

Caregiving Stressors and Sleep Outcomes Among African American AD/ADRD Caregivers: Examining Resilience as a Moderator

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Background

- Approximately 67% of family caregivers of individuals with Alzheimer's disease and related dementias (AD/ADRD caregivers) in the United States report sleep difficulties.
- African American AD/ADRD caregivers experience greater caregiving demands and are at a higher risk of sleep issues.
- Resilience is recognized as a coping resource associated with better well-being.
- Yet, little is known about whether resilience could mitigate the negative impacts of AD/ADRD caregiving on sleep.
- This study aimed to examine the moderating effect of resilience on the associations between caregiving stressors and sleep among African American AD/ADRD caregivers.

Methods

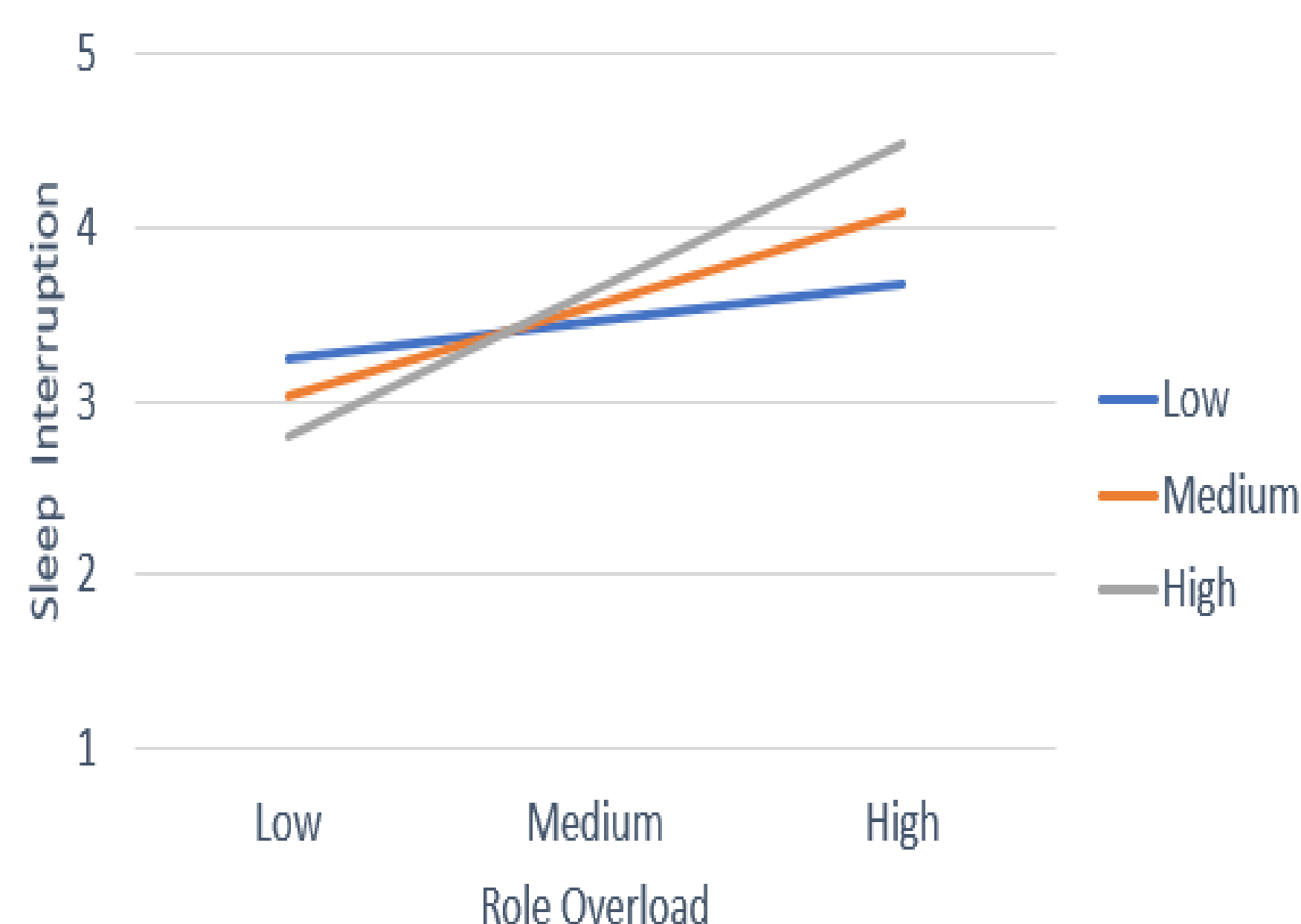
- A community-based study with 88 African American AD/ADRD caregivers
- Resilience
 - The ability to adapt to or recover from adversity (Connor-Davidson Resilience Scale; 10 items)

- Caregiving Stressors
 - Objective: ADL assistance, IADL assistance
 - Subjective: caregiver role overload (Role Overload Scale; 3 items)
- Self-reported sleep outcomes
 - Sleep interruption
 - Sleep satisfaction
 - Sleep onset latency
 - Nighttime awakening
 - Difficulty returning to sleep
- Multiple linear regression

Results

Results 1

Figure 1. Sleep Interruption by Role Overload and Resilience Among African American AD/ADRD Caregivers



As the level of role overload increased, the positive association between role overload and sleep interruption was stronger among caregivers with higher resilience compared to those with lower resilience (Figure 1).

Results 2

Figure 2. Sleep Onset Latency by Assistance with Daily Living Activities Among African American AD/ADRD Caregivers



As the level of ADL assistance increased, the positive association between ADL assistance and sleep onset latency was stronger among caregivers with higher resilience compared to those with lower resilience (Figure 2).

Notably, at lower levels of role overload and ADL assistance, caregivers with higher resilience reported better sleep outcomes than those with lower resilience (Figures 1 & 2).

Conclusion

- The findings offered a nuanced understanding of the role of resilience among African American AD/ADRD caregivers.
- Although resilience is often considered beneficial, its health benefits may be conditional, particularly as caregiving stressors increase.
- Heightened resilience may intensify engagement and vigilance, thereby increasing sensitivity to caregiving stressors and subsequent sleep vulnerability.
- Interventions should prioritize maintaining resilience while also addressing escalating caregiving demands.
- Further research is needed to better understand the meaning and implications of resilience in African American AD/ADRD caregivers and to inform culturally responsive interventions that support their sleep health.

