

Depression & Anxiety in Grandparents Raising Grandchildren

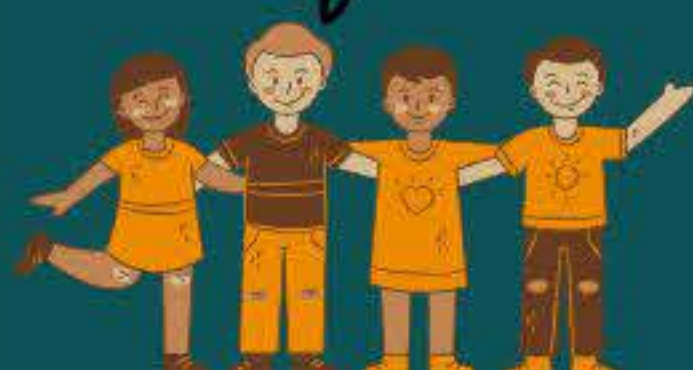
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The Study

Examining grandparents' psychological well-being, grandchildren's well-being, the differences and challenges in minority groups, and the relationship between grandparents and grandchildren.

Some Reasons Grandparents Take Over:

Parents may need extra assistance raising their children, have substance abuse problems, may be incarcerated, or there is a parental death (Kelley et al., 2013).



Becoming a grandmother for the first time helped with life satisfaction and lower depression, while there was no relationship in well-being for grandfathers.

(Gessa et al., 2020)

Caregivers depressive symptoms aren't caused by but are correlated with their social life.

(Jang & Tang, 2016)
(Bushnell et al., 2020)
(Musil et al., 2018)

DID YOU KNOW?

Depressive symptoms and anxiety can be heterogenous and children's living situations can contribute to depressive symptoms.

In the African American and Hispanic communities, they care for not only grandchildren but also other family members.

(Choi, 2020)
(Bernhold, 2020)
(Mansson et al., 2017)



Affectionate communication can strengthen the relationship and prevent stressors between grandparents and grandchildren.

Most of the time, grandparents are the leaders of the family and want to make sure everyone has someone to depend on. That is why they take on the important role of being a primary caregiver while also struggling physically and most importantly psychologically.

What's Next?

Resources in communities for grandparents such as caregiving support, financial support, and frequent mental health analysis



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References!

