Session 2430 (Symposium)

MENTAL HEALTH AMONG INFORMAL CAREGIVERS OF OLDER ADULTS IN ASIA
Chair: Xiang Gao  
Co-Chair: Kaipeng Wang  
Discussant: Fei Sun

The purpose of this symposium is to highlight the mental health needs and factors associated with mental health among informal caregivers of older adults in Asia. The symposium consists of five papers. The first paper explores the perceived role, needs, and rewards of informal caregiving among caregivers of residents in independent long-term care facilities in South India. The second paper presents a systematic review and meta-analysis on the association between long-term care service use and informal caregiver burden, depression, and health status. The third paper examines the association between caregivers’ characteristics and quality of life among informal caregivers of older adults with cognitive impairment in China. The fourth paper examines the association between coping strategies and caregiver burden and depression among Chinese caregivers of older adults with cognitive impairment. The last paper examines the association between cohort, meaning making, and depression among adult caregivers during the COVID-19 pandemic in Hong Kong. Taken together, these five papers underscore the mental health needs and protective and risk factors of mental well-being among caregivers in Asia. Findings of those papers inform the development and adaptation of culturally sensitive interventions to improve mental health outcomes among informal caregivers in Asia. The discussant will comment on the strengths and limitations of these papers in terms of their contributions to the theory, research, and practice on mental health among informal caregivers in Asia.

INFORMAL CAREGIVING BETWEEN RESIDENTS IN LTC FACILITIES IN INDIA: DEMANDING OR REWARDING ROLE
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Research on caring for older adult with health problems by Informal caregivers (IC) in the community in developing countries like India is increasing. However, IC in institutions is largely unacknowledged. This exploratory study examines the perceived role, demands, and rewards of informal caring for residents in independent LTC facilities in South India. A total of 187 residents were interviewed in Tamil and Kannada using structured and open-ended questions on demographics, health, mental health, residents’ interactions, tasks performed and personal experiences. About 50% reported assisting other residents with ADLs, 30% helped with IADLs, and 75% provided emotional support. The caregivers’ appraisals as residents and their relationship with care-recipient was both positive and negative. In addition to socialization, personal accomplishment, caregivers reported emotional exhaustion, stress, and burnout. Implications related to paid and unpaid labor policy in LTC and reducing IC stress are discussed.

LONG-TERM CARE SERVICE USE AND CAREGIVER BURDEN, DEPRESSION, AND HEALTH: A SYSTEMATIC REVIEW AND META-ANALYSIS
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This study examined whether long-term care service use (LTCSU) is associated with informal caregivers’ burden, depression, and health status. Eligible articles collected data directly from caregivers, written in English, and allowed for extraction or computation of effect sizes. MEDLINE, PsycINFO and ProQuest Dissertations & Theses Global databases were searched between September 2017 and January 2018. The risk of bias of individual studies was assessed regarding confounding, study power, and other biases. This unfunded study was registered with PROSPERO: CRD42018108827. Of the 419, 209 and 346 articles identified, 24, 14 and 15 articles that involved 12,530, 6,687 and 7,331 informal caregivers respectively, were eligible for analyses regarding the above associations. With unadjusted effect sizes, omnibus tests found statistically non-significant overall effect estimates in the association of LTCSU with caregiver burden, depression, and health status. Subgroup analyses, however, revealed that the above associations differed by service type, caregiver sex, and country, respectively.

ASSOCIATES OF PERCEIVED QUALITY OF LIFE IN CHINESE OLDER ADULTS LIVING WITH COGNITIVE IMPAIRMENT
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This study examined perceived quality of life in Chinese older adults living with cognitive impairment in a group of urban Chinese older adults and explore its associations with caregivers’ characteristics. Questionnaires were administered in person to 300 caregiver-care recipient dyads from three urban communities in mainland China in 2019. The 40-item Alzheimer’s Disease-related Quality of Life tool asked caregiver respondents to indicate care recipients’ life conditions. Higher levels of caregiving burden ($\beta = -0.19, p < 0.01$) and more depressive symptoms ($\beta = -0.19, p < 0.01$) amongst caregivers were significantly associated with lower quality of life of care recipients. The results suggested that reducing caregivers’ burden and depressive symptoms are essential to promote quality of life of care recipients. Formal support from health professionals, service organizations, and communities are urgently called for to promote the wellbeing of Chinese families affected by cognitive impairment.

COPING AND CAREGIVER BURDEN AND DEPRESSION AMONG CHINESE CAREGIVERS OF OLDER ADULTS WITH COGNITIVE IMPAIRMENT
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Coping strategies are important factors that influence caregivers’ mental health outcomes. The purpose of this study is to examine the association between coping strategies and