

Table 2. Measures of Caregiving's Mental Health Effects

Online-only content for "Physical and Mental Health Effects of Family Caregiving" by Richard Schulz, PhD, and Paula R. Sherwood, PhD, RN, CNRN, in the American Journal of Nursing, September 2008 Supplement, p. 23-7.

| Measure | Specific Indicators |
|--------------------------------|---|
| Depression | Clinical diagnosis Symptom checklists Antidepressant medication use |
| Anxiety | Clinical diagnosis Symptom checklists Anxiolytic medication use |
| Stress | Burden |
| Subjective well-being | Global self-ratings Global quality-of-life ratings |
| Positive aspects of caregiving | Self-ratings |
| Self-efficacy | Self-ratings |