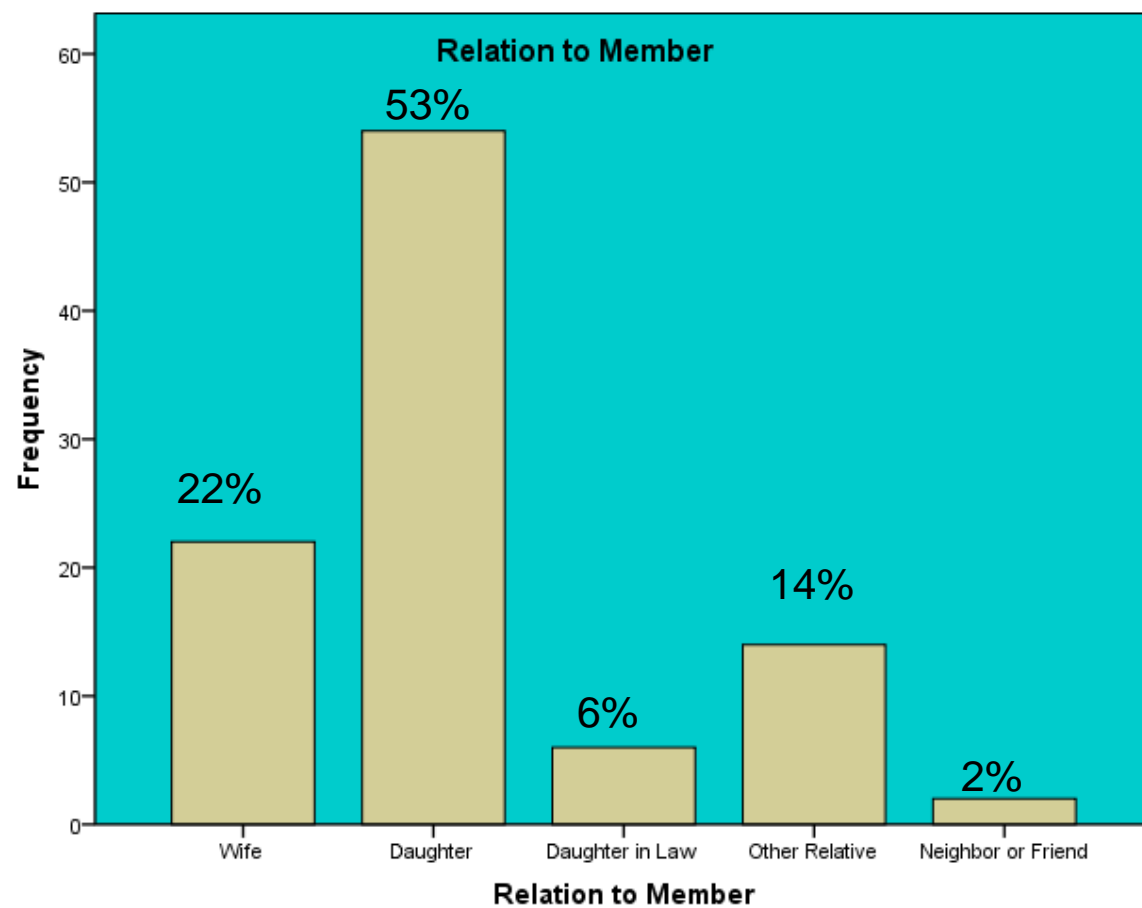
Caregivers and Care –recipients' age

	Range	Mean	SD
Caregiver Age in Years	35- 85	60	12.01
Care – recipient Age in Years	54- 95	80	9.0

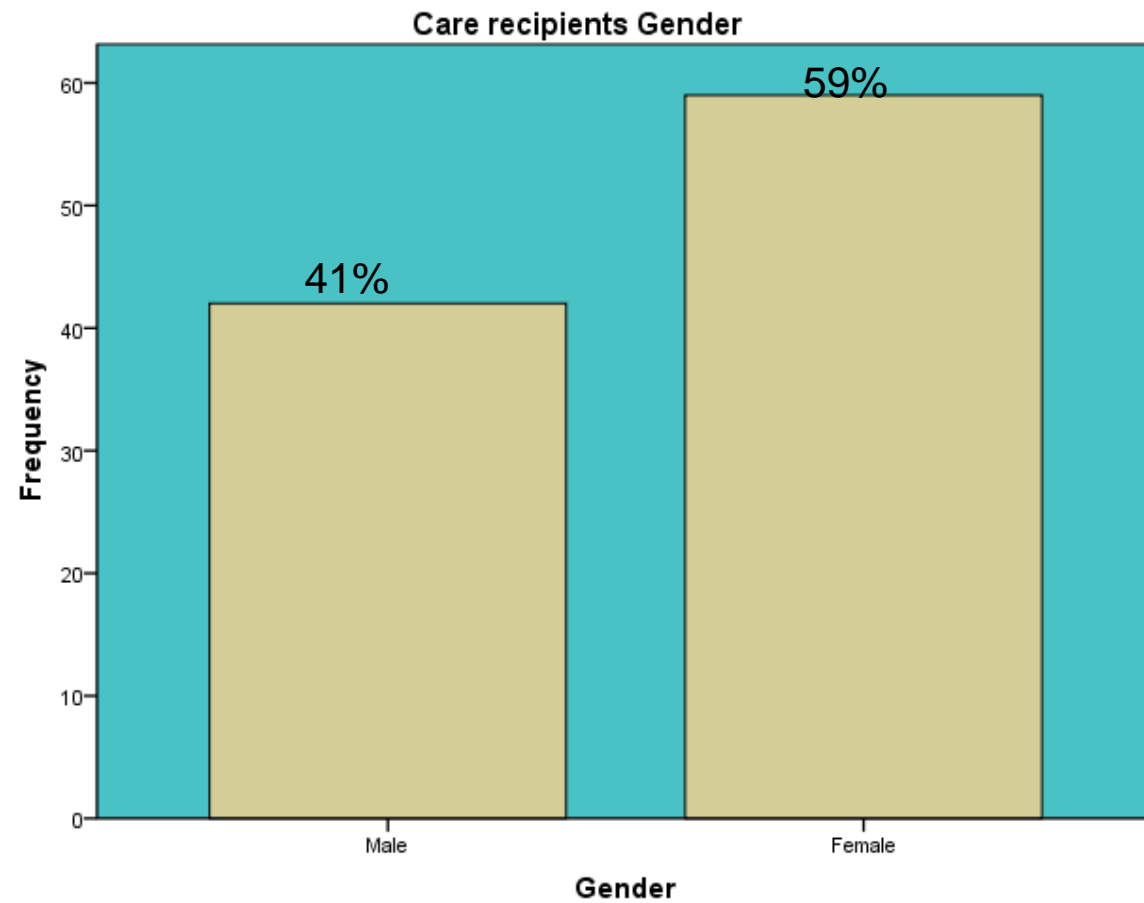
Caregivers' Ethnicity



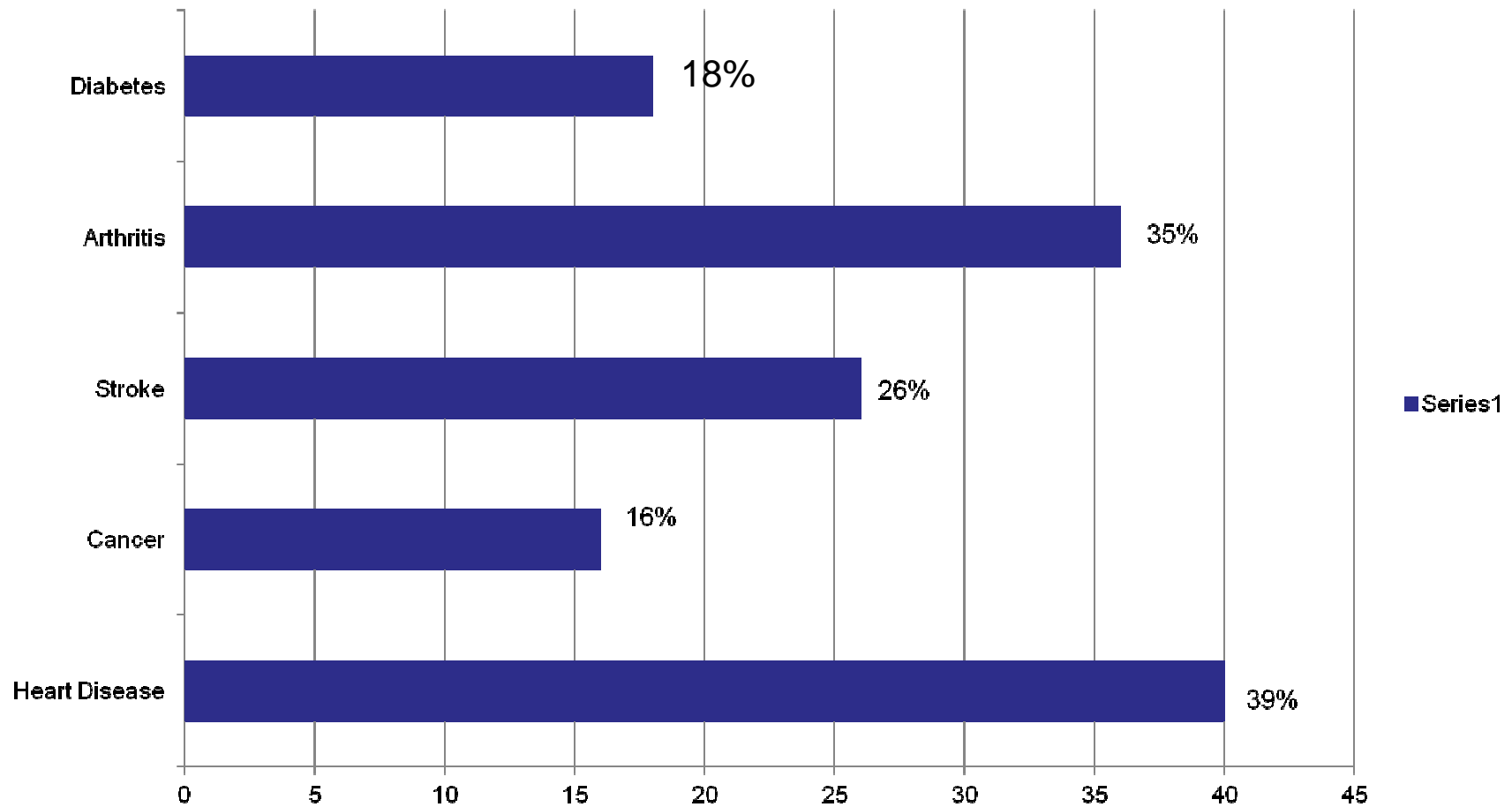
Type of Relationships



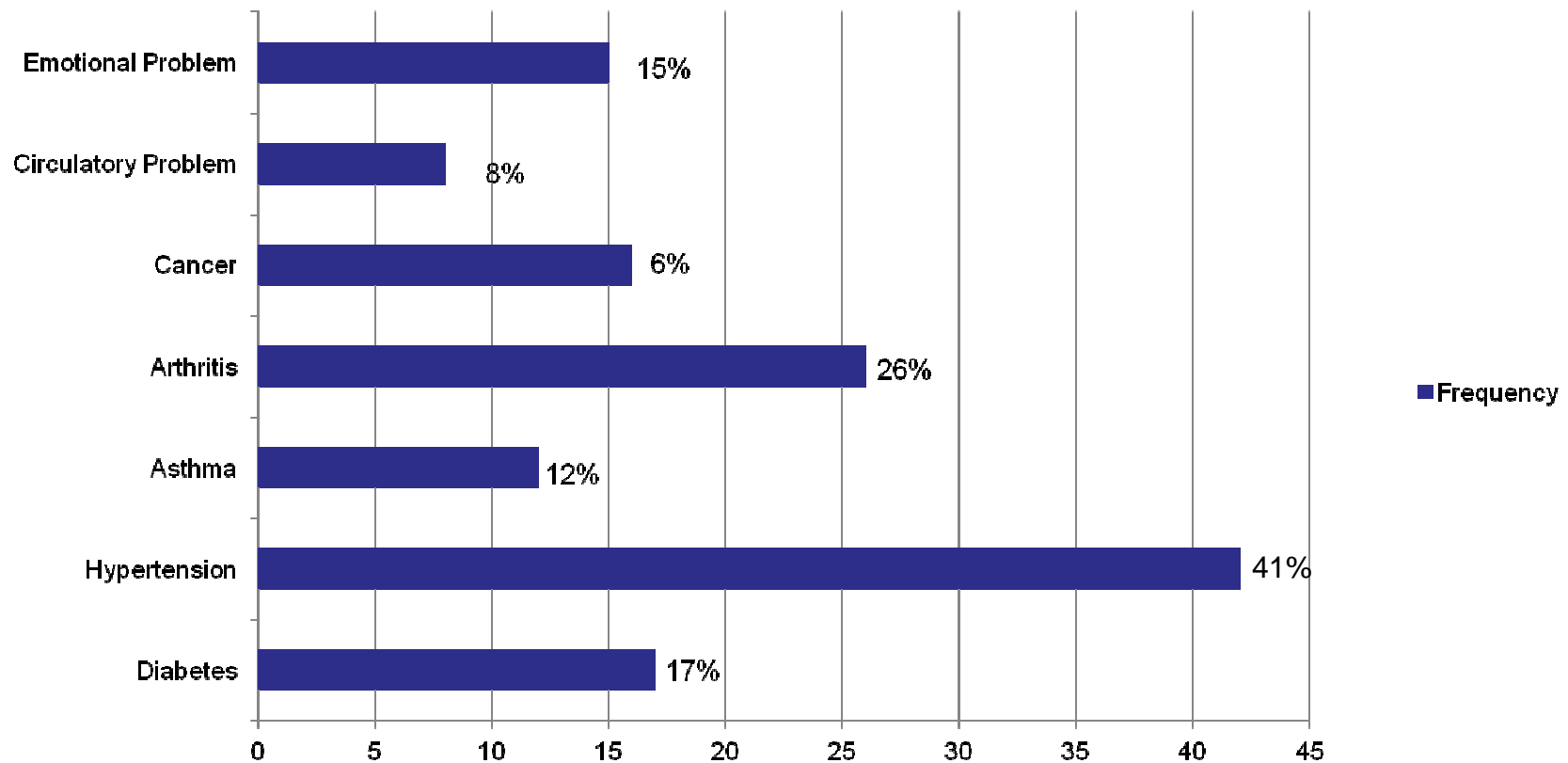
Care-recipients Gender



Care Recipients' Health Problems in addition to AD



Caregivers' Health Problems



Descriptive Statistics on Study Variables

Variables	Range	Mean (SD)	Alpha
Resourcefulness	-12 to 105	38.96 (25.47)	.84
Worry	.11 to 4.33	1.82 (.85)	.84
Demands	.17 to 3.0	2.41 (.62)	.79
State Anxiety	20 to 63	36.48 (11.97)	.93

Multiple regression: Predictors of Caregiver anxiety

Predictors	Beta	P value	95% Confidence Interval	Coefficients Part
Resourcefulness	-.297	.001	-.214 to -.055	-.297
Demands	-.282	.002	-.844 to -1.95	-.281
Worry	.40	.000	3.02 to 7.78	.399
R =.57 R Square = .327 Adjusted R Square=.30				

Findings

- There was a negative relationship between resourcefulness and anxiety ($p=.001$). Resourcefulness accounted for 9% of the variance.
- There was a positive relationship between caregiving demand and anxiety ($p=.002$), Demands accounted for 8% of the variance.
- There was a positive relationship between worry and anxiety. Worry accounted for 16% of the variance.

- Conclusion: There is a need to address areas of concerns and resourceful skills in family caregivers of persons diagnosed with AD.