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## List of Abbreviations

Acronym	Name in Full
ADL	Activity of Daily Living
ASRs	Age Standardized Incidence Rates
CDs	Compacted Disks
CGA	Comprehensive Geriatric Assessment
CIR	Crude Incidence Rate
CLL	Chronic Lymphocytic Leukemia
COPE	Cope, Optimism, Planning & Expert Information
CRC	Colorectal Cancer
EBC	Elderly Breast Cancer
GHQ	General Health Questionnaire
HADS	Hospital Anxiety and Depression Scale
IADL	Instrumental Activity of Daily Living
MECC	Middle East Cancer Consortium
NCRP	National Cancer Registry Program
NCRP	National Cancer Registry Program
NHL	Non-Hodgkin's Lymphoma
NSCLC	Non Small Cell Lung Cancer
PTSD	Post Traumatic Stress Disorder
SD	Standard Deviation
SEER	Surveillance, Epidemiology, & End Results
SPSS	Statistical Package for Social Science
UK	United Kingdom
USA	United States of America
WHO	World Health Organization
ZBI	Zairt Burden Interview

## **Abstract**

Caring for older adults with cancer involve additional challenges, which may put their caregivers at particularly high risk of burden and psychological distress. **Aim:** Identify caregiving burden and psychological health status of caregivers caring for older adults with cancer and assess the relationship between caregiving burden and psychological health status of caregivers. **Method:** This is a descriptive correlational cores sectional study carried on 157 family caregivers of the older adults diagnosed with cancer attending Mansoura Oncology Center within a period of three months, family caregivers were interviewed individually by the researcher to collect data. **Results:** More than half of the caregivers had moderate caregiving burden, 44.6% had moderate anxiety level, 37.5% had moderate depression level and 68.8% had severe psychological distress. A strong positive correlation was found between caregiver's burden and psychological health. **Conclusion:** caregiver burden is common among family caregivers who care for older cancer patients. The prevalence of anxiety and depression was high and significant number of caregivers has been found to be suffering from severe psychological distress. These findings indicates that early exploring the effective ways to alleviate caregivers burden should be a main concern in the treatment plan of cancer patients and more attention must be given to detecting changes in the psychological state of vulnerable family caregivers of older adults with cancer.

### **Key words:**

Older adults with cancer, Caregiver burden, Psychological health .

# *Dedication*

*This dissertation is dedicated to my  
husband, **Mohamed Elbramony**,  
his love, patience and support has  
always been my strength.*