Notice of the Final Oral Examination
for the Degree of Master of Science

of

MATILDE CERVANTES NAVARRETE

MEP (Centro Ericksoniano de México, 2009)
BA (Universidad Autónoma de Baja California, 2004)

“The Psychosocial Well-being of Caregivers Participating in an Intergenerational Community-based Dementia Choir”

Social Dimensions of Health

Thursday, December 10, 2020
2:00pm (PST)
Remote Defence

Supervisory Committee:
Dr. Debra Sheets, School of Nursing, University of Victoria (Co-Supervisor)
Dr. Stuart MacDonald, Department of Psychology, UVic (Co-Supervisor)
Dr. Andre Smith, Department of Sociology, UVic (Member)

External Examiner:
Dr. Jodie Gawryluk, Department of Psychology, UVic

Chair of Oral Examination:
Dr. Cindy Holmes, School of Social Work, UVic

Dr. Stephen V. Evans, Acting Dean, Faculty of Graduate Studies
Abstract

Dementia is a growing global concern as population aging accelerates in the next decade. The World Health Organization reports that approximately 50 million people have dementia indicating the global nature of this issue. The Public Health Agency of Canada, reports that nine persons are diagnosed with dementia every hour in Canada. It is critical to note that as the number of people diagnosed with dementia rises, so does the need for more dementia caregivers. Compared with other kinds of caregivers, dementia caregivers are at higher risk of experiencing social isolation, emotional distress, depressive symptoms which can have adverse effects on their psychosocial well-being and health. As part of the hypotheses, participating in an arts-based intervention (the choir) would decrease negative affect and increase positive affect, decrease caregiver distress, and promote a socially engaged lifestyle. Multilevel modelling (MLM) was employed to explore change in variables as a function of time participating in the ViM choir. A multilevel coupled model of change was also employed to examine within-person and between person time-varying associations between affect and caregivers’ distress and social activities. The study’s findings showcase an arts-based intervention (the choir) that offers positive influences to psychosocial well-being of caregivers by promoting a socially engaged lifestyle that boosts positive affect and can mitigate caregiver distress. This study contributes to knowledge that can have practical implications for the healthcare system, and inform and assist policy makers develop community health strategies to support PwD and their families.

Key Words: dementia caregivers, arts-based intervention, psychosocial well-being

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