

Psychosocial Care Needs of Elderly: Development of Psychoeducational Program



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ABSTRACT: This research explores the shared perspectives of elderly Cabuyeños regarding their psychosocial care needs and caregiving attitudes. Employing a qualitative approach with self-developed semi-structured interviews within the paradigm of constructionism, themes emerge, including familial care needs, recreational preferences, social interactions, religious care needs, governmental support, consistency preferences, caregiver characteristics, and treatment preferences. The study concludes by emphasizing the necessity for a targeted psychoeducational program tailored to the diverse needs identified. The thematic analysis underscores the significance of family support, diverse recreational activities, social interactions, spiritual engagement, government assistance, and preferences for caregiver characteristics and treatment. This proactive solution is vital for addressing physical health challenges and economic hardships, empowering both elderly individuals and caregivers. The proposed program holds promise in providing a holistic approach to psychosocial care, enhancing the quality of life for the elderly in Cabuyao during their later years.

KEYWORDS: Psychosocial Care Needs, Elderly Shared Perspectives, Psychoeducational Programs, Successful Aging

I. INTRODUCTION

The Philippines has respect for older adults as shown through laws such as the Expanded Senior Citizen Act of 2010 which recognizes their importance in society. This legal framework acknowledges seniors as contributors to nation building by supporting their services like tutoring and skill sharing (Badana & Andel, 2018).

While there are services and laws in place to assist Filipinos, the primary responsibility for their well-being typically lies with families rather than the government. As a result, despite programs many elderly individuals remain underserved (Maravilla, 2021).

Communities have a responsibility to establish programs for the welfare of elderly residents who are part of the vulnerable population. This research concentrates on the psychological aspect of their well-being, complementing existing programs that address physical needs (Palompon, 2018).

Despite efforts, there is a lack of research on the psychosocial care needs of the elderly highlighted by the Economic Research Institute for ASEAN and East Asia which is also evident in the community of Cabuyao. This gap in knowledge poses challenges when it comes to developing programs that address health issues among adults (Cruz et al., 2019).

To bridge this knowledge gap, this research aims to explore the psychosocial care needs of individuals, in Cabuyao. Building upon the Context-Based Elderly Care Theory the study aims to explore viewpoints regarding social needs as well, as attitudes towards caregiving setting the foundation, for holistic psychoeducational programs.

II. METHODOLOGY

This section outlines the research design, locale, study participants, sampling design, instrumentation, data-gathering procedure, thematic process, and ethical considerations crucial for establishing the study's internal validity.

A. Research Design

The researchers employed a qualitative approach, utilizing in-depth interviews to explore the psychosocial care needs of the Elderly Cabuyeños. This methodological choice aligns with the constructionism paradigm, focusing on interpreting phenomena based on participants' perspectives and experiences.

Psychosocial Care Needs of Elderly: Development of Psychoeducational Program

B. Research Locale

The study was conducted in barangay Pulo, located in the City of Cabuyao, chosen for its significant elderly population, ensuring a contextually relevant environment for data collection.

C. Population and Sampling

Researchers selected one barangay from among 18 in Cabuyao, Laguna, based on its high number of elderly residents. With a total of 24,252 seniors in the area, purposive sampling is utilized to select 8-10 participants from this barangay, based on specific criteria.

D. Research Participants

Participants were elderly individuals aged 60 and above residing in Barangay Pulo. The researchers targeted a diverse range of perspectives and needs within the elderly community.

E. Research Instrumentation

Semi-structured interviews were employed as the primary research instrument, providing flexibility in exploring various themes while maintaining a degree of structure to ensure data reliability and validity.

F. Data Gathering Procedure

The researchers conducted in-depth interviews with the selected elderly participants, focusing on understanding their perspectives and experiences related to psychosocial care needs. Thematic analysis was then utilized to identify patterns and themes within the collected data.

G. Ethical Consideration

Ethical considerations were paramount throughout the research process. Informed consent procedures were followed, participants' welfare was protected, and confidentiality measures were in place to uphold the dignity and rights of the Elderly Cabuyehños.

III. RESULTS

This chapter presents the analysis and interpretation of the perspective gathered from the elderly regarding their psychosocial care needs and caregiving attitude which are crucial for the development of psychoeducational programs.

Table 1. Themes Emerged in The Shared Perspectives of Elderly Cabuyehños Regarding Their Psychosocial Care Needs

SUPERORDINATE THEME 1	SUBORDINATE THEMES 1
PSYCHOSOCIAL CARE NEEDS DYNAMICS	Familial Elderly Care Needs
	Recreational Preferences of the Elderly
	Preference for Social Interactions in Elderly Care
	Religious Care Needs of Elderly
	Governmental Support to Elderly Care
	Consistency Preferences of the Elderly Toward Their Needs

Table 1 shows the 6 subordinate themes that emerged from the shared perspectives of elderly Cabuyehños regarding their psychosocial care needs. As shown, the themes revealed the different psychosocial care needs the elderly want to receive in order for them to have a fruitful life. The themes are as follows:

Familial Elderly Care Needs

The theme "Familial Elderly Care Needs" highlights the importance of "Family Support" and "Family Connectedness" in enhancing the well-being of older adults. Low et al. (2021) emphasize that successful aging is characterized by strong family relationships, good health, and social connectedness. Participants in the study express contentment with family interactions, indicating the positive impact of familial bonds on successful aging.

"Edi suportang mga—ng apo, anak. O, 'yon. Eh, syempre, 'yung asawa! O, 'di ba?" - Elderly D

Recreational Preferences of the Elderly

The theme "Recreational Preferences of the Elderly" encompasses activities like mindfulness exercises, household tasks, and leisure pursuits. Sánchez-González et al. (2019) emphasize the impact of tailored interventions on older adults' mental health, physical well-being, and social functioning. Elderly participants express preferences for activities like leisurely walks and bonding

Psychosocial Care Needs of Elderly: Development of Psychoeducational Program

activities such as sewing and group conversations. These insights underscore the need for tailored psychoeducational programs that align with recreational choices and social interactions, promoting the overall well-being of elderly individuals in Cabuyao.

*“Yung magkaano kami magka-bonding bonding. Kapag ano, kaming tatlo nananahi usap-usap kaming tatlo.”
- Elderly B*

Preference for Social Interactions in Elderly Care

This theme includes conversational interaction, and interactive and creative social activities that are cited based on the responses of the elderly. The theme corresponds to the study by Asante and Karikari (2022) revealed that connectedness and support dimensions had significant, positive, small-to-medium in-strength associations with the health of older adults.

“Kapag po nakikipagkwentuhan.” - Elderly B

Religious Care Needs of Elderly

This theme underscores the importance of spiritual engagement and sharing religious teachings among participants. Alibudbud et al. (2020) highlight the determinants of well-being among older individuals in the Philippines, emphasizing factors like leisure activities, social support, and religious practices. These findings align with expressions from elderly participants, particularly their joy in reading the Bible and its reflection of their religious beliefs.

“Kung hindi niyo naitatanong, ang libangan ko na lang ay pagbabasa ng Bible. Kasi saksi ako ni Jehovah. Kasi ‘pag wala akong ginagawa, wala naman na akong ibang kaligayan.” - Elderly A.

Governmental Support to Elderly Care

The theme "Governmental Support to Elderly Care" includes benefits like financial aid and assistance mentioned by participants. The Republic Act 9994, or the "Expanded Senior Citizen Act of 2010," underscores the government's recognition of the value of elderly individuals, offering privileges such as medical assistance, transportation discounts, and leisure activity benefits. This legislation aligns with participants' experiences, highlighting the importance of government assistance for elderly individuals' daily needs and overall well-being.

“Edi syempre ayun lang lagi, ‘yung mga ayuda. Syempre para sa matatanda ayun lang naman lagi pangangailangan ng matatanda, e, ayuda ng gobyerno.” - Elderly G

Consistency Preferences of the Elderly Toward Their Needs

Regular involvement in physical activity, social interactions, leisure pursuits, nutritious eating habits, maintaining a sense of purpose, and staying mentally stimulated are essential elements for successful aging (Halaweh, 2018). Elderly participants in Cabuyao express varying preferences in frequency for meeting these needs, emphasizing the need for tailored psychoeducational programs that adapt to their distinct requirements, promoting consistency in psychosocial care delivery.

“Eh kung maaari araw-araw, e.” - Elderly G.

Table 2. Themes Emerged in The Shared Perspectives of Elderly Cabuyeños Towards Caregiving Attitudes

SUPERORDINATE THEME 2	SUBORDINATE THEMES 2
CAREGIVING ATTITUDE	Preferred Characteristics of Caregiver
	Preferred Caregiving Treatment
	Shared Values Between Elderly and Caregiver

Superordinate Theme 2, as delineated in Table 2, unfolds through three interconnected Subordinate Themes. First, Preferred Characteristics of Caregiver explores the traits valued by the elderly in those providing care. Next, Preferred Caregiving Treatment examines the specific approaches that align positively with the elderly's well-being. Lastly, Shared Values Between Elderly and Caregiver delves into the common principles and beliefs forming the foundation of a harmonious caregiving relationship.

Preferred Characteristics of Caregiver

Psychosocial Care Needs of Elderly: Development of Psychoeducational Program

The elderly prioritize caregivers with empathetic, compassionate, and trustworthy qualities, emphasizing supportiveness and gentleness for a comforting environment. Recognizing caregivers' multifaceted nature underscores the need for adaptability in addressing diverse aspects of elderly care. These preferred characteristics form a comprehensive framework for cultivating a supportive caregiver relationship tailored to specific needs. Understanding caregiver traits is crucial for designing psychoeducational programs, consistent with the study's theoretical framework. The Nurturing Culture significantly contributes to the well-being of the elderly, fostering autonomy, recognition, and happiness (Palompon, 2018).

“Eh, syempre ‘yung mabait, ‘yung nakaka-unawa ng mga kalagayan naming matatanda na.” - Elderly A

Preferred Caregiving Treatment

The participant's statement underscores their desire for attentive and nurturing care, emphasizing words like "alagaan" (cared for) and "kalingain" (nurtured). This aligns with the broader theme suggesting that elderly individuals value caregivers prioritizing their well-being and providing personalized care. A study by Immamura found out that Filipino caregivers highly sought-after due to their family-oriented values and "pakikisama" (getting along with others) characteristic, rooted in Filipino culture. These attributes, including respect for the elderly, align with elderly preferences for caring, empathetic, and understanding caregivers (Legarda, 2022).

“Edi ‘yung ako’y alagaan, ako’y kalingain.” - Elderly F

*“Kaya kailangan, e, ‘yung gusto ko mapag-unawa na gan’on ‘yung sitwasyon ng inaalagaan niya.”
- Elderly G*

Shared Values Between Elderly and Caregiver

This highlights the importance of a harmonious spiritual connection between the elderly and their caregiver, reflecting a shared sense of spirituality and commitment to religious perspectives. Hwang et. al (2021) suggest that religiosity and spirituality positively influence family care delivery to older relatives, emphasizing the significance of understanding both caregiver and participant beliefs for fostering healthy relationships. Additionally, studies by Hastings et al. (2020), Fife et al. (2020), and Yoon et al. (2018) demonstrate the positive impact of religiosity and spirituality on caregiver health and well-being, underscoring the importance of aligning participant preferences with caregiver attitudes for building flourishing relationships.

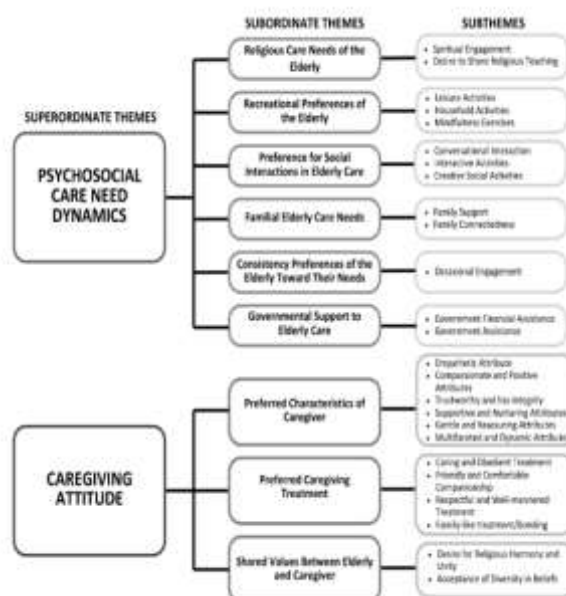
“Edi ‘yun ding ano, ‘yun ding Katolikong gaya ko. Kumabaga ay maka-Diyos.” - Elderly F.

“Syempre kung ano ang relihiyon mo “di dapat e... parehas lang kayo.” - Elderly D.

IV. DISCUSSION

After the interpretation of data, the researchers present the illustration of the emerging themes and the proposed psychoeducational programs for the elderly.

Figure 1. Emergent Themes



Psychosocial Care Needs of Elderly: Development of Psychoeducational Program

The thematic map in Figure 1 serves as a comprehensive visual representation of the intricate network of themes derived from our research. This map illustrates the interconnectedness of nine (9) subordinate themes, further organized into two (2) overarching or superordinate themes. These themes are indispensable components in the development of a holistic psychoeducational program tailored to meet the psychosocial care needs of the elderly population.

The study gathered six (6) psychosocial care needs the elderly perceived to help their life more fulfilling. Firstly, *familial support and connectedness* are emphasized, with elderly individuals recognizing family unity as essential for fulfilling their psychosocial needs. *Diverse recreational preferences*, ranging from livelihood tasks to leisure activities, play a significant role in promoting fulfillment. *Social interactions* are multifaceted, with conversational, interactive, and creative activities valued for fostering meaningful connections. *Religious harmony and spiritual engagement* are also important, as elderly individuals desire mutual understanding and sharing of religious teachings. *Governmental support*, particularly financial aid and assistance is highlighted as crucial for addressing their needs and developing effective programs. Lastly, *preferences for consistency in activities and routines* underscore the importance of stability and predictability in psychosocial care provision for the elderly.

The characteristics and attitudes of caregivers are as much crucial for the development of holistic psychoeducational programs for the elderly. This study revealed three (3) caregiving attitudes the elderly prefer their care provider possess. The preferences of the elderly regarding *caregiver characteristics* underscore the importance of personalized and compassionate caregiving approaches. They value caregivers who exhibit empathetic, compassionate, and trustworthy qualities, along with supportive and nurturing traits. Additionally, they seek caregivers who possess dynamic qualities, highlighting the need for adaptability in meeting their varied needs. In terms of *caregiving treatment*, the elderly desire caring, obedient, and family-like treatment, emphasizing friendly companionship and respectful interactions that foster a strong bond. *Shared values between the elderly and caregivers*, such as a desire for religious harmony and acceptance of diverse beliefs, contribute to a supportive and inclusive environment, promoting overall well-being and meaningful connections in caregiving relationships.

Table 3. Proposed Psychoeducational Program Aiding Psychosocial Care Needs of the Elderly

FAMILIAL ELDERLY CARE NEEDS						
Activities	Objectives	Person/s Involved		Proposed Budget and Number of Participants	Timeframe	Success Indicator
		Specific Personnel	Preferred Attributes			
Familial Elderly Care Needs Seminar	Enhance awareness of familial elderly care needs	<ul style="list-style-type: none"> • Seminar • Organizers, • Speakers, • Participants (Elderly & Relatives) 	<ul style="list-style-type: none"> • Empathetic • Compassionate and Positive • Trustworthy and has Integrity • Supportive and Nurturing • Respectful and Well-mannered 	Php 50,000 – Php 70,000 (50 – 100 Elderly)	1 day	Evaluation: Percentage increase in participants' knowledge about elderly care needs

Psychosocial Care Needs of Elderly: Development of Psychoeducational Program

RECREATIONAL PREFERENCES OF THE ELDERLY						
Activities	Objectives	Person/s Involved		Proposed Budget and Number of Participants	Timeframe	Success Indicator
		Specific Personnel	Preferred Attributes			
Mindfulness Exercises (walking, meditation, etc.)	Enhance Mental Well-being through Tailored Mindfulness Activities	Instructors, Community Volunteers	<ul style="list-style-type: none"> Empathetic Compassionate and Positive Gentle and Reassuring 	Php 10,000 – Php 20,000 (20 – 50 Elderly)	Weekly Sessions	Increased participation and reported improvement in mental well-being among elderly participants
Household Activities (cleaning, sewing, etc.)	Facilitate Community Bonding through Elderly-Friendly Shared Tasks	Community Members, Organizers	<ul style="list-style-type: none"> Supportive and Nurturing Multifaceted and Dynamic 	Negligible (if community-led) (15 – 30 Elderly)	Monthly Events	Enhanced sense of community, teamwork, and enjoyment of shared household activities among elderly participants
Physical Activities (Jogging, cycling, etc.)	Encourage Healthy Lifestyles and Socialization for the Elderly	Fitness Instructors, Community Leaders	<ul style="list-style-type: none"> Caring and Obedient Friendly and Comfortable Companion 	Php 15,000 - Php 30,000 (30 – 60 Elderly)	Bi-weekly Sessions	Improved physical fitness levels and increased social interactions among elderly participants
Sightseeing	Promote Community Exploration and Connection for the Elderly	Local Guides, Community Organizers	<ul style="list-style-type: none"> Respectful and Well-mannered Family-like treatment/bonding 	Php 5,000 – Php 15,000 (20 – 40 Elderly)	Quarterly Events	Positive feedback, increased participation, and sense of connection with the community among elderly participants

PREFERENCE FOR SOCIAL INTERACTIONS IN ELDERLY CARE						
Activities	Objectives	Person/s Involved		Proposed Budget and Number of Participants	Timeframe	Success Indicator
		Specific Personnel	Preferred Attributes			
Storytelling Sessions	Stimulate Social Interaction and Preserve Personal Narratives	Facilitators, Community Volunteers	<ul style="list-style-type: none"> Empathetic Compassionate and Positive Supportive and Nurturing Gentle and Reassuring Respectful and Well-mannered Family-like Treatment/Bonding 	Php 5,000 – Php 10,000 (15 – 30 Elderly)	Bi-monthly Sessions	Increased participation, active engagement, and reported preservation of personal narratives among elderly participants

RELIGIOUS CARE NEEDS OF ELDERLY						
Activities	Objectives	Person/s Involved		Proposed Budget and Number of Participants	Timeframe	Success Indicator
		Specific Personnel	Preferred Attributes			
Religious Music and Hymns	Use religious music and hymns as a tool to create a sense of community	Choir Director Choir Members Sound Engineer	<ul style="list-style-type: none"> Trustworthy and has Integrity Friendly and Comfortable companionship Supportive and Nurturing 	Php 20,000.00 max of 70 person	3 hours	High-quality and harmonious musical performance
Bible Study or Scripture Reading	To enhance participants' knowledge of the Bible, its teachings, and the historical context surrounding various passages.	Bible Study Leader Facilitator for Discussion Administrative Coordinator	<ul style="list-style-type: none"> Friendly and Comfortable companionship Multifaceted and dynamic 	Php 5,000.00 max of 30 person	5 Hours	Deepened understanding of scripture among participants

Psychosocial Care Needs of Elderly: Development of Psychoeducational Program

GOVERNMENTAL SUPPORT TO ELDERLY CARE						
Activities	Objectives	Person/s Involved		Proposed Budget and Number of Participants	Timeframe	Success Indicator
		Specific Personnel	Preferred Attributes			
Medicare and Medicaid Programs	Government Financial Aid	Director of Health Services	<ul style="list-style-type: none"> • Caring and obedient Treatment • Trustworthy and has Integrity • Caring and obedient Treatment • Gentle and Reassuring • Friendly and Comfortable companionship 	10 Million/year	Subjective	Increase enrollment in Medicare/Medicaid by 10% annually
		Medicaid Program Coordinator				
Medicare Program Coordinator						
IT Specialist for System Integration						
Outreach and Education Team						
Subsidized Services	Government Assistance		<ul style="list-style-type: none"> • Trustworthy and has Integrity • Respectful and well-mannered treatment • Friendly and Comfortable companionship • Respectful and well-mannered treatment 	3 Million/year	Subjective	15% increase in subsidized service utilization

The rationale for developing a psychoeducational program for the elderly's psychosocial care needs is driven by the growing elderly population and the need for targeted interventions. This program aims to empower both elderly individuals and their caregivers with knowledge and strategies to enhance psychosocial well-being. By focusing on diverse recreational engagement, religious preferences, family unity, compassionate caregiving, and advocating for governmental support, the program seeks to provide an integrative approach.

Additionally, addressing challenges in physical health and economic hardships ensures a proactive and preventive stance, equipping the elderly with resources to manage conditions and navigate financial constraints. In essence, the psychoeducational program aims to be a concise, comprehensive solution to meet the evolving psychosocial care needs of the aging population.

Based on the shared preferences of the elderly, the study came up with diverse educational programs that could help them achieve successful aging. Note that these programs ought to be conducted in a way to fulfill the psychosocial care needs of the elderly. Thus, these programs are tailored so elderly engage in social activities, and interact with the environment, establishing good relationships with other elderly and as well with the care provider. Moreover, these care needs are expected to be provided by the community and organizers of such programs are proposed to possess the preferred attributes of caregivers as above-mentioned.

Seminars can be conducted to enhance the awareness of the elderly and their relatives regarding the care needs to be fulfilled. Proposed Recreational Activities could be *a. Mindfulness Exercises* like walking, meditation, activities performing *b. Household Chores*, *c. Physical Activities* (Jogging, cycling, etc.), and *d. Sightseeing*. Respectively aiming to enhance mental well-being, facilitate community bonding, encourage healthy lifestyle and socialization, and promote community exploration and connection for the elderly. The insights of the elderly also suggested *Story Telling Sessions* that could increase social participation and active engagement through sharing personal narratives and experiences. In terms of meeting the religious care needs, the narratives of the elderly suggested that programs such as the *performance of religious music and hymns and bible study or scripture reading* could promote high-quality and harmonious living through sharing of spiritual beliefs and deepened understanding of scriptures.

Psychosocial Care Needs of Elderly: Development of Psychoeducational Program

Lastly, elderly also emphasize the role of monetary and medical benefits in their overall well-being. Programs proposed are in the form of any government subsidies and medical assistance.

CONCLUSION

This research reveals the complex psychosocial care needs of the elderly, spanning familial support, recreational preferences, social interactions, religious harmony, and governmental aid. Caregivers' compassionate and adaptable approaches are crucial. The proposed psychoeducational program aims to empower both elderly individuals and caregivers, addressing these needs comprehensively through diverse activities and advocacy efforts. By fostering socialization, active engagement, and overall well-being, this program contributes to a more inclusive and supportive environment for successful aging.

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