THE MEDIATING ROLE OF PERCEIVED INJUSTICE IN THE LINK BETWEEN CAREGIVING DEMANDS AND THE WELL-BEING OF FAMILY CAREGIVERS OF PATIENTS WITH CHRONIC PAIN

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INTRODUCTION / AIM

Due to caregiving demands, family caregivers might experience significant losses in their lives, which may increase the likelihood that they consider their situation as unjust. While perceived injustice has been studied in patients with pain, the role of this perception in family caregivers’ well-being has yet to be explored. The current study hypothesized that higher caregiving demands are related to higher levels of perceived injustice. Furthermore, this study investigated the mediating role of perceived injustice in the link between caregiving demands and caregivers’ psychological well-being.

METHODS

A sample of 184 family caregivers of patients with chronic pain was asked to complete questionnaires that assessed caregiving demands, perceived injustice, how much they considered different sources responsible for the injustice they experienced, perceived burden, distress, and anger.

RESULTS

The findings showed that caregiving demands are significantly related to perceived injustice in family caregivers (r = .44; p < .001). Only a small group of family caregivers considered the patient or themselves responsible, but more than half of the caregivers considered doctors and care providers to some degree responsible for the unjust situation. Finally, perceived injustice significantly mediated the association between caregiving demands and burden (b = .11, 95% BC CI: .04-.23) and distress (b = .05, 95% BC CI: .006-.12), but not anger (b = .008, 95% BC CI: -.01-.06).

DISCUSSION / CONCLUSIONS

The findings suggest that perceived injustice plays an important role in the well-being of family caregivers.

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