

研究業績 英文表記

和文	
表題	認知症カフェを利用している家族介護者の介護負担感と精神的健康との関連
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英文	
Title	The relationship between care burden and mental health of family caregivers who use dementia cafés
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Abstract	The purpose of this study was to clarify the relationship between mental health and caregiver burden among family caregivers who use dementia cafés. The survey subjects were family caregivers who use 18 dementia cafés, of which 18 (78.3%) were family caregivers who live with a person with dementia and 5 (21.7%) lived separately. When examining the relationship between mental health and whether or not they live with a person with dementia, family caregivers who live with a person with dementia had significantly higher GHQ12 scores and lower mental health. Furthermore, multiple regression analysis was performed to determine which factors into caregiver burden (Short version of the Zarit Caregiver Burden Scale Japanese version J-ZBI_8), and among those factors, level of care required, and duration of care had the greatest impact on mental health. The results showed that caregiver burden had the strongest impact. These results showed that mental health of family living with elders is lower than that of families not living with them, and caregiver burden was the most affective factor for mental health.
keyword	Dementia café, People with dementia, Care burden, Family caregivers, Mental health

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