

A comparative study of caregiver burden in late-onset depression and Alzheimer's disease

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ABSTRACT

Background

Late onset depression is associated with poor quality of life and increased mortality in older adults. Though burden of caregivers of individuals suffering from Alzheimer's disease is well studied, there is paucity of studies on the caregiver burden of late-onset depression.

Aims and Objectives

To compare the caregiver burden in late-onset major depressive disorder and Alzheimer's disease.

Materials and Methods

The study included two groups of caregivers, each of 25 members. Group 1 consisted of caregivers of patients with late-onset major depressive disorder (onset of depression beyond age 60) and group 2 consisted of caregivers of patients with Alzheimer's disease. Caregiver burden was assessed using the Zarit burden interview.

Results and Conclusion

There was no significant difference in caregiver burden scores in the caregivers of patients with late-onset depression compared to that of caregivers of patients with Alzheimer's disease. The study highlights the severity of impact of late-onset depression on the caregivers and need for studies on methods to reduce caregiver burden and burnout.

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