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Eighty Percent Of Caregivers Stressed

Published on January 21, 2010

by [EU News Network](#)



(EUNewsNet.com and OfficialWire)

GRANADA, SPAIN

Eighty percent of those who provide care for dependent elderly relatives suffer from anxiety and stress, researchers in Spain said.

Researchers at the University of Granada had 203 subjects, informal caregivers for a dependent elderly person, complete a questionnaire.

Principal investigator Ruth Calero Perez and Professor Jose Roa Venegas of the University of Granada said families, particularly daughters, assume the "informal care" of dependent elderly people in most cases.

Both positive and negative cognitive variables have a decisive influence on how caregivers and care receivers relate to each other -- including family support, institutional support. The variables also modulate the relationship between caregivers and care receivers.

In addition, cultural variables such as parenting patterns and styles of education received have implications on the caregivers.

"Effects of stress, anxiety, stress, etc., are known to affect the informal caregiver, but we believe these variables are insufficient to explain the variability that occurs in the conduct of the caretaker in his relationship with the care receiver," the researchers said in a statement.

Contact

European News Network
EU News Network
wire@eunewsnet.com
Tel: +44 (0) 758-845-6978

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