

INPLASY

The longitudinal trajectories of caregiving burden and benefits among informal caregivers of older adults: A systematic review

INPLASY2023100093

doi: 10.37766/inplasy2023.10.0093

Received: 30 October 2023

Published: 30 October 2023

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ADMINISTRATIVE INFORMATION

Support - Personal source.

Review Stage at time of this submission - Data analysis.

Conflicts of interest - None declared.

INPLASY registration number: INPLASY2023100093

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 30 October 2023 and was last updated on 30 October 2023.

INTRODUCTION

Review question / Objective How do caregiving burden and benefits change over time among informal caregivers caring for older adults?

Condition being studied Informal caregivers often experience multidimensional burdens because of caregiving to functionally disabled older persons such as lack of family support, schedule disruption, or perceived poor health, while they also gain multifaceted benefits from caregiving such as feeling confident, feeling appreciated, or strengthening their relationship to care recipients. Caregiving burden and caregiving benefits are shown to be not mutually exclusive but represent two distinct domains that co-shape caregiving experiences among informal caregivers of older adults with functional limitations. Understanding

how caregiving burden and caregiving benefits co-shape caregiving experiences longitudinally among informal caregivers can capture a comprehensive picture of caregiving experiences. Delineating the longitudinal trajectory shapes of caregiving burden and caregiving benefits may also notify the proper time for interventions to either reduce caregiving burden or improve caregiving benefits among informal caregivers of older adults with functional limitations. Besides, identifying modifiable factors associated with beneficial or burdensome caregiving experience trajectories can be used as targets for intervention development among informal caregivers of older adults with functional limitations.

METHODS

Participant or population Informal caregivers of older adults. We defined informal caregivers as

family members (e.g., spouses, children, siblings), friends or neighbors who provides unpaid care to an older adults with functional limitations. Older adults are defined as individuals aged 60 and over.

Intervention NA.

Comparator NA.

Study designs to be included We included longitudinal observational studies.

Eligibility criteria The outcomes of interests should be measured by caregiving-specific measures assessing the perceived impact of caregiving on caregiver physical, psychological, and social well-being. Eligible studies should be written in English and published on a peer-review journal. Longitudinal studies with three or more time points will be included to identify more complex trajectories over time than studies with only two time points.

Information sources Electronic databases: Medline, Embase, CINAHL, PsycINFO, Social Science Database.

Main outcome(s) Caregiving burden; Caregiving benefits.

Quality assessment / Risk of bias analysis Newcastle-Ottawa scale for cohort study will be used to assess the quality of eligible studies.

Strategy of data synthesis A narrative synthesis will be applied.

Subgroup analysis NA.

Sensitivity analysis NA.

Language restriction Studies written in English will be included.

Country(ies) involved Singapore (DukeNUS Medical School).

Keywords informal caregivers, caregiving burden, caregiving benefits, older adults.

Contributions of each author

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