



University
of Victoria

Graduate Studies

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

of

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B.A. Hons. (University of Victoria, 2014)
A.A. (Douglas College, 2013)

**“Emotional Supporting, Health, and Burden among Caregivers of
People with Neurological Conditions”**

Department of Sociology

Tuesday, August 6, 2019
10:00 A.M.
Cornett Building
Room A317

Supervisory Committee:

Dr. Zheng Wu, Department of Sociology, University of Victoria (Supervisor)
Dr. Karen Kobayashi, Department of Sociology, UVic (Member)
Dr. Margaret Penning, Department of Sociology, UVic (Member)

External Examiner:

Dr. Denise Cloutier, Department of Geography, UVic

Chair of Oral Examination:

Dr. Simon Devereaux, Department of History, UVic

Dr. David Capson, Dean, Faculty of Graduate Studies

Abstract

From 2011 to 2031, the Canadian population living with neurological conditions is expected to double, but the population able to give care is not keeping pace, leading to a greater care burden. One element of this increasing care burden is emotional care. However, the effects of giving emotional care on caregiver health outcomes have not been sufficiently explored in the caregiving literature, where the majority of studies focus on instrumental forms of care, or fail to differentiate between different aspects of caregiving. This problem is further complicated by findings from other contexts which indicate that emotionally supporting and helping others actually benefits the supporter or helper. Informed by the stress process and other ancillary theories, I use data from the 2012 General Social Survey to test several hypotheses which may explain the mental health, functional health, and caregiver burden of neurological condition caregivers who emotionally support their care receivers, and of caregivers who are the sole provider of emotional support. The results suggest that emotionally supporting a care receiver with a neurological condition is detrimental to caregiver mental health, and that being the sole emotional supporter is detrimental to caregiver mental health, functional health, and experience of burden. A significant interaction effect also exists between emotional supporting and caregiver gender for functional health. I also discuss the implications of this study for future research, for intervention planners, and for caregivers themselves.