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## **Do Young Adults with Close Family Experiencing Alzheimer's Have Higher Depression Rates**

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# Do Young Adults with Close Family Experiencing Alzheimer's Have Higher Depression Rates?

By Ali Sullivan, SN and Dr. Kathleen Thompson, PhD, RN, Faculty Mentor

## Background

- By 2060: people over age 60 are expected to double (Figure 1)
- Leads to increase in diseases common for age group
- Dementia cases expected to increase from 5 to 15 million by 2050
- Family members of these patients may have decreased emotional health
- Younger family members are especially susceptible because of:
  - Immature brain
  - Increased stress
  - Potential parental support deficit

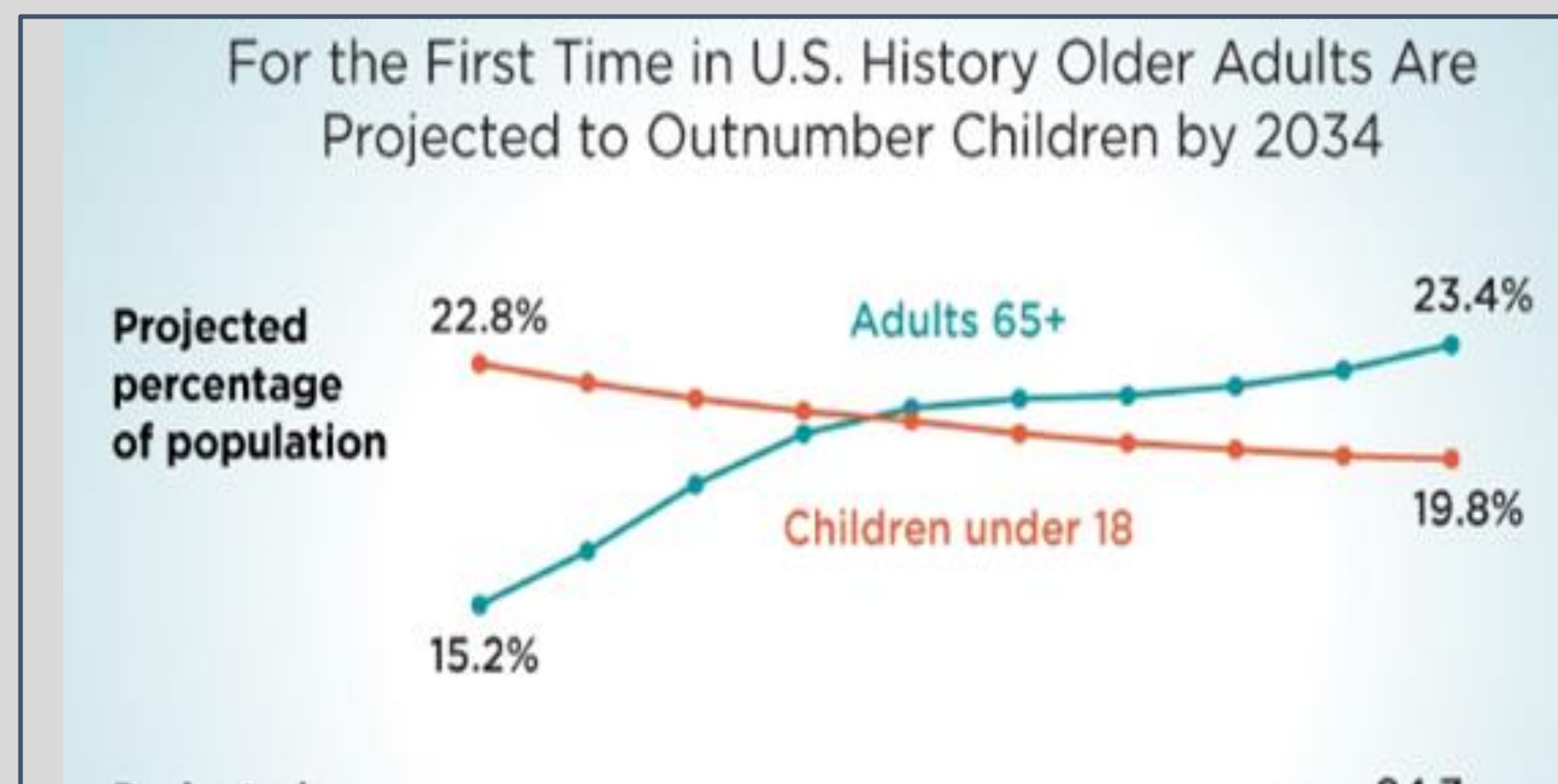


Figure 1

## Methods Cont.

### Procedure

- Participants sent an email invitation
  - Describes study
  - Encourages to send to others who may be interested
  - Link to surveys

## Problem and Purpose

- Problem: Prevalence of depression among young adults with demented loved ones is not well understood
- Purpose: Determine if depression rate for young adults with close family with Alzheimer's is higher than average for age group



## Analysis

- Mean and SD for age, gender, and depression inventory scores calculated
- depression means and SD between groups compared
- Depression rates compared using t-test
  - alpha of .05
- Alzheimer's variables analyzed using correlation coefficient
  - statistically significant values inserted into decision tree



## Methods

### Participants

- Between the ages of 18 and 24
- Students at the University of Tennessee, Knoxville
  - Snowball recruiting
  - Forward to at least 5 non-nursing student friends

### Data Collection

- Demographic survey
- Beck Depression Inventory II
  - Internal consistency, test-retest reliability, and criterion-based validity have been established
  - 21 questions with scale of 0-3
- Alzheimer's survey that analyzes different aspects of Alzheimer's experience that may correlate with depression (Table 1)

## Alzheimer's Experience Variables and Their Expected Depression Level

Variable	low	high
Living arrangement	Away from family	With family
Prior relationship	Distant/Not close	Close
Alzheimer stage	Earlier	Later
Perceived parental support	High	Low
Financial stress	Low	High
Caregiving responsibilities	Absent	Present

Table 1