



IV^a Conferencia Internacional de **Psicología Comunitaria**
IVth International Conference of **Community Psychology**

comunidad y política en un mundo en crisis:
repensando la acción comunitaria en el nuevo siglo

community & politics in a world in crisis:
rethinking community action in the new century



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Facultad de Psicología - Universidad de Barcelona

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IVª Conferencia Internacional de Psicología Comunitaria
Departamento de Psicología Social de la Universidad de Barcelona
Departamento de Psicología Social de la Universidad Autónoma de Barcelona



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C022 Dependent, mental illness.

English

Sábado 23 / Saturday 23rd

11 - 12:30h.

1203

C022.1

Self-efficacy as a mediating variable of informal caregiver burden for dependent elderly.

Augusta Mata; Maria Teresa Rodríguez

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The informal caregivers of dependent elders, plays a crucial role in maintaining the elderly in the family and community, but its work can be reflected negatively in their physical and emotional health, especially anxiety and depression, loneliness, lack of free time, health effects and deterioration of the family economy. Several factors may be involved in its development, including stereotypes about the elderly, loneliness and self-efficacy of caregivers. In order to verify that the self-efficacy acts as a mediator of caregiver burden induced by the stereotypes and solitude, we drew up a cross-sectional and analytical study of 232 informal caregivers of dependent elderly in the district of Bragança - Portugal. It was found that loneliness has two indirect effects on burden, mediated through self-efficacy for a break and to control negative thoughts about the act of caring. Stereotyping of biological decline has indirect effects mediated by self-efficacy to respond to inappropriate behavior of the person cared for and self-efficacy for controlling negative thoughts about the act of caring (via self-efficacy to respond to inappropriate behavior of the person cared for), hence there is a need for intervention with caregivers and the community as a whole.

C022.2

Loneliness, self-efficacy and stereotypes as predictor variables of the variation of informal caregiver burden for dependent elderly.

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In order to examine what is the best set of predictive variables of overall change in caregiver burden, along with 232 informal caregivers of dependent elderly people residing in the district of Bragança in Portugal, were selected as independent variables to loneliness, stereotypes about people elderly and caregiver self-efficacy, and appealed to the multiple linear regression analysis by Backward method. It was found that when loneliness as the variable that best predicts the variation of burden followed in descending order, the stereotype of physical and cognitive decline, self-efficacy for controlling negative thoughts about the act of care: self effectiveness for a break from the social network of friends, self-efficacy to respond to inappropriate behavior

of the person cared for. Given the results, we conclude that there is a need for intervention with caregivers, families and the community as a whole, to reduce the loneliness of the caregiver through the establishment of self-help groups, as well as the development of programs learning that contribute to increased self-efficacy of the caregiver and reduction of stereotypes about the elderly.

C022.3

Intervention Project Community in Informal Caregivers of Dependent Elderly.

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Despite the great importance it takes, the informal caregiver continues to be the actor forgotten and ignored, either by formal care providers, or by society in general and, above all government entities. Almost all studies conducted on this subject emphasize that it constitutes a fundamental element for maintaining the best possible quality of life of the elderly or elderly care (Madureira, 2010), as well as a key element in communicating with health services (Bermejo, 2005), and the prevention of hospitalization and institutionalization of elderly dependents. Aware of this need and in view of the informal caregiver training in the art of caring and care should be to improve the quality of care and quality of life of the caregiver and elderly care, we designed an intervention project with the aim diagnosis and intervention with caregivers in order to decrease the burden and improving self-efficacy. The project implementation will be starred by the School of Health at Bragança through the creation and training of a young volunteers (students of nursing and gerontology and others).

C023 Illness, health care.

English

Sábado 23 / Saturday 23rd

9 - 10:30h.

1204

C023.1

The Politics of Health and Community: Engaging Stakeholders in the Development of a National Surveillance System for Sickle Cell Disease.

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In the United States, there is no centralized data system to estimate the prevalence of or describe the patient population of those living with sickle cell disease (SCD). The Centers for Disease Control and Prevention in partnership with the National Institutes of Health of the U.S. Government have developed a national surveillance system to systematically collect information in this population. Sickle cell disease impacts those of African ancestry