

# Understanding Mental Health Burden Among Veteran Caregivers: The Role of PTSD and Veteran Status in Depression, Anxiety, & Stress

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## INTRODUCTION

- **31% of caregivers** experience clinically significant caregiver **burden**<sup>1</sup>.
- The same risk is true for caregivers to **trauma (PTSD)** survivors<sup>2</sup>.
- Previous reports highlight **increased risk** of mental health burden in **caregivers to veterans** with PTSD, especially when the care giver and recipient are family<sup>3,4</sup>.

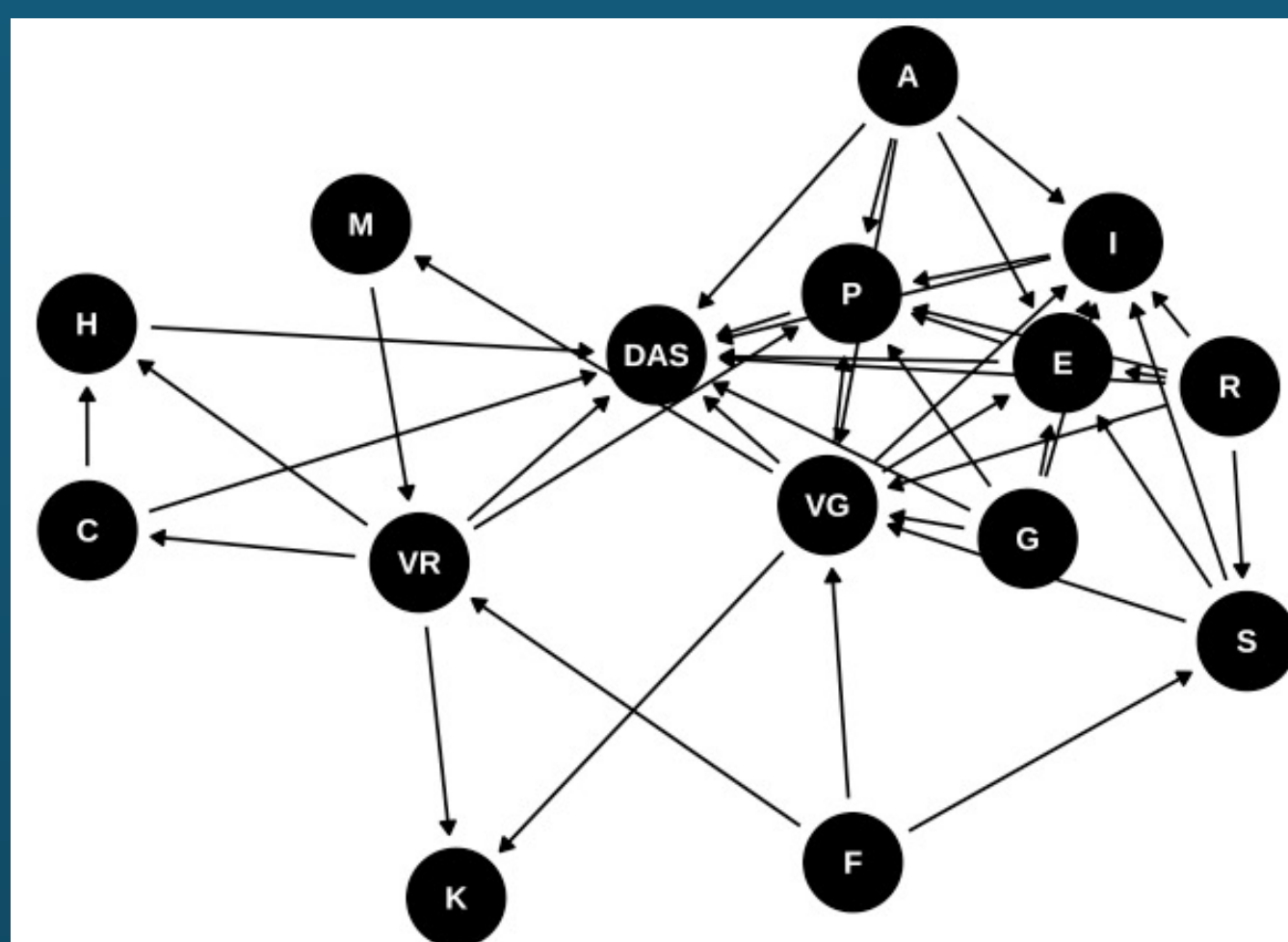
## OBJECTIVE

1. Examine how caregiver posttraumatic stress disorder (PTSD) symptoms contribute to **depression, anxiety, and stress**.
2. Examine how care-recipient veteran status contributes to **PTSD, depression, anxiety, and stress**.

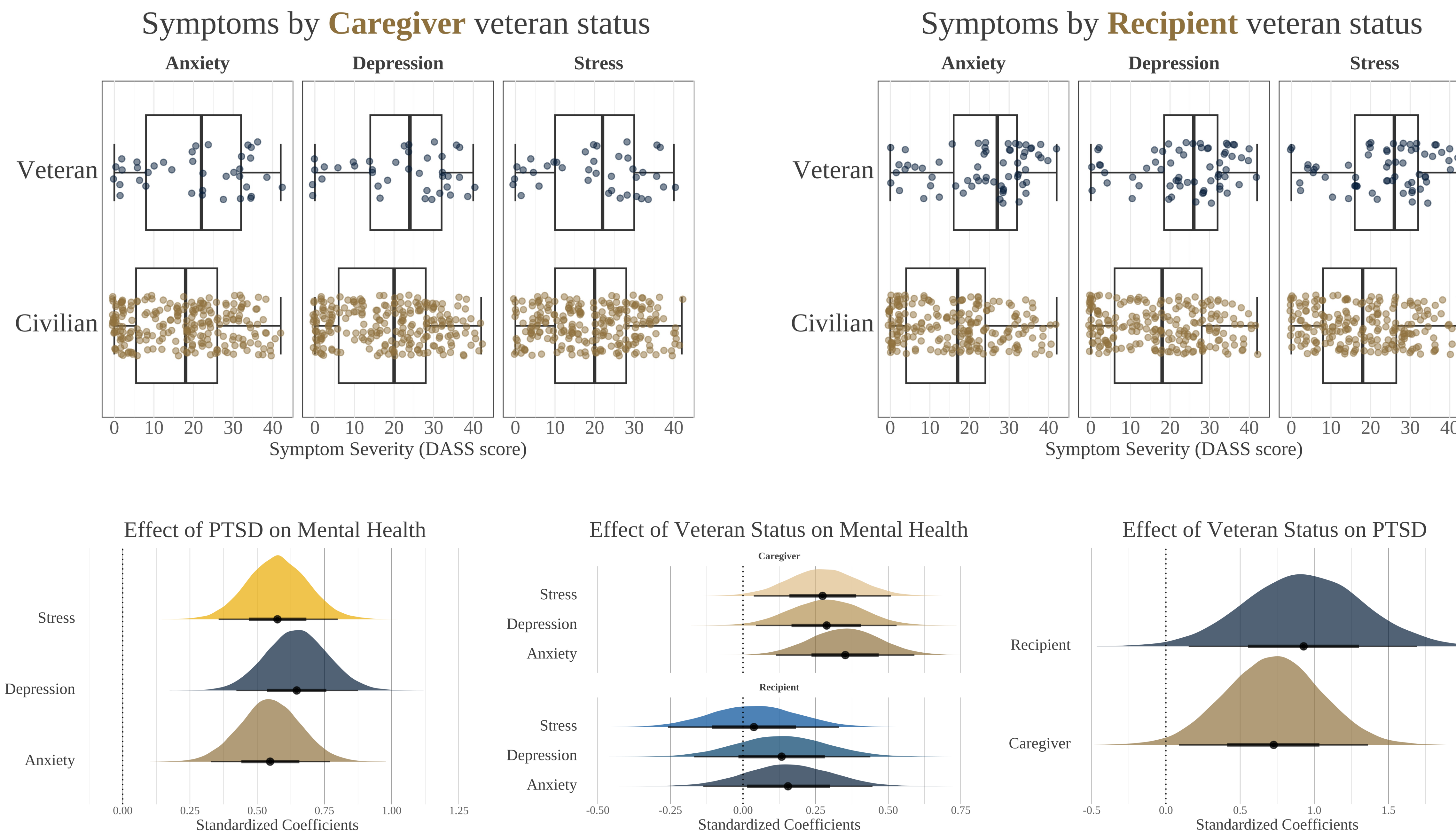
## METHODS

- 270 adults (124 females) recruited from Qualtrics. All were verified caretakers.
- Mean age = 39.4, SD = 13.5.
- **PC-PTSD5**: 6 item probable PTSD screen
- **DASS-21**: 21 item assessment of Depression, Anxiety, and Stress
- **Demographics**

**DAGs** (directed acyclic graph)

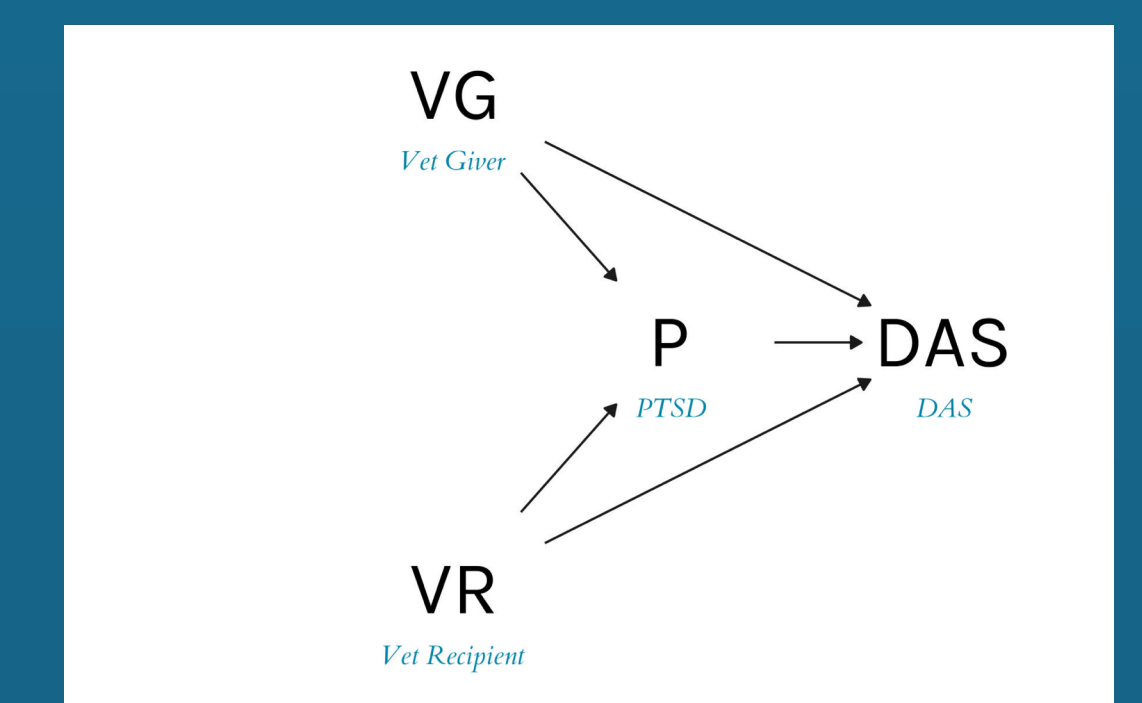


## ANALYSES



## CONCLUSIONS

- Though these result do not define directionality, they provide insight into the relationship between caregiver veteran status and mental health burden.
- **Veteran caregivers** were more likely to have increased prevalence of **depression symptoms, anxiety, stress, and PTSD**
- Of the **veteran caregivers with PTSD**, there was an increased prevalence of **depression symptoms, anxiety, and stress**.
- Probable **PTSD, depression symptoms, anxiety, and stress** were more likely in **caregivers to veterans**.
- Findings highlight the heightened vulnerability of caregivers to veterans with trauma exposure and even greater risk for caregivers who are veterans with PTSD symptoms.
- The results underscore the need for targeted support for these high-risk caregiving populations.



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## References

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H1: Depression, Anxiety, and Stress will be worse for **caregivers who are veterans**.

H2: Depression, Anxiety, and Stress will be worse for **caregivers to veterans** than caregivers to non-veterans.

H3: Depression, Anxiety, and Stress will be worse for **caregivers with probable PTSD**.

H4: Probable PTSD will be more prevalent in **veteran caregivers**.

H5: Probable PTSD will be more prevalent in **caregivers to veterans** than caregivers to non-veterans.