

Relationship of perceived social support with mental health in older caregivers

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Background: Elderly caregivers present increased physical and mental health problems. These factors can lead to a lack of autonomy and a need for social support. This study aims to analyse the relationships between perceived social support and mental health status in elderly caregivers aged 65 and older. **Methods:** a cross-sectional study based on data from the Spanish National Health Survey (ENSE-17) carried out on 7023 people. The study population was restricted to 431 caregivers aged ≥ 65 years. A study of the correlation between the mental health state and the perceived social support was carried out. Both variables were related to the sex of the caregiver. **Results:** Perceived social support by older caregivers is significantly related to mental health ($p = 0.001$), and stress ($p < 0.001$). Also, there is a significant relationship between perceived social support and mental well-being ($p = 0.001$), self-esteem ($p = 0.005$) and stress ($p = 0.001$) in older women caregivers. **Conclusions:** Older caregivers have adequate mental well-being and perceive high social support. Perceived social support can contribute to improving the mental well-being of older caregivers. © 2020 by the authors. Licensee MDPI, Basel, Switzerland.

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