



Evaluation of Harris County Systems of Hope: Focus on Caregivers



**Systems of Hope
Harris County, Texas**

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Presentation Outline

- Overview of instruments
 - Use of $p < .05$ statistical significance
- Review of intake and 6 month survey Responses
 - Caregiver Strain Questionnaire
 - CES-D: Depression Screening
 - Social Support Survey
- Summary

Surveys related to Caregiver Strain

- Caregiver Strain Questionnaire (CGSQ) -
Completed by the caregiver. 21-item survey.
National Evaluation instrument.
- Center for Epidemiological Studies - Depression Scale (CES-D) -
Completed by the caregiver. 20-item instrument .
Local Evaluation instrument.
- Social Support Survey (SSS) -
Completed by the caregiver. 14-item survey (including one sub-part). Local Evaluation instrument.

Surveys completed

- 57 caregivers have completed a baseline interview between November 2006 – August 2008.
- 31 caregivers have completed their 6 month interview between June 2007 – September 2008.

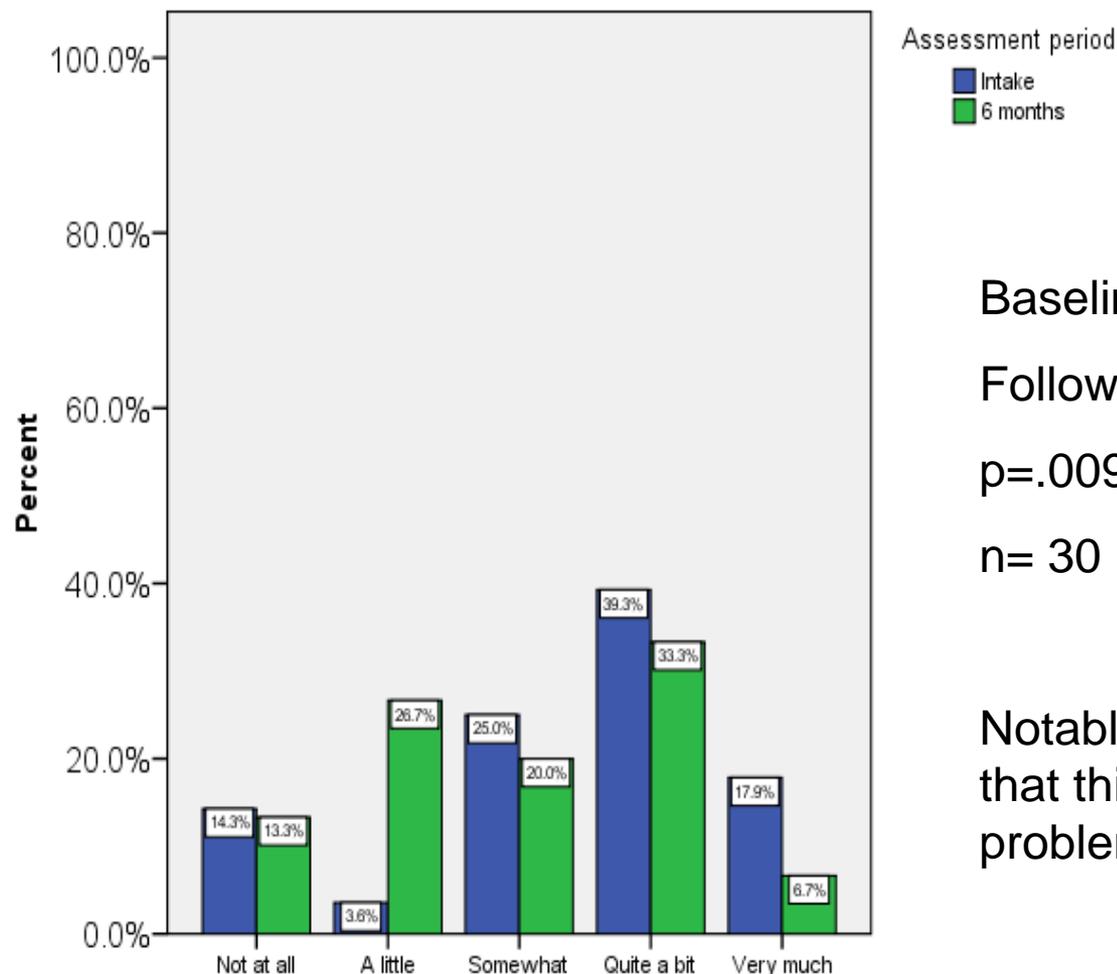
Caregiver Strain Questionnaire

- Examines how much caregivers are affected by the special demands associated with caring for a child with emotional and behavioral problems.
- 21 questions answered on a scale of 1-5
 - 1 as “not at all” a problem
 - 3 as “somewhat” a problem
 - 5 as “very much” a problem
- Subscales consist of three key elements
 - Objective Strain- 11 items
 - Subjective Internalizing Strain- 6 items
 - Subjective Externalizing Strain-4 items
- Research question: Do caregivers experience less negative effects of strain over time?

Caregiver Strain Questionnaire - Objective Strain

Observable disruptions in family and community life (e.g., interruption of personal time, lost work time, financial strain).

In the past 6 months, how much of a problem was missing work/ neglecting other duties due to your child's behavioral/ emotional problems?



Baseline mean 3.50

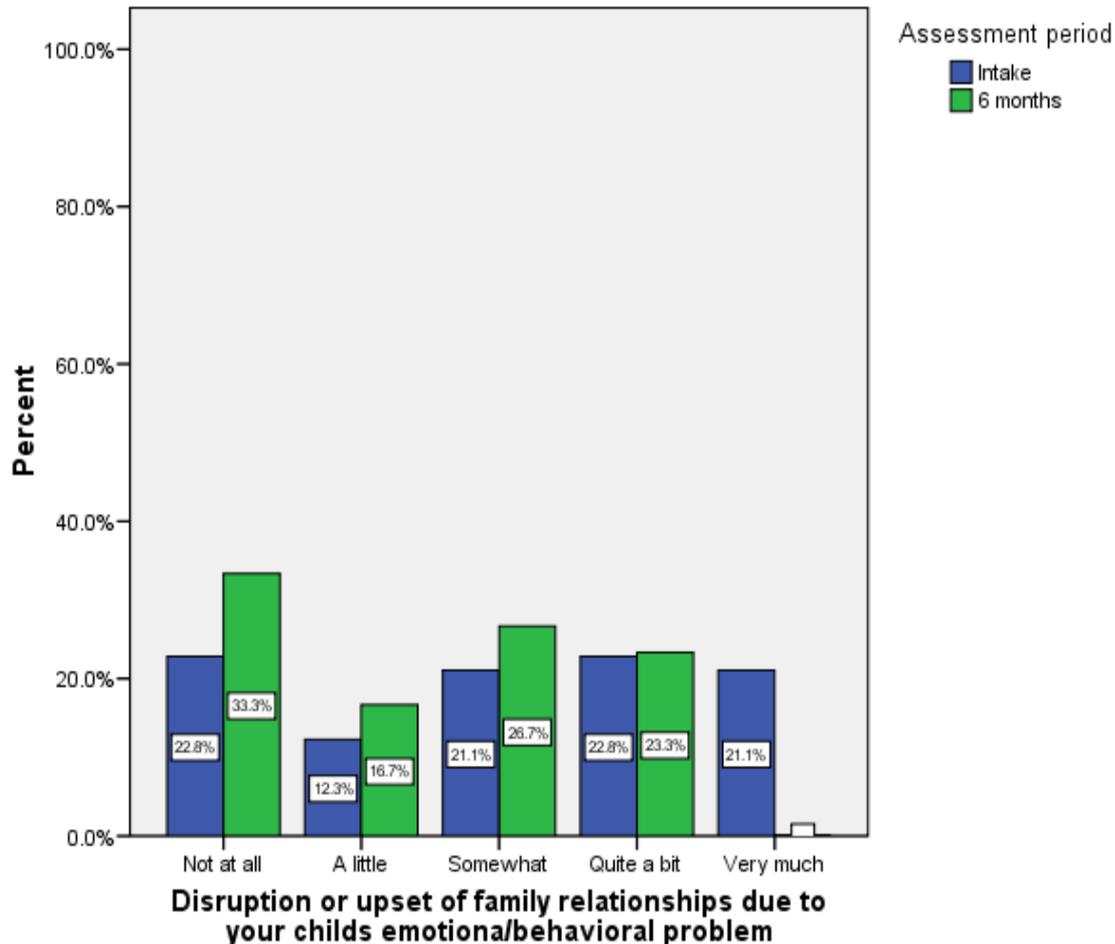
Follow-up mean 2.93

$p=.009$

$n= 30$

Notably, at baseline, 17.9% said that this was “very much” a problem and 6.7% at follow-up

In the past 6 months, how much of a problem was disruption/ upset of family relationships due to child's emotional/ behavioral problems?



Baseline mean 3.17

Follow-up mean 2.40

$p=.001$

Notably, at baseline, 21% said that this was “very much” a problem and none at follow-up.

Caregiver Strain Questionnaire - Objective Strain

11 items, scored from 1-5

- 1 as “not at all” a problem
- 3 as “somewhat” a problem
- 5 as “very much” a problem

Baseline: 3.14

6 month follow-up: 2.76

$p=.001$

- **Thus caregivers had a significant decrease in objective strain from intake to six month follow-up.**

Caregiver Strain Questionnaire - Subjective Externalizing Strain

Negative feelings about the child such as anger, resentment, or embarrassment.

Questions include: “In the past 6 months...”

- “How angry did you feel towards your child?”
- “How well did you relate to your child?”
- “How resentful did you feel toward your child?”

Caregiver Strain Questionnaire - Subjective Externalizing Strain

Responses were skewed towards the caregiver not expressing strong feelings of anger, resentment, or embarrassment towards their child.

Parents may have difficulty in expressing these kinds of negative feelings about their child if they are experiencing them.

Baseline: 2.77

6 month follow-up: 2.63

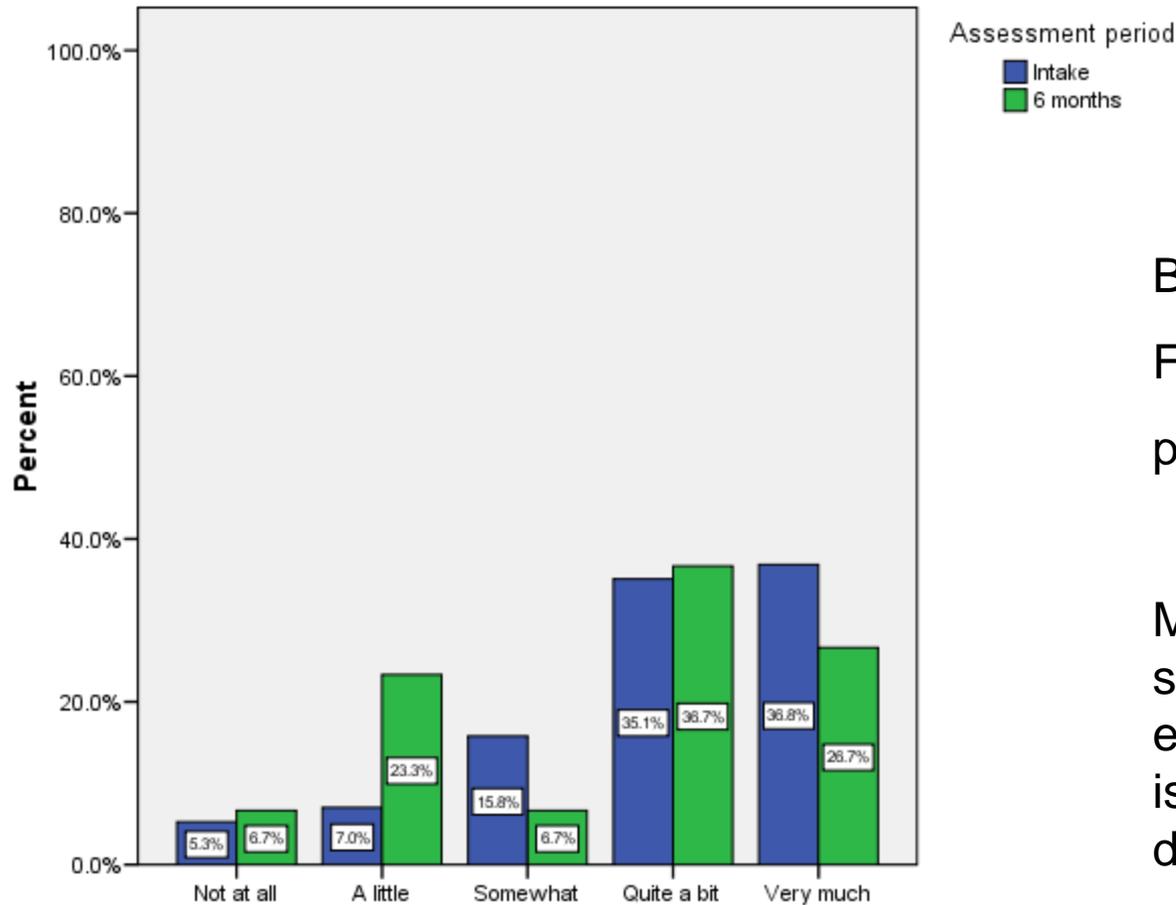
p not statistically significant

Thus caregivers did not have a significant decrease in subjective externalizing strain from intake to 6 month follow-up.

Caregiver Strain Questionnaire - Subjective Internalizing Strain

Negative feelings the caregiver experiences
such as worry, guilt, and fatigue.

In the past 6 months, how sad or unhappy did you feel due to child's emotional/ behavioral problems?



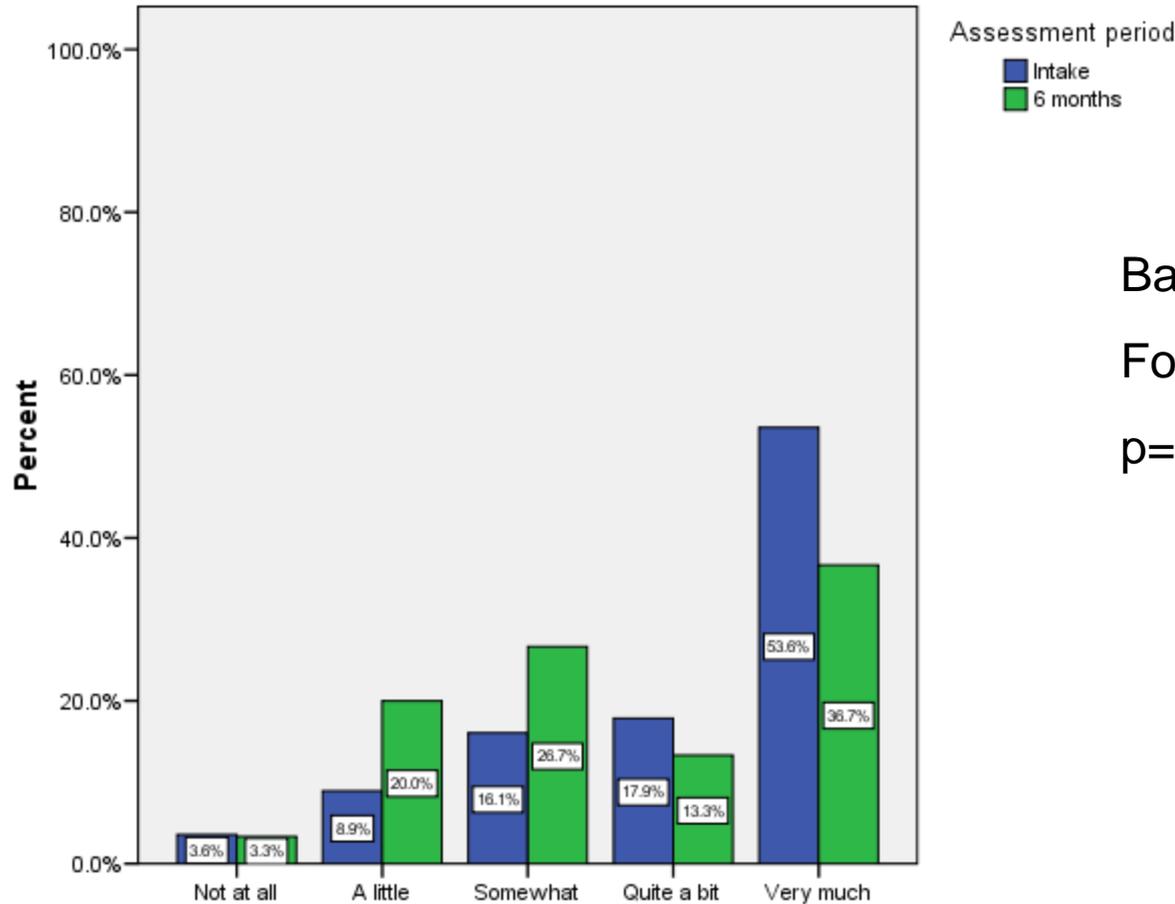
Baseline mean 3.97

Follow-up mean 3.53

$p=.030$

Most caregivers feel very sad about their child's emotional/ behavioral issues, although this is decreased at follow-up.

In the past 6 months, how tired or strained did you feel due to child's emotional/ behavioral problems?



Baseline mean 2.43

Follow-up mean 2.33

$p=.024$

Caregivers' worries about the future

In the past 6 months, how worried did you feel about your child's future?

•Baseline:

- 75.4% were “very much” (5) worried (1-5 scale)
- 19.2% were “quite a bit” (4) worried.

•Follow-up:

- 66.7% were “very much” (5) worried;
- 26.7% were “quite a bit” (4) worried.

- Baseline mean 4.70
- Follow-up mean 4.60
- not statistically significant

In the past 6 months, how worried did you feel about your family's future?

•Baseline:

- 52.6% of were “very much” worried
- 15.8% were “quite a bit” worried.

•Follow-up:

- 33.3% were “very much” worried
- 33.3% were “quite a bit” worried.

- Baseline mean 4.07
- Follow-up mean 3.83
- not statistically significant

Caregiver Strain Questionnaire - Subjective Internalizing Strain

Baseline: 4.06

6 month follow-up: 3.69

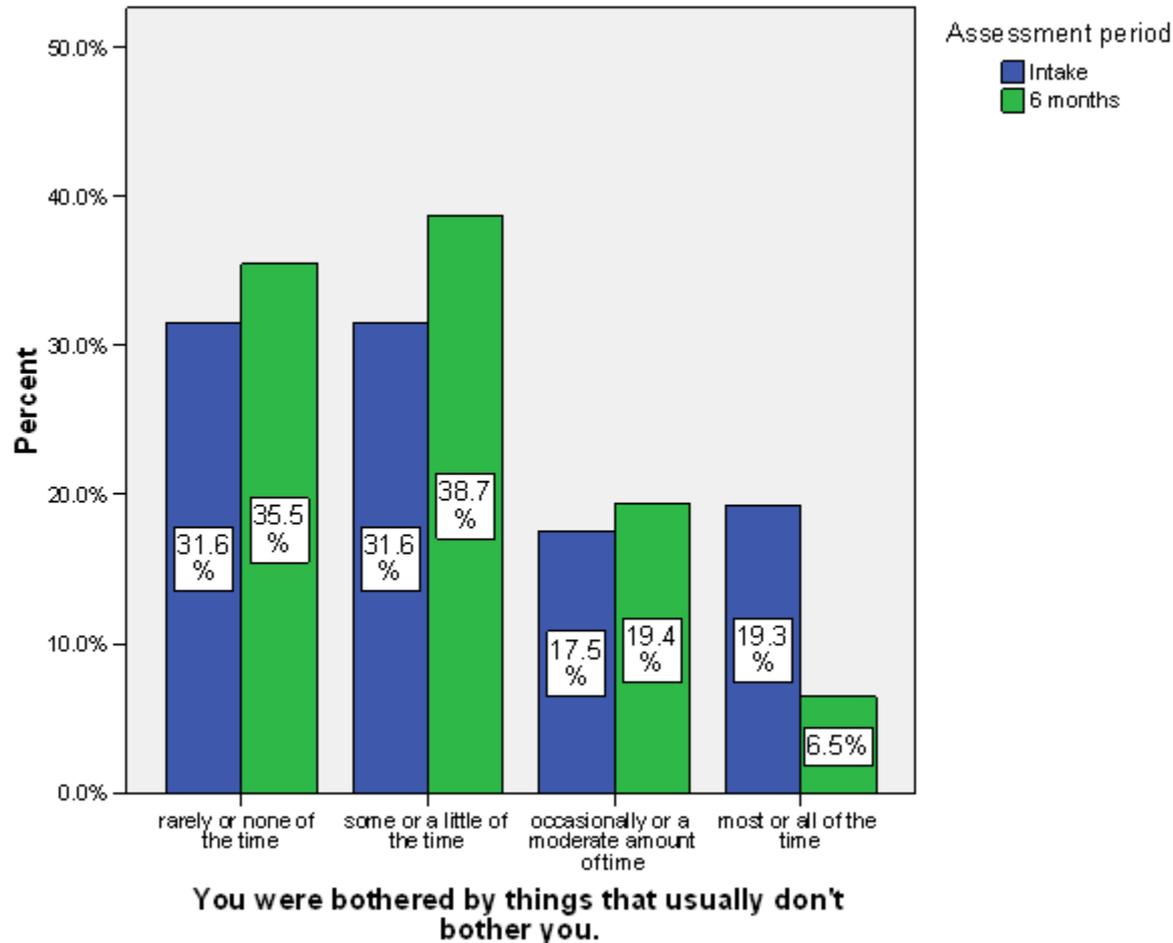
$p=.001$

Caregivers had a significant decrease in subjective internalizing strain from intake to 6 month follow-up.

Center for Epidemiologic Studies - Depression Scale

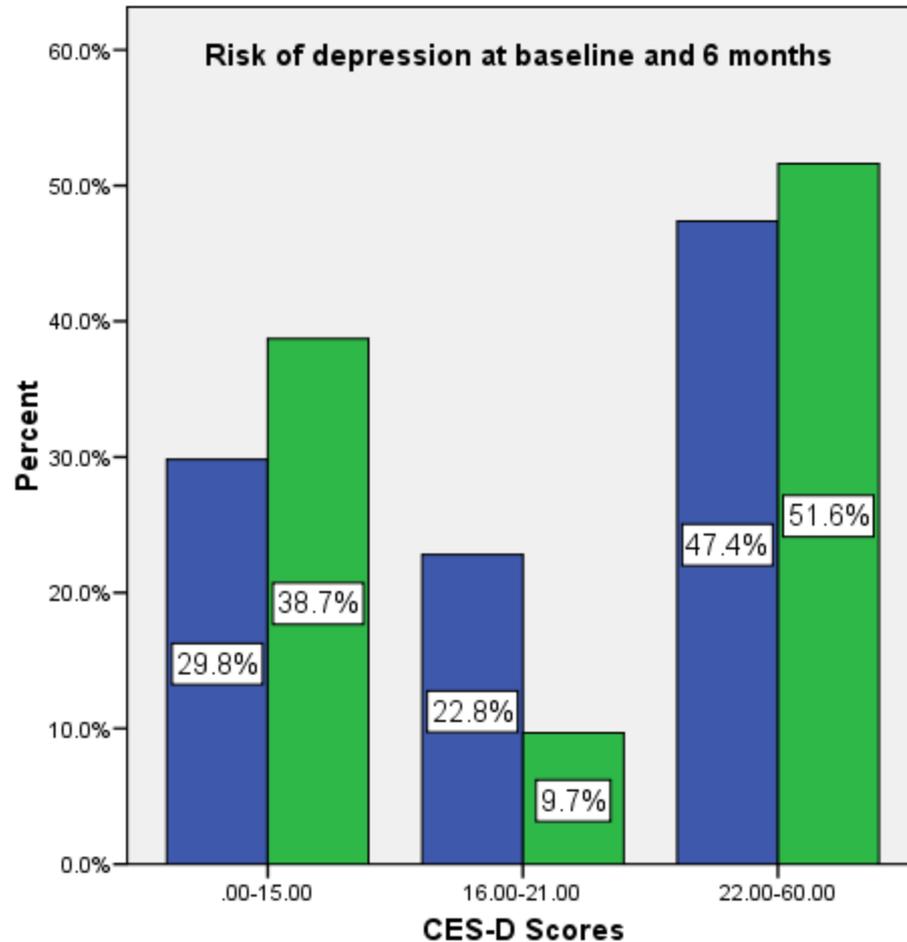
- CES-D contains six components of depression: depressed mood, feelings of guilt and worthlessness, feelings of helplessness and hopelessness, psychomotor retardation, loss of appetite, and sleep disturbance.
- CES-D is a screening tool. Results **should not** be interpreted as diagnostic assessment of caregivers.
- There are 20 items which focus on how the caregiver has felt or behaved in the past week.
- Research question: How has mental health functioning improved in caregivers over time?

**How often did you feel or behave during the past week:
You were bothered by things that usually don't bother you. ***



CES-D
p= .051, Not statistically significant

CES-D Scores at Baseline and Six Months



Assessment period

- Intake
- 6 months

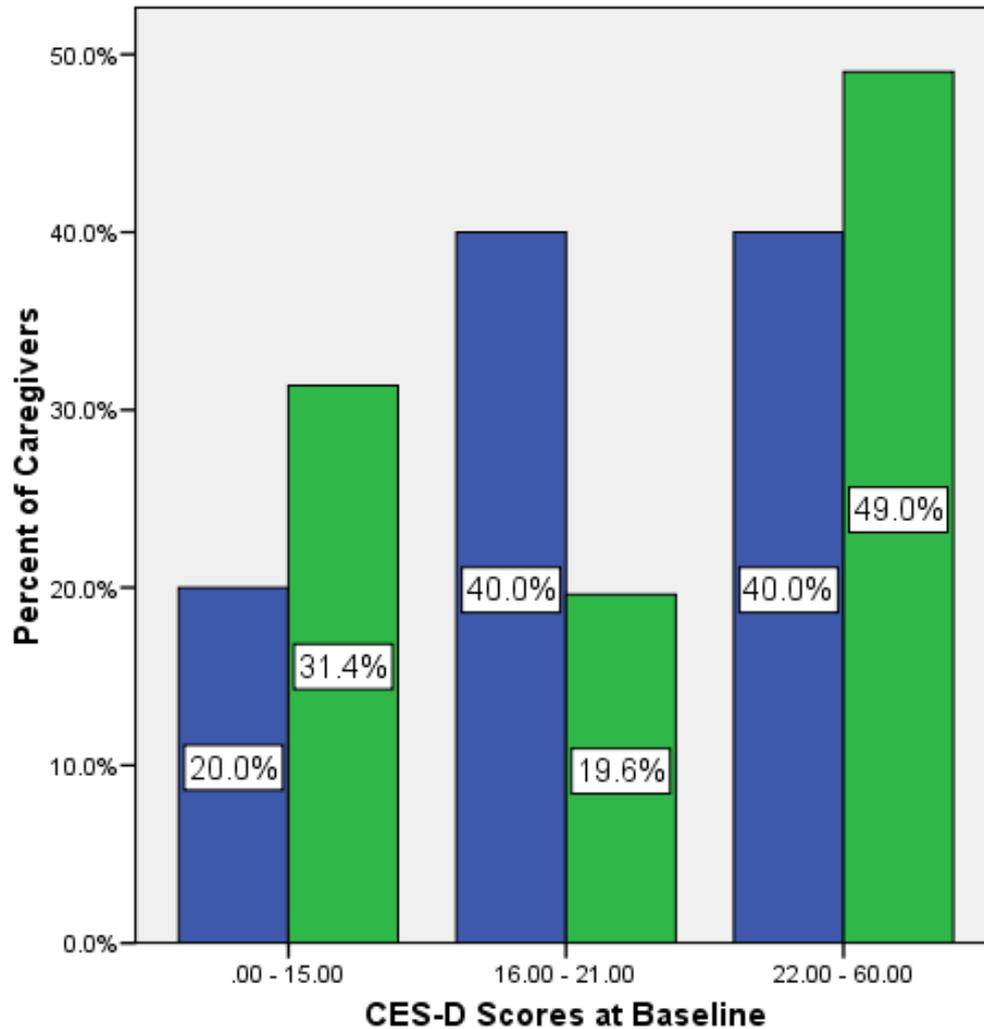
Descriptive Statistics

	N	Mean	Std. Deviation
CES-D Total Score: Baseline	57	24.2807	13.36006
CES-D Total Score: 6 Months	31	21.1290	13.32602
Valid N (listwise)	31		

Paired Samples Test

Pair	Total Score at Intake - Total Score at 6 Months	Sig. (2-tailed)
1		0.076 NS

CES-D Scores by Gender



Caregiver's gender

- Male
- Female

Risk of depression and caregiver gender

Count		Caregivers gender		Total
		Male	Female	
Risk of depression	1.00	1	16	17
	2.00	2	11	13
	3.00	2	25	27
Total		5	52	57

CES–D Scale

According to counsellingresources.com, “almost 85% of those found to have depression after an in-depth structured interview with a psychiatrist will have a high score on the CESD. However, about 20% of those who score high on the CESD will have rapid resolution of their symptoms and not meet the full criteria for major or clinical depression.”

Social Support Survey

- The survey evaluates the amount of support an individual receives at a given point in time. The survey responses are categorized into 3 areas: Emotional/Informational Support, Positive Social Interaction, and Informal Support.
- The 14-item survey examines the kinds of support available to caregivers if needed.
- Research question: How does social support mediate caregiver strain?

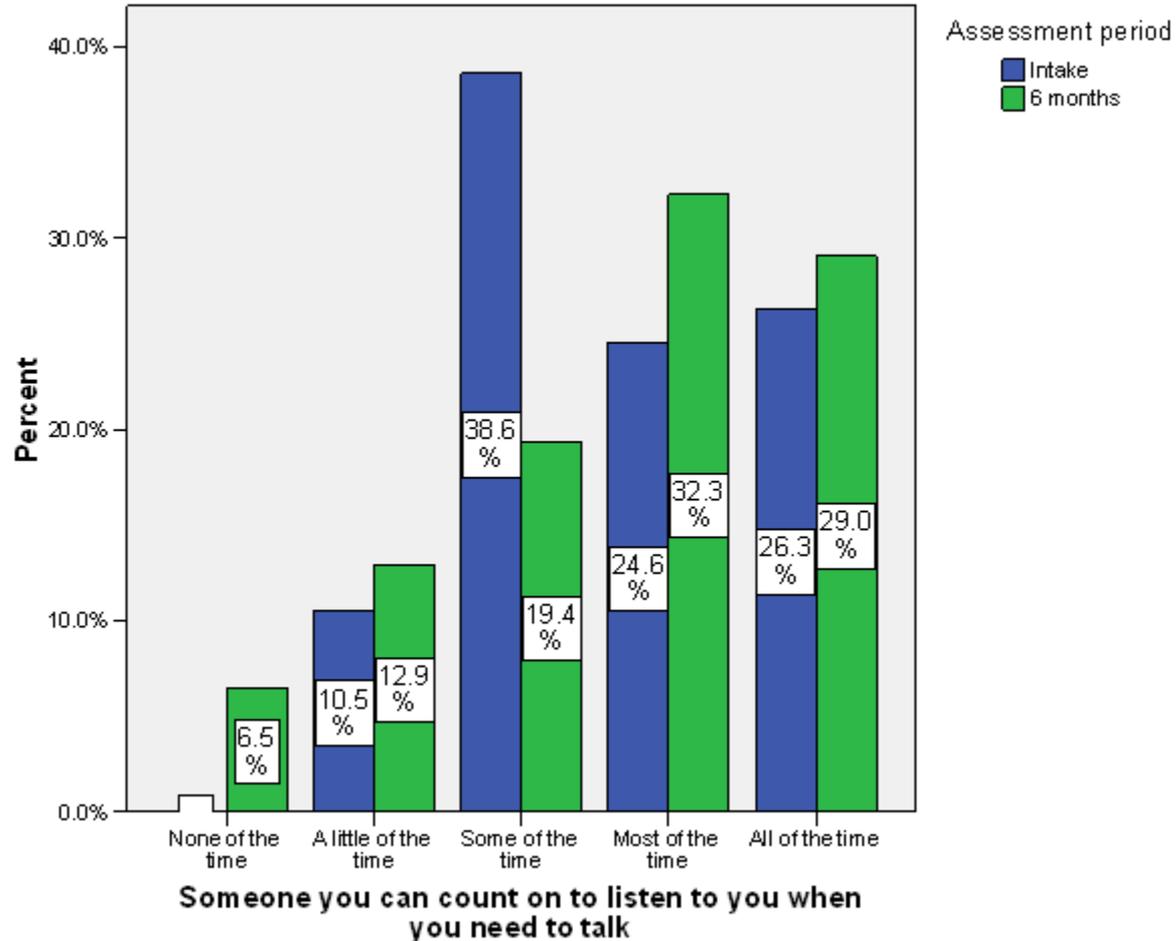
Social Support Survey: Emotional/Informational Support

Involves the expression of empathy, reassurance, and positive regard.

Questions: How often is support available...

- Someone you can count on to listen to you when you need to talk.
- Someone to give you information to help you understand a situation.
- Someone to give you good advice about a crisis.

How often is the following kind of support available to you if you need it: Someone you can count on to listen to you when you need to talk.*



*SSS, Emotional/Informational Support

p= Not statistically significant

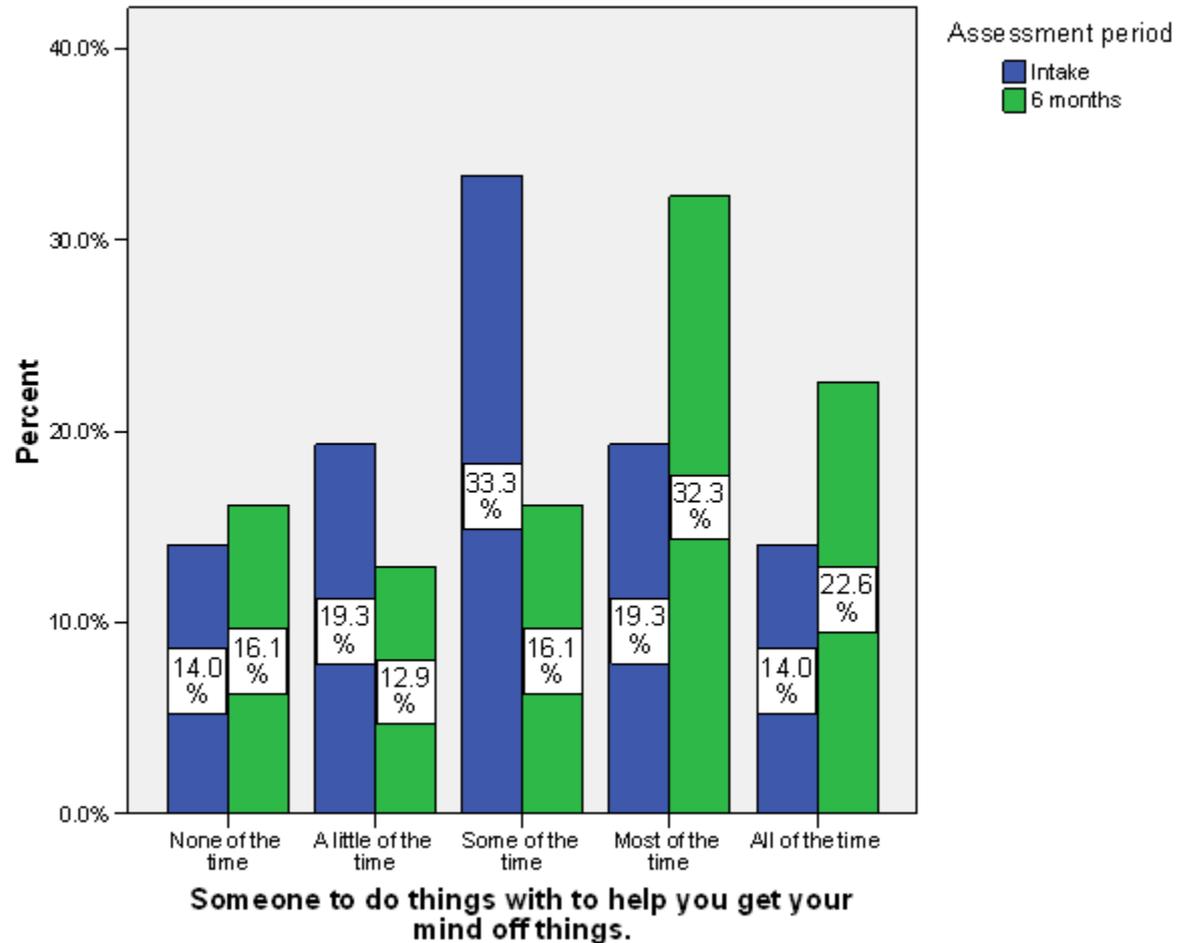
Positive Social Interaction

Participation in social and leisure activities

Questions: How often is support available...

- Someone to have a good time with.
- Someone to get together with for relaxation.
- Someone to do something enjoyable with.

How often is the following kind of support available to you if you need it: Someone to do things with to help you get your mind off things.



*SSS, Positive Social Interaction

p= not statistically significant

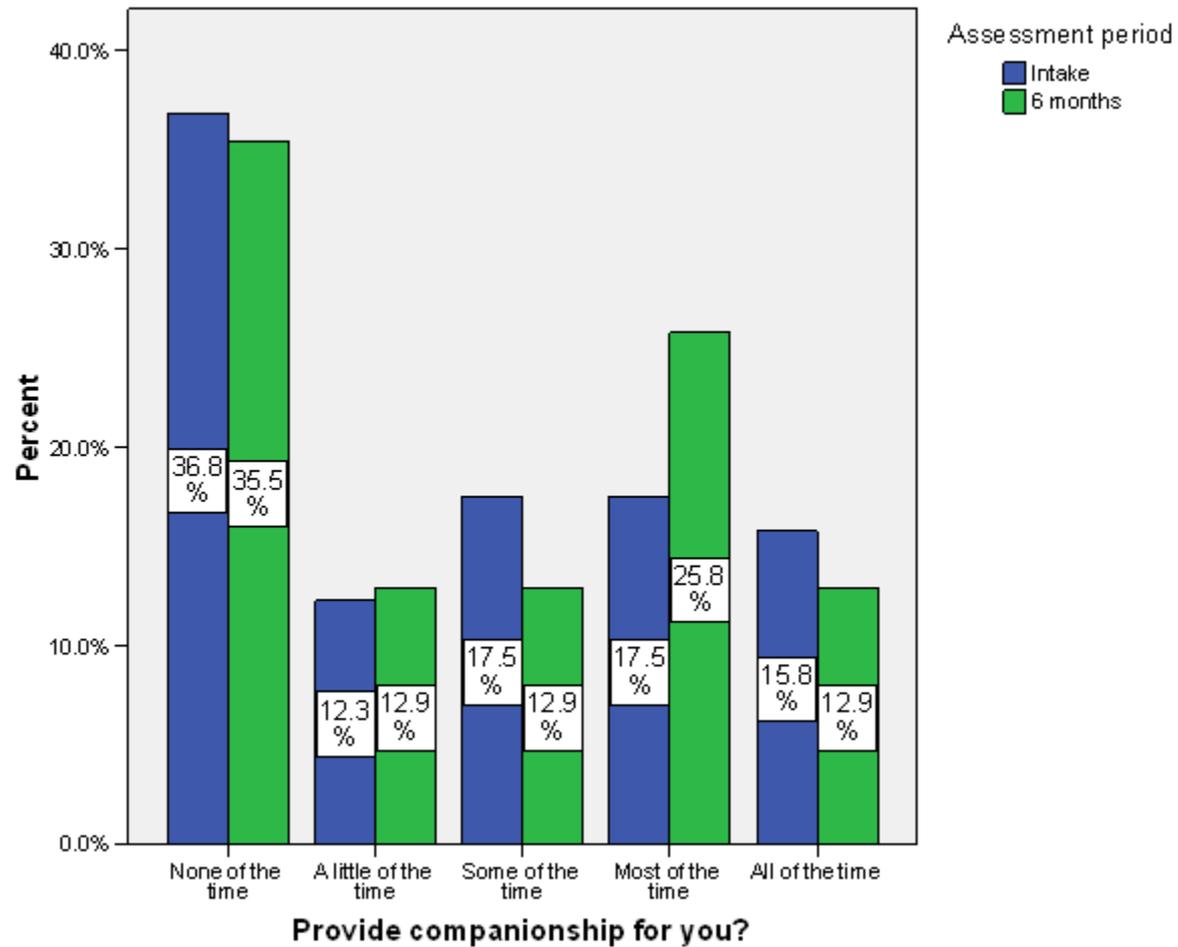
Instrumental Support Scale

Refers to the provision of money, goods, and services that can be used in coping and problem solving efforts.

Questions include, do your family and friends ever:

- Help out when you are sick?
- Shop or run errands for you?
- Give you gifts (presents)?

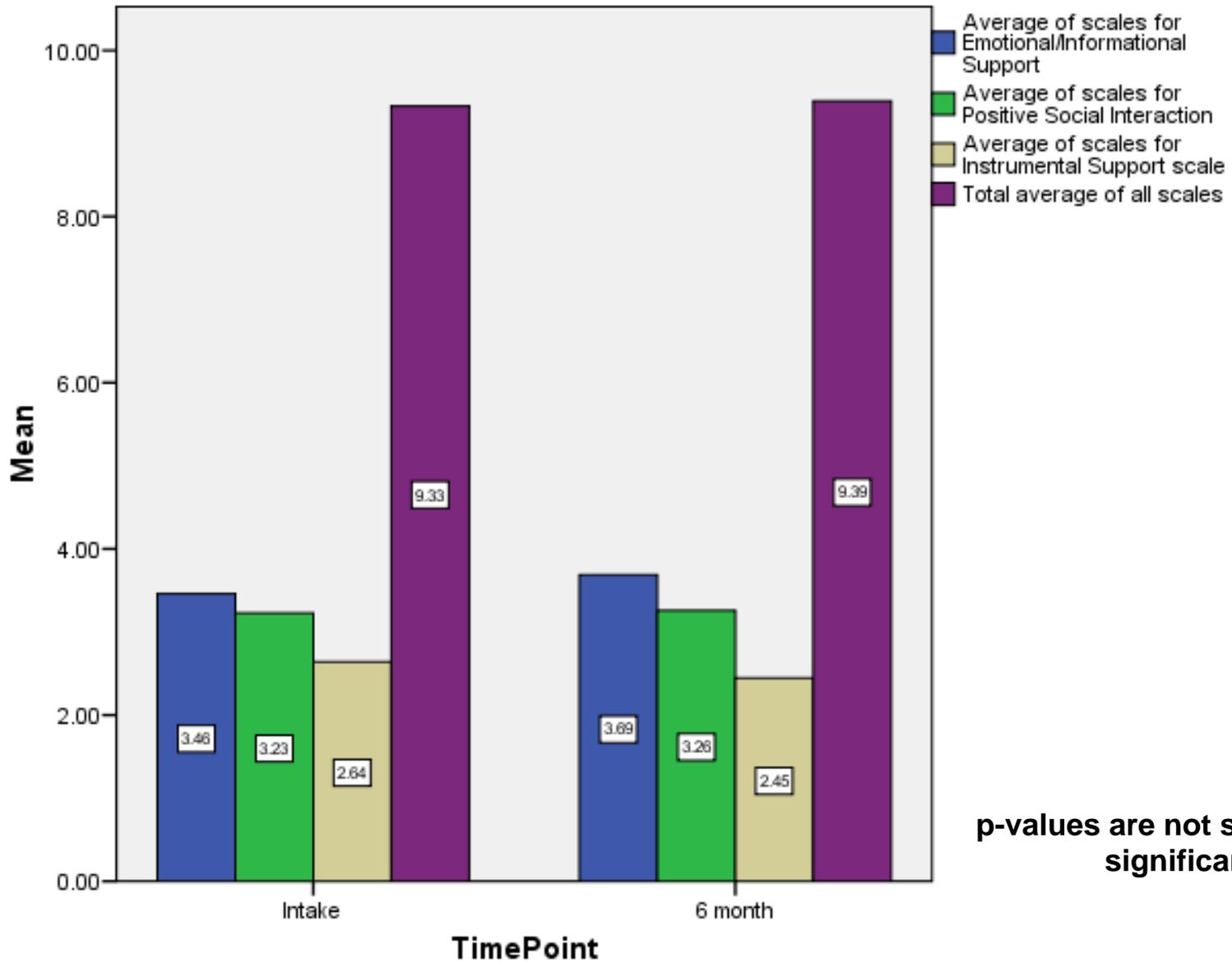
Do your family and friends ever: Provide companionship for you?



*SSS, Instrumental Support Scale

p= not statistically significant

SSS Mean Scores



p-values are not statistically significant

Summary

- **At intake, caregivers report a great deal of strain. 6 months after intake, caregiver strain significantly decreased overall, and subjective internalized strain and objective strain sub-scales decreased significantly.**
- **Over 70% of caregivers have mild to major depressive symptoms at intake and 60% at 6 months. If not already done, SOH may want to consider the inclusion of a depression screening tool for caregivers at intake and appropriate follow-up when doing service planning.**
- **Scores for the sub-scales of social support are in the lower range. The sub-scale for instrumental support, in particular, had the lowest scores. A review of informal and/or peer-to-peer support activities may be needed to determine whether or not these services are accessible to all.**
- **The results have implications for how Systems of Hope should address caregiver strain, depression, and social support.**