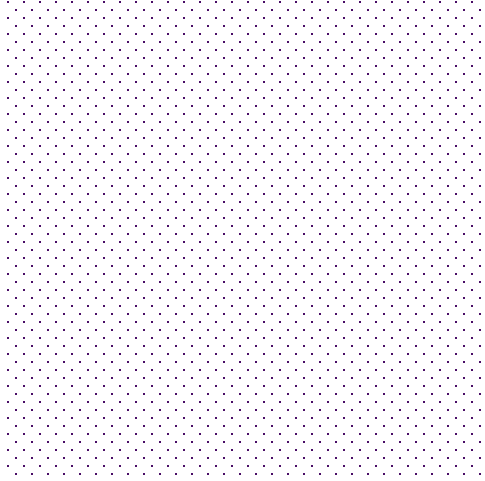


Caregiver Burden In Family Members Of People With Alzheimer’S Disease In Colombia

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The mental health of the caregiver becomes a fundamental axis in CGB. It is necessary a comprehensive approach to protect the health of the caregiver and to optimize the quality of care provided

INTRODUCTION	METHODS	RESULTS	CONCLUSIONS	REFERENCES
Alzheimer’s disease (AD) is the main cause of dementia worldwide. AD leads to some dependence on the assistance of others. In Latin America, 80% of family members asume the care and attention of persons with AD, whith a significant burden. The caregiver burden (CGB) has been measured in high-income countries, but data from low- and middle-income countries are scarce. This study describe the prevalence of CGB and the factors associated with it among family members of people with AD in a mental health institution in a middle-income country.	Observational, cross-sectional study involving caregivers of people with dementia, with and without perceived burden. Evaluations included: Zarit Burden Interview, Goldberg Anxiety and Depression Scale, Pittsburgh Sleep Quality Index (PSQI), Barthel index (BI), Columbia-Suicide Severity rating scale, and Clinical Dementia Rating (CDR). Statistical analysis: univariate, bivariate and multivariate, with CGB as the outcome, using logistic regression	We recruited 157 caregivers (CG): 86.6% women, average age 57, 40.8% with educational level higher than high school; 56.1% with partner, 63.7% the adult children; 35.7% employed, 41.4% homemakers, 18.5% had a previous history of anxiety/depression, and 66.9% had chronic conditions. Average time since dementia onset 5.7 years. CG provided care for 5.2 years and spent 16 hours per day. 92.4% of AD person had at least mild dementia, 68.5% some degree of dependence. Findings: CGB associated to a higher CDR, BI, sleep problems, current depression/anxiety and hours dedicated to care. Logistic regression: current depressive symptoms had the strongest association. Poorer sleep quality increased risk of CGB, and higher household income was protective.	Caregiving implies a high CGB in our population. Caregivers are mostly women and professionals, with a prior history of anxious and depressive symptoms. CGB was primarily associated with the patient’s stage of dementia, also with the previous and current caregiver’s mental health status, and with family’s income.	Froelich L, Lladó A, Khandker RK, et al. Quality of Life and Caregiver Burden of Alzheimer’s Disease Among Community Dwelling Patients in Europe: Variation by Disease Severity and Progression. <i>J Alzheimers Dis Rep.</i> 2021;5(1):791-804. doi:10.3233/ADR-210025 Rosende-Roca M, Cañabate P, Moreno M, et al. Sex, Neuropsychiatric Profiles, and Caregiver Burden in Alzheimer’s Disease Dementia: A Latent Class Analysis. <i>J Alzheimers Dis.</i> 2022;89(3):993-1002. doi:10.3233/JAD-215648 León Vázquez MDLL, Rodríguez Pérez V, Oropeza Sánchez C. Desgaste del cuidador del paciente con demencia tipo Alzheimer y su conocimiento sobre la enfermedad. <i>Acta Neurológica Colomb.</i> 2025;41(2). doi:10.22379/anc.v41i2.1867
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