

# Male caregivers to persons diagnosed with Lewy Body Dementia have higher stress level than caregivers to persons diagnosed with Alzheimers Dementia.

## Conclusion:

Male caregiver to persons diagnosed with DLB reports significantly higher caregiver distress, as compared to male AD caregivers.

## Objectives:

To identify differences in stress burden for male caregivers to persons diagnosed with Dementia with Lewy bodies (DLB) compared to male caregivers to persons diagnosed with Alzheimer's dementia.

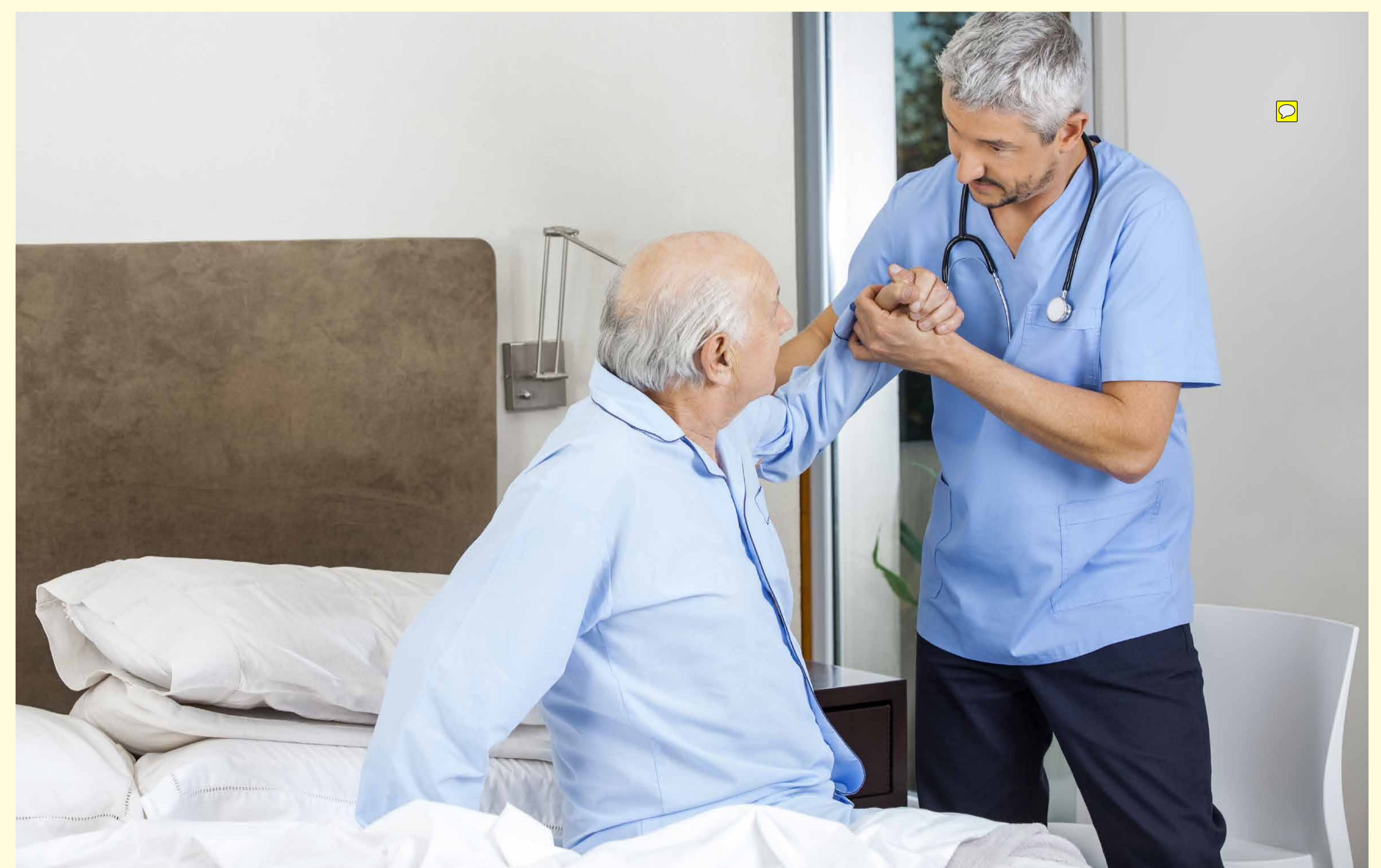
## Method:

The study sample comprised 126 caregivers for persons with AD and 90 caregivers for persons with DLB, recruited for a longitudinal dementia study (DEMVEST) and from a register (HUKLI), both from Norway. To get the gender differences in this study we selected the persons that were married to or lived together (opposite gender) and looked at the title as sister or sister in law (female).

The caregivers were interviewed with the Relative Stress Scale (RSS). RSS is divided into three groups, Emotional distress, Social distress and negative feelings. Dementia with Lewy Bodies (DLB) was diagnosed according to the revised consensus criteria. Patients were home-dwelling outpatients referred to memory clinics, and had standardized comprehensive assessment.

	AD	DLB
Number of caregivers	29	16
Age (mean, SD)	75.6 (7.8, p=0.001)	71.5 (8.5, p=0.19)
Education (mean, SD)	9.2 (2.3, p=0.48)	10.4 (3.5, p=0.59)

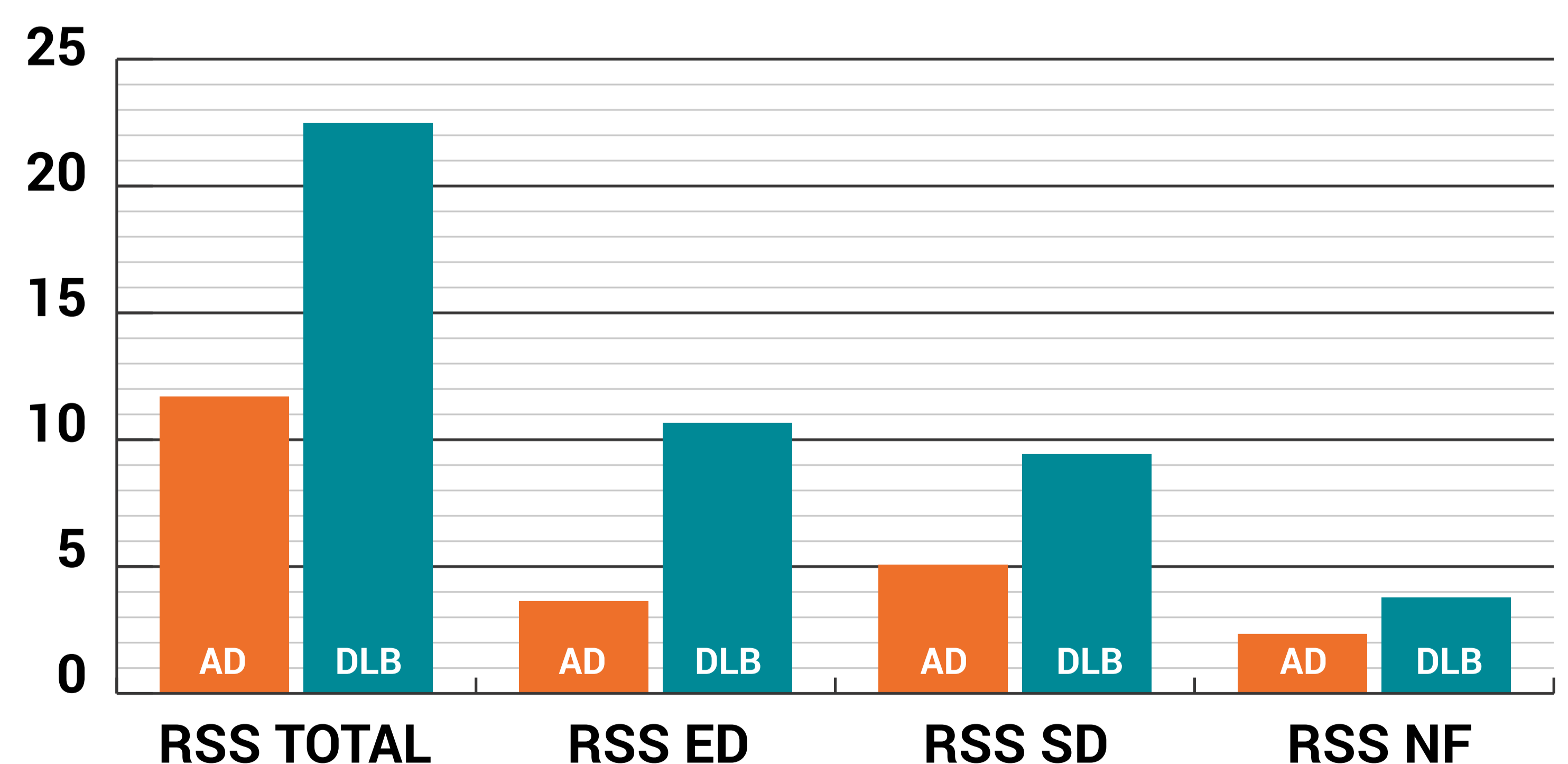
P value by nonparametric tests



## Result:

16 male DLB caregivers together with 29 male AD caregivers answered the RSS form. Mean score from male DLB caregivers (22.47) differed significantly from mean score from male AD caregivers (11.07, p=0.002).

Sub items like RSS emotional distress was 10.67 for male DLB caregivers and 3.64 for male AD caregivers (p=0.001) Social distress score was 9.44 for male DLB and 5.07 for male AD (p=0.032) and negative feeling 3.78 for male DLB and 2.34 for male AD (p=0.234).



AD = Alzheimer Dementia, DLB = Dementia with Lewy Bodies, RSS total = Relative Stress Scale total sum, RSS ED = RSS Emotional Distress, RSS SD = RSS Social Distress, RSS NF = RSS Negative feelings.