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Caregiving and the Stress Process: An Overview of Concepts and Their Measures

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Abstract

This paper views caregiver stress as a consequence of a process comprising a number of interrelated conditions, including the socioeconomic characteristics and resources of caregivers and the primary and secondary

stressors to which they are exposed. Primary stressors are hardships and problems anchored directly in caregiving. Secondary stressors fall into two categories: the strains experienced in roles and activities outside of caregiving, and intrapsychic strains, involving the diminishment of self-concepts. Coping and social support can potentially intervene at multiple points along the stress process.

Keywords: [Caregiver strains](#), [Role strains](#), [Loss](#), [Self-concept](#), [Stress mediators](#)

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