**ISSN: 2147-5121 / E-ISSN: 2717-7610**

**İstanbul Nişantaşı Üniversitesi**
**Sosyal Bilimler Dergisi**

Bilimsel Hakemli Dergi

Yıl: 2024 Cilt: 12 Sayı: 2

NUSBD

**Yayın Aralığı:** Yılda 2 Sayı - **Başlangıç:** 2013

**İstanbul Nişantaşı University**
**Journal of Social Sciences**

Scientific Refereed Journal

Year: 2024 Vol.: 12 No: 2

**DERLEME MAKALE / REVİEW ARTICLE**

**DOI: 10.52122/nisantasisbd.1548772**

# EXAMINING POSTGRADUATE THESES CONDUCTED IN THE FIELD OF PSYCHOLOGY IN TURKEY ON FAMILY MEMBERS PROVIDING CARE TO INDIVIDUALS DIAGNOSED WITH DEMENTIA

**Dr. Öğr. Üyesi Elçin YORULMAZ**

Dokuz Eylül Üniversitesi, Edebiyat
Fakültesi, Psikoloji Bölümü

e-posta: elcin.ayranci@deu.edu.tr

ORCID **0000-0001-8353-0952**

## ABSTRACT

Due to the nature of dementia affecting the individual's daily life, caregivers are needed in this process. While caregiving has many effects on the lives of caregivers, it is seen that negative effects occupy a significant place in the literature. Considering these effects of caregiving on caregivers and how important they are for care recipients, studies on caregivers are considered important. Within the scope of this study, based on the review of articles in previous studies, it was aimed to examine postgraduate theses conducted in the field of psychology in Turkey on caregivers of individuals diagnosed with dementia. In this retrospective descriptive study, postgraduate theses on caregivers of individuals diagnosed with dementia between 2003-2024 were scanned with the keywords "caregiver", "family caregiver", "caregiving family members". As a result of this scan, 11 postgraduate theses conducted between 2011-2021 were reached. Of the 11 theses included in the study, 9 were master's theses (81.82%) and 2 were doctoral theses (18.18%). In addition, it was concluded that intervention studies were conducted in 2 of the studies (18.18%). Finally, the postgraduate theses studies were discussed in the context of the literature and suggestions for future studies were included.

**Keywords:** Family caregivers of individuals diagnosed with dementia, psychology, postgraduate theses

# TÜRKİYE'DE PSİKOLOJİ ALANINDA DEMANS TANISI OLAN BİREYE BAKIM VEREN AİLE ÜYELERİNE YÖNELİK YAPILAN LİSANSÜSTÜ TEZLERİN İNCELENMESİ

## ÖZ

Demansın bireyin günlük yaşamını sürdürmesini etkileyen yapısı nedeniyle bu süreçte bakım verenlere ihtiyaç duyulmaktadır. Bakım vermenin bakım verenlerin yaşamları üzerinde pek çok etkisi bulunurken, alanyazında olumsuz etkilerin önemli bir yer kapladığı görülmektedir. Bakım vermenin bakım verenler üzerindeki bu etkileri ve bakım alanlar için ne kadar önemli oldukları göz önünde bulundurulduğunda bakım verenlere yönelik çalışmaların önemli olduğu düşünülmektedir. Bu çalışma kapsamında da daha önceki çalışmalarda makalelerin incelenmesinden yola çıkılarak, Türkiye'de psikoloji alanında demans tanısı olan bireylere bakım veren aile üyeleri ile ilgili yapılmış lisansüstü tez çalışmalarının ele alınması amaçlanmıştır. Retrospektif tanımlayıcı bir araştırma olan bu çalışmada, 2003-2024 yılları arasında demans tanısı olan bireylere bakım verenlere dair lisansüstü tezler "bakım veren", "caregiver", "family caregiver", "bakım veren aile üyeleri" anahtar kelimeleri ile taranmıştır. Bu taramanın sonucunda, 2011-2021 yılları arasında yapılmış 11 lisansüstü teze ulaşılmıştır. Araştırmaya dahil olan 11 tezin, 9'u yüksek lisans (%81.82), 2'si doktora tezidir (%18.18). Ayrıca, çalışmaların 2'sinde (%18,18) müdahale çalışmasının yapıldığı sonucuna ulaşılmıştır. Son olarak, ele alınan lisansüstü tez çalışmaları alanyazın bağlamında tartışılmış olup, gelecek çalışmalar için önerilere yer verilmiştir.

**Anahtar Kelimeler:** Demans tanısı olan bireylere bakım veren aile üyeleri, psikoloji, lisansüstü tezler

**Geliş Tarihi/Received:** 12.09.2024 | **Kabul Tarihi/Accepted:** 18.11.2024 | **Yayım Tarihi/Printed Date:** 31.12.2024

**Kaynak Gösterme:** Yorulmaz, E. (2024). "Examining postgraduate theses conducted in the field of psychology in Turkey on family members providing care to individuals diagnosed with dementia". *İstanbul Nişantaşı Üniversitesi Sosyal Bilimler Dergisi*, 2(12) 782-799.

## INTRODUCTION

Dementia is the general name for conditions that affect an individual's ability to continue their daily lives, manifested by a decline in memory, language, problem-solving, and many other skills (Alzheimer's Association, 2020). Because it affects an individual's daily life, care may be needed in dementia. Caregiving involves helping another person with daily activities and tasks. It is stated that most caregivers are family members, friends, and neighbors (National Institute on Aging, 2023). Studies have also shown that the majority of individuals with dementia are cared for at home by their family members (Alzheimer‘s Association, 2007). Family members who provide care to individuals with dementia provide many services to the individual with dementia, such as feeding, dressing, bathing and taking them to the toilet (Alzheimer’s Association, 2004). It is stated that as dementia progresses, this assistance increases and caregivers spend more time on caregiving (Langa et al., 2001). Caregivers have stated that they have difficulties in many matters such as spending more time on themselves, going to the doctor, and cooking (Altuntaş & Koç, 2015).

The long hours of caregiving and the fact that it affects the lives of caregivers to such an extent cause caregivers to experience many psychological problems. For example, studies have shown that caregivers of individuals with dementia experience stress (Gilhooly et al., 2016; Sabatini et al., 2024; Zahed et al., 2020), care burden (Chiao et al., 2015; Sheehan et al., 2021), depression (Cuijpers, 2005; Peavy et al., 2022), anxiety (Cooper et al., 2007; Kaddour & Kishita, 2020), and somatization (Abreu et al., 2018).

The factors affecting these psychological problems have been examined in many studies. For example, one study reported that low income, type of closeness, time spent on caregiving, and the functional dependency of the care receiver predicted caregiver depression (Covinsky et al., 2003). Another study found that when an individual diagnosed with dementia has behavioral symptoms and these symptoms are evaluated as more disturbing than usual, caregivers are more likely to report symptoms related to depression and anxiety. In terms of behavioral symptoms, it was concluded that restless behaviors and intense emotions increase the frequency of experiencing depression and anxiety symptoms. It was stated that when caregivers receive instrumental support, their likelihood of experiencing depression decreases, and when they receive emotional support, their likelihood of experiencing anxiety increases (Puga et al., 2023). When evaluated in the context of stress, it has been stated that the health problems of caregivers are related to their stress levels (Sabatini et al., 2024). In addition, it has been concluded that the use of more medication and worse cognitive functions of individuals diagnosed with dementia, the age of the caregiver and limited space at home predict caregiver burden (Tulek et al., 2020). In other words, when evaluated from the perspective of caregivers of individuals diagnosed with dementia, it is seen that the process has psychological effects and that there are factors that affect these psychological effects.

The fact that caregiving has psychological effects on caregivers and the number of caregivers of those diagnosed with dementia has increased over the years and is expected to increase (Cao et al., 2020). The World Health Organization has also emphasized that dementia care is one of the important issues in the context of public health and called for support for family caregivers who play a key role in dementia care (2023). In addition, it has been stated that the psychological states experienced by caregivers of individuals diagnosed with dementia affect the condition and diagnosis of the individual diagnosed with dementia (Huang, 2022). In other words, caregivers are needed for the continuity of this process, and the experiences of caregivers also affect the individuals receiving care. For these reasons, it is very important to conduct studies on caregivers of individuals diagnosed with dementia. When the international literature is examined, it is seen that there are many review studies on caregivers of individuals diagnosed with dementia (e.g. Chen et al., 2024; Lindeza et al., 2024). However, it is stated that cultural factors are important in caregiving (e.g. Assfaw et al., 2024; Wang et al., 2024). For example, it has been reported that in societies that view caregiving as a family obligation, caregivers experience caregiver distress and are encouraged to postpone their own needs and desires (Losada et al., 2010). This also shows that national studies are also important. When the national literature is examined, it is seen that there are studies that review articles on caregivers of individuals diagnosed with dementia (e.g. Yorulmaz & Dirik, 2021). Within the scope of this study, cognitive behavioral therapy for caregivers of individuals diagnosed with dementia were reviewed. It is seen that the articles handled in this study were studies conducted outside Turkey (Yorulmaz & Dirik, 2021). There is a need for reviews of studies conducted in Turkey. Within the scope of this study, it is thought that it would be useful to consider postgraduate theses that have not been addressed before as a dimension of this need, that it will form a basis for future studies and contribute to the literature. For this reason, this study aims to examine postgraduate theses about family members who care for individuals diagnosed with dementia in the field of psychology in Turkey. This study was limited to the field of psychology because the caregiving process affects the psychological states of caregivers and psychological interventions are developed in these processes.

## 1. Method

### Research Model

This study is a retrospective descriptive study. Postgraduate theses on family caregivers of dementia patients in Turkey between 2003-2024 were retrospectively examined to obtain the data for the study.

### The Universe and Sample of the Research

The data of the research was obtained through a search conducted between 14.05.2024-12.07.2024 through the Council of Higher Education Thesis Center (2024). The search was conducted with the keywords “caregiver”, “family caregiver”, “caregiving family members”. The research examined postgraduate theses on caregivers between the years 2003-2024. First of all, 476 postgraduate theses on caregivers were reached. Then, these theses were examined and the studies conducted on caregivers of individuals diagnosed with dementia were examined in detail. It was learned that there were 45 postgraduate theses conducted on caregivers of individuals diagnosed with dementia. According to the data of the Council of Higher Education Thesis Center (2024), the types of these theses were medical specialization (N=5), master's degree (N=29) and doctorate (N=11). It was concluded that there were 12 postgraduate theses in the field of psychology among these studies. When these 12 postgraduate theses were examined in detail, it was seen that 1 of them was not conducted with family members who provide care, but with caregiving professional (Ören, 2016). For these reasons, 11 postgraduate theses that were open to access and conducted with family members who provide care to individuals diagnosed with dementia were included in this study (Figure 1)

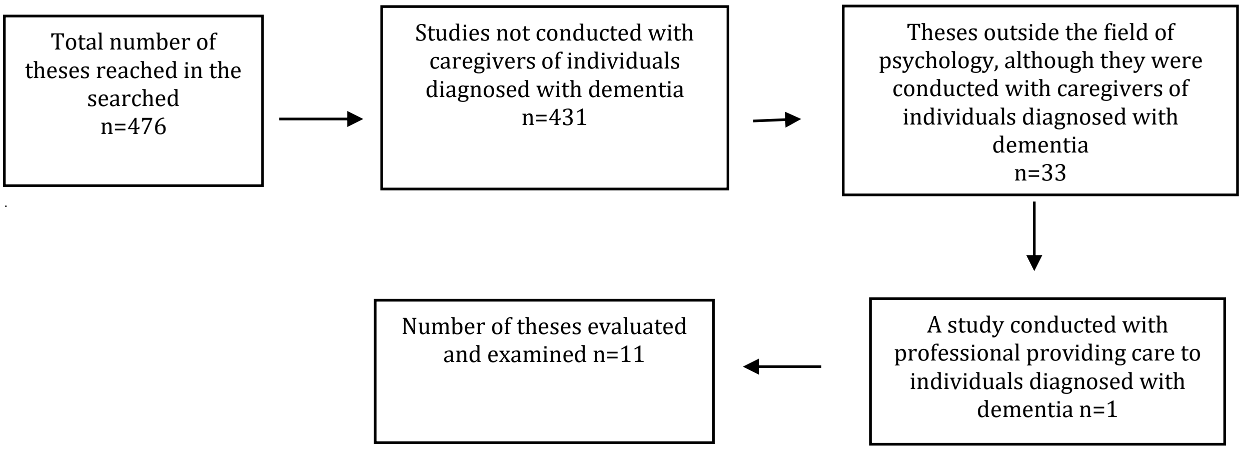

**Figure 1.** Thesis Selection Process

## 2. Procedure

Since theses that were allowed by the National Thesis Center of the Council of Higher Education were examined, permission was not obtained from the authors of the theses or the ethics committee. The descriptive data of the examined theses were entered into SPSS for Windows 25 and the analysis was done in this way.

## 3. Results

Within the scope of this study, postgraduate theses in the field of psychology, which were conducted with family members who provide care to individuals diagnosed with dementia, were examined. The examined theses were tabulated as general information about the theses (Table 1) and information about the content of the theses (Table 2).

Of the 11 theses included in the research, 9 were master's theses (%81.82) and 2 were doctoral theses (%18.18). When the distribution of the examined theses by year was examined, it was seen that the theses were prepared between the years 2011-2022. While 9 of the theses (%81.82) were prepared in the Department of Psychology, 2 of them (%18.18) were prepared in the Department of Guidance and Psychological Counseling. When the titles of the thesis advisors were examined, it was concluded that 6 of the theses were carried out by Professor (%54.54), 2 by Associate Professor (%18.18), and 3 by Assistant Professor (%27.27). General information about the examined theses is given in Table 1.

**Table 1.** General Information About Theses

| No | Author, Year | Thesis Type | Title | University | Department | Titles of Supervisors |
|---|---|---|---|---|---|---|
| 1 | Kıral, 2011 | Master | Depression and life satisaction in dementia caregivers: The relation of cognitive emotion regulation, social support and belief in a just world | Mersin University | Psychology | Professor |
| 2 | Ayrancı, 2015 | Master | The predictive roles of perceived social support, early maladaptive schemas, parenting styles, and schema coping processes in well-being and burnout levels of primary caregivers of dementia patients | Middle East Technical University | Psychology | Associate Professor |
| 3 | Özkoçak, 2016 | Master | An investigation of psychological hardiness levels of alzheimer caregivers according to perceived stress, social support and demographic factors | Gazi University | Guidance and Psychological Counseling | Professor |
| 4 | Erbay, 2017 | Master | Grief process as a predictor of positive and negative health variables in dementia patient caregivers | İstanbul University | Psychology | Associate Professor |
| 5 | Arasan Doğan, 2018 | Master | Alzheimer patient caregiver well-being psychoeducation program's effect on caregivers' burnout syndrome | Üsküdar University | Psychology | Professor |
| 6 | Atak, 2018 | Master | Investigating caregiver burden of dementia | Ege University | Guidance and Psychological | Assistant Professor |

| | | | | | | |
|---|---|---|---|---|---|---|
| | | | patients'concerning family member | | Counseling | |
| 7 | Ergen Kahraman, 2021 | Master | A study on ambiguous loss: Examination of some variables that may determine relatives of Alzheimer patients the levels of caregiver's grief, depression, anxiety, stress levels | Maltepe University | Psychology | Assistant Professor |
| 8 | Yüzen Ardalı, 2022 | Master | The experiences of Turkish family caregivers of individuals with Alzheimer's disease during COVID-19 pandemic: An interpretative phenomenological analysis | Bahçeşehir University | Psychology | Assistant Professor |
| 9 | Alemdar, 2022 | Master | The relationship between personality traits of family caregivers of dementia patients and their level of perceived burden, depression and anxiety | İstanbul Kent University | Psychology | Professor |
| 10 | Ar, 2017 | Doctorate | Predictors of depression, anxiety, grief and growth among turkish offspring as caregivers of parents with alzheimer's disease: A multi-method study | Middle East Technical University | Psychology | Professor |
| 11 | Yorulmaz, 2021 | Doctorate | Development of cognitive behavioral therapy based intervention for family caregivers of individuals with dementia diagnosis and investigation of its effects | Dokuz Eylül University | Psychology | Professor |

Quantitative methods were used in 9 of the studies (%81.82), qualitative method in 1 (%9.9), and both qualitative and quantitative methods were used in 1 (%9.9). Scales were used in 10 of the theses (%90.1), and interviews were conducted after the application of the Demographic Information Form in 1 (%9.9). When the frequently used scales were examined, it was seen that of the theses examined, the Multidimensional Scale of Perceived Social Support (54.55%) was used in 6 (%54.55), the Zarit Caregiver Burden Scale (45.45%) was used in 5 (%45.45), the Beck Depression Inventory (45.45%) was used in 5 (%45.45), the Psychological Resilience Scale (27.27%) was used in 3 (%27.27), and the Marwit-Meuser Caregiver Grief Scale-Short Form was used in 3 (%27.27). An intervention study was conducted in 2 of the studies (%18.18). In addition, it was concluded that 7 of the theses examined were collected face-to-face (63.64%), 2 (18.18%) were collected online, and 2 were collected both face-to-face and online (18.18%). Information on the contents of the theses examined is given in Table 2.

When the results of the theses were evaluated, it was concluded that different personality traits, perceived care burden, anxiety and depression had positive relationships (Alemdar, 2022). In addition to this study, which also addressed depression, another study examined depression. It was concluded that positive focus and catastrophizing were related to depression and life satisfaction. In the relationship between depression and life satisfaction, social support and just world belief were found to have a moderating effect (Kıral, 2011). Another study reported that perceived social support, depression, anxiety, stress, intolerance of uncertainty, caregiver grief, and difficulties in emotional regulation are associated with each other (Ergen Kahraman, 2021). Another study examining social support reported that perceived stress negatively affects psychological resilience and social support, while social support positively affects psychological resilience (Özkoçak, 2016). In one of the other studies examining resilience, it was reported that psychological resilience is associated with caregiver grief and care burden (Erbay, 2017), while another concluded that psychological resilience, self-efficacy, and coping did not predict care burden (Atak, 2018).

In another thesis study conducted with caregivers of individuals diagnosed with dementia, early maladaptive schemas, parenting styles, caregiver well-being, depression and burnout were examined. It was concluded that early maladaptive schemas had a mediating role in the relationship between parenting styles and caregiver well-being, depression and burnout. Perceived social support was found to have a moderating role in the relationship between early maladaptive schemas and caregiver well-being (Ayrancı, 2015).

In one of the studies where qualitative analyses were carried out, the main themes were reached as “forced closeness”, “journeying through waves of emotion and “turning crisis into opportunity” (Yüzen Ardalı, 2022), while in another study, the main themes were reached as etiology of the disease, changes and losses, coping strategies, factors that facilitate or complicate the caregiving process, pathological characteristics specific to the disease, and reluctance to place the patient in a nursing home (Ar, 2017).

In one of the two intervention studies, Interpersonal Psychotherapy-based psychoeducation was applied to the participants, and it was concluded that the care burden and burnout of the participants decreased, and their psychological well-being increased (Arasan Doğan, 2018). In the other intervention thesis study, Cognitive Behavioral Therapy was applied to the participants, and it was found that there was an improvement in the participants' psychological symptoms, stress levels, care burden, perceived social support, and quality of life (Yorulmaz, 2021).

**Table 2.** Information About the Content of the Theses

| No | Author, Year | Research Model | Participants | Where data is collected | Instruments | Data Collection Process | Result |
|---|---|---|---|---|---|---|---|
| 1 | Kıral, 2011 | Descriptive and cross-sectional | 104 caregivers who live in Mersin (*F*=87, *M*=17) | Mersin | Demographics Information Form, Cognitive Emotion Regulation Questionnaire, Perceived Social Support Scale, Belief in a Just World Scale, Life Satisfaction Scale and Beck Depression Inventory | Face to face | Positive focus and catastrophizing are related to depression and life satisfaction. Social support and just world belief cognitive strategies have a moderating effect on the relationship between depression and life satisfaction. The effect of just world belief on acceptance and planning focus strategy and the effect of social support on acceptance and positive evaluation were found to be related to high well-being. In addition, it was stated that the effect of just world belief and social support on catastrophizing was related to low well-being. It was stated that the moderating effect of social support and just world belief on catastrophizing decreased life satisfaction. |
| 2 | Ayrancı, 2015 | Descriptive and cross-sectional | Ninety-nine adult children as the | İzmir, Ankara and Turkish Alzheimer | Demographic Information Form, Young Schema Questionnaires | Face to face | Early maladaptive schemas have a mediating role in the relationships between parenting styles and caregiver well-being-basic needs, depression and |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| | | | primary caregivers of dementia patients (*F*=78, *M*=21) | Association | (YSQ), Young Parenting Inventory (YPI), Young Compensation Inventory (YCI), Young Rygh Avoidance Inventory (YRAI), Maslach Burnout Inventory (MBI), Caregiver Well-Being Scale, Beck Depression Inventory (BDI), and Perceived Social Support (PSS) | | burnout. This mediating role was not found for the caregiver well-being- activities of daily living subscale. It was concluded that perceived social support and perceived social support from significantl others have a moderating role in the relationships between early maladaptive schemas and caregiver well-being-basic needs. The moderating role of schema coping styles was not supported. |
| 3 | Özkoçak, 2016 | Causal comparative research | 211 patient's relatives<br>(*F*=124, *M*=87) | A University Hospital | Personal Information Form, Psychological Hardiness Scale, a short form of Perceived Stress Scale and Multi-dimensional Perceived Social Support Scale | Face to face | Perceived stress has been reported to negatively affect psychological resilience and social support, while social support has a positive effect on psychological resilience. |
| 4 | Erbay, 2017 | Scale adaptation and descriptive | 69 informal caregivers of dementia patients (*F*=50, *M*=19) | People who care for relatives of patients with dementia can be reached through Istanbul Medical Faculty Neurology Department, Turkish Alzheimer's Association, Alzheimer's Foundation and Google Forms. | Demographic Information Form, Marwit Meuser-Caregiver Grief Inventory – Short Form, Anticipatory Grief Scale, Zarit Caregiver Burden Scale, Psychological Resilience Scale for Adults, Beck Depression Inventory | Face to face | It was concluded that the adapted Marwit Meuser Caregiver Grief Inventory - Short Form and the Anticipatory Grief Scale could be used to assess the grieving processes of individuals who care for relatives diagnosed with dementia. In addition, it was stated that caregiver grief, caregiver burden and psychological resilience were related. |
| 5 | Arasan Doğan, 2018 | Single group pretest – posttest design | 45 Individuals who care for relatives with Alzheimer's disease (*F*=33, *M*=12) | Alzheimer Association in Kadıköy | Data Form, Zarit Caregiver Burden, Beck Depression, Beck Anxiety, Maslach Burnout, Life Satisfaction, Psychological Well-Being, Psychological Resilience and Interpersonal Relationships Scales | Face to face | Participants received psychoeducation based on Interpersonal Psychotherapy for 2 hours per week for 8 weeks. At the end of the intervention, participants' caregiver burden and burnout levels decreased, while their psychological well-being increased. |
| 6 | Atak, 2018 | Relational screening model | 134 family caregivers of | İzmir | Demographic Information Form, Caregiver Burden | Face to face | It was concluded that levels of coping with stress, self-efficacy and psychological resilience did |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| | | | dementia who are taking health care from university hospitals in Izmir and members of Alzheimer Association (*F*=107, *M*=27) | | Inventory, Ways of Coping Inventory, Generalized Perceived Self Efficacy Scale, Resilience Scale for Adults | | not predict caregiver burden. |
| 7 | Ergen Kahraman, 2021 | Descriptive and cross-sectional | 165 caregivers of Alzheimer patients (*F*=146, *M*=19) | Members of the Turkish Alzheimer's Association and relatives of caregivers of Alzheimer's patients who were contacted by the researcher | Demographic Information Form, Question Form on Family Structure and Patient Care, Multidimensional Perceived Social Support Scale, Short Form of Intolerance to Uncertainty Scale, Short Form of Emotion Regulation Difficulty Scale, Marwit Meuser-Caregiver Grief Scale Short Form, Depression, Anxiety, Stress Scale Short Form | Online | Perceived social support, depression, anxiety, stress, intolerance of uncertainty, caregiver grief and difficulty in emotion regulation were found to be related to each other. It was concluded that perceived social support from family, anticipatory and inhibitory anxiety from the sub-dimensions of intolerance of uncertainty, openness and strategy from the sub-dimensions of emotion regulation, personal sacrifice and isolation from the sub-dimensions of caregiver grief were related to depression, anxiety and stress. Caregiver grief was found to be related to perceived social support from significant others, stress and inhibitory anxiety from the sub-dimensions of intolerance of uncertainty. |
| 8 | Yüzen Ardalı, 2022 | Interpretive Phenomenological Analysis | 8 Family members who care for people with Alzheimer's disease (*F*=8) | Participants were reached through acquaintances and Facebook groups. | The Demographic Information Form was filled out and then interviews were conducted. | Online | As a result, three main themes were reached: “forced closeness”, “journeying through waves of emotion” and “turning crisis into opportunity”. |
| 9 | Alemdar, 2022 | Descriptive and cross-sectional | 71 family caregivers between the ages of 25-85 (*F*=43, *M*=28) | Bodrum | Demographic Information Form, the Katz Activities of Daily Living Scale, the Zarit Burden Interview Scale, the Hospital Anxiety and Depression Scale, and the Personality Belief Questionnaire – Short Form | Face to face and online | Different personality traits, perceived caregiver burden, anxiety and depression were found to have a positive relationship. In addition, it is stated that some demographic characteristics of the caregiver and care recipient with dementia and elements related to the care process affect caregiver burden, anxiety and depression. |
| 10 | Ar, 2017 | Multi-method design | While 20 adult caregivers (*F*=14, *M*=6) with parents | İzmir and Ankara | Demographic Information Form, Marwit-Meuser Caregiver Grief Inventory Short Form, Beck Depression | Face to face and online | The study has qualitative and quantitative parts. While interpretative phenomenological analysis was used in the qualitative part, 6 main themes emerged as a result of the analyses. These themes are |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| | | | diagnosed with Alzheimer's disease participated in the qualitative section, 190 adult caregivers (*F*=170, *M*=20) with parents diagnosed with Alzheimer's disease participated in the quantitative section. | | Inventory, Zarit Burden Invenory, Caregiver Well-being Scale, Multidimensional Scale of Perceived Social Support, State-Trait Anxiety Inventory – State Form, Post Traumatic Growth Inventory, Ways of Coping Inventory, and Perceived Partner Responsiveness | | etiology of the disease, changes and losses, coping strategies, factors that facilitate or complicate the caregiving process, pathological characteristics specific to the disease, and reluctance to place the patient in a nursing home. As a result of the quantitative part, depression and anxiety symptoms were found to be related to subjective caregiver burden, optimism/seeking social support, helpless coping strategy, and perceived social support. Pre-death grief symptoms were found to be related to subjective caregiver burden and helpless coping strategy. In addition, optimism/seeking social support coping strategy was found to be related to growth. In the examinations conducted in the context of the regulatory role, it was stated that perceived social support has a regulatory role in the relationships between subjective caregiver burden and depression, anxiety, and development. In addition, it was stated that the problem-solving focused coping strategy has a protective role in the relationship between subjective caregiver burden and depressive symptoms. |
| 11 | Yorulmaz, 2021 | Pre-test post-test control group design | There were 18 caregivers of individuals with dementia in the intervention group and 17 caregivers in the control group (*F*=31, *M*=4). | İzmir | Demographic Information Form, Shortened Version of Zarit Caregiver Burden, Perceived Stress Scale, Brief Symptom Inventory, Revised Form of Multidimensional Scale of Perceived Social Support, Short Form of World Health Organization Quality of Life Scale, and Post-Intervention Assessment and Feedback Form | Face to face | It was concluded that the intervention had positive effects on the psychological symptoms, stress levels, care burden, perceived social support, and quality of life of caregivers of individuals diagnosed with dementia. |

## 4. Discussion

In this study, postgraduate theses conducted in the field of psychology in Turkey on family members who provide care to individuals diagnosed with dementia were discussed. In this context, it is thought that the consideration of these studies will provide a general overview of the studies conducted so far and will guide future studies.

In order to guide future studies, the extent to which the variables investigated in the theses have been researched in the international literature was examined. In one of the thesis studies, it was concluded that different personality traits, caregiver burden, anxiety and depression are related to each other (Alemdar, 2022). When evaluated in the context of the literature, it is seen that personality, depression, caregiver burden and anxiety are examined separately in caregivers of individuals diagnosed with dementia (e.g. Kim et al., 2017; Serra et al., 2023; van der Lee et al., 2014; Vespa et al., 2021). In another thesis study, it was concluded that perceived social support, depression, anxiety, stress, intolerance of uncertainty, caregiver grief, and difficulties in emotional regulation are related (Ergen Kahraman, 2021). When the literature is examined, it is thought that the study is a comprehensive study in terms of addressing all these variables. However, it is seen that these variables are investigated in different ways. While it is understood that emotion regulation (Brandao et al., 2024) and caregiver grief (Arruda & Paun, 2017) are addressed in caregivers of individuals diagnosed with dementia, it is noticeable that intolerance of uncertainty is a relatively new concept in the context of dementia caregivers. In one of the theses examining psychological resilience, psychological resilience was found to be associated with caregiver grief and caregiver burden (Erbay, 2017), and in another study, it was found to be associated with social support (Özkoçak, 2016). While resilience is a concept addressed in caregivers of individuals diagnosed with dementia (e.g. Manzini et al., 2016; Teahan et al., 2018), it was observed that social support, resilience and caregiver burden were examined together in one study (Ruisoto et al., 2020). In another thesis study examined, it was seen that caregivers of individuals diagnosed with dementia were examined with the concepts of schema therapy (Ayrancı, 2015), while it was seen that examining the concepts of schema therapy in caregivers of individuals diagnosed with dementia was not common in the literature.

When the thesis studies are evaluated, it is seen that only two studies include interventions. While Cognitive Behavioral Therapy was applied in one thesis study (Yorulmaz, 2021), psychoeducation based on Interpersonal Psychotherapy (Arasan Doğan, 2018) was used in another study. It is understood that both studies have positive effects on caregivers. When evaluated in terms of caregivers of individuals diagnosed with dementia, it is stated that cognitive behavioral therapy has the strongest evidence (Cheng et al., 2019) and has many positive effects on caregivers (Hopkinson et al., 2019). In other words, it is possible to say that the positive effect of Cognitive Behavioral Therapy seen in the thesis study is supported by many studies in the literature. When evaluated in terms of psychoeducation, it is seen that psychoeducation interventions are applied to caregivers of individuals diagnosed with dementia (Frias et al., 2019; Lee et al., 2019). When examined in the context of Interpersonal Psychotherapy, it is seen that Interpersonal Psychotherapy is applied to individuals diagnosed with dementia (Sukhawathanakul et al., 2021), while studies in the caregiver context are limited (e.g. Miller, 2009).

It is seen that the theses conducted so far are limited. For example, it is known that there are different types of dementia. While it is stated that Alzheimer's is the most common type (70%), Alzheimer's type dementia is followed by vascular dementia (17%) and other related conditions (13%) (e.g. Parkinson's disease, Lewy body dementia) (Plassman et al., 2007). It is seen that there are studies examining the experiences of caregivers according to the types of dementia. It has been concluded that caregivers of frontotemporal dementia and Lewy body dementia experience more care burden compared to caregivers of Alzheimer's type dementia (Liu et al., 2017). However, it is seen that dementia is generally addressed in the postgraduate theses studies, followed by Alzheimer's. Future studies can also be conducted on different types. On the other hand, the onset of dementia can also occur at an early age. Studies conducted in recent years have shown that dementia can also be seen at an early age (Hendriks et al., 2023). The experiences of a younger individual diagnosed with dementia and an individual diagnosed with dementia at a later age in life may differ, as may the experiences of caregivers. In one study, it was reported that caregivers of individuals diagnosed with early-onset dementia experienced more difficulties due to behavioral problems compared to caregivers of individuals diagnosed with late-onset dementia (Arai et al., 2007). On the other hand, and in parallel with this situation, it has been stated that there are different factors affecting the mental quality of life of young caregivers and older caregivers (Koyama et al., 2017). This situation can also be addressed in future studies. In addition, studies have indicated that caregivers of individuals diagnosed with dementia are spouses, children, and other family members (e.g. Fauth et al., 2012; Heru et al., 2004; Kwon et al., 2017). The experiences of family members may differ from each other. For example, in one study, caregiving spouses and adult children were compared. While it was stated that caregiving spouses reported more caregiving burden and depressive symptoms than adult children, it was concluded that female spouses had more caregiving burden and depressive symptoms compared to male spouses, daughters, and sons (Liu, 2021). Another point is that in Turkey, daughters-in-law are also seen to be caregivers (Ayrancı, 2015). In a study, daughters and daughters-in-law who provide care to individuals diagnosed with dementia were compared. It was concluded that daughters-in-law reported more depressive symptoms than daughters who provided care (Lee et al., 2017). While closeness is important, it is also seen that the closeness of the relationship between the individual diagnosed with dementia and the caregiver is important (Fauth et al., 2012). In this context, it is thought that it would be more useful to conduct studies according to the closeness of the caregivers of individuals diagnosed with dementia and the closeness of their relationships in future studies.

When the studies included in this study are evaluated, it is seen that only 2 studies are intervention studies (Arasan Doğan, 2018; Yorulmaz, 2021). Since caring for an individual diagnosed with dementia is associated with many negativities, interventions for those who care for individuals diagnosed with dementia are very important (Yorulmaz & Dirik, 2021). In this sense, it is seen that there is a need to develop intervention programs or adapt existing intervention studies to our culture.

Preventive studies are also being conducted in the context of intervention studies (e.g. Joling et al., 2012; Joling et al., 2012). It is thought that it would be beneficial to conduct preventive interventions for caregivers of individuals diagnosed with dementia who experience psychological symptoms and are likely to experience them. Studies have also shown that providing information about the disease process to caregivers is beneficial (Ducharme et al., 2011). It is observed that it is difficult for caregivers of individuals diagnosed with dementia to participate in interventions (Atefi et al., 2024). On the other hand, as dementia progresses, the time spent on caregiving increases (Langa et al., 2001) and this may make it more difficult for caregivers to participate in interventions. For this reason, conducting preventive interventions may facilitate participation while the individual diagnosed with dementia does not need more help. Caregivers can also adapt to the process more easily. It is seen that there is no preventive intervention study within the scope of postgraduate thesis studies. It is thought that conducting such a study would be beneficial in future studies.

On the other hand, it is seen that concepts related to positive psychology have recently become a current issue in the literature (Carr et al., 2024). It is seen that there are a limited number of studies addressing positive concepts in the graduate theses covered in this study, which touch on the negativities associated with caregiving. There may also be positive changes experienced by caregivers during the caregiving process (Doris, Cheng, & Wang, 2018; Quinn & Toms, 2019). It is thought that including concepts related to positive psychology in future studies will be enriching. In addition to reducing the negative effects of caregiving, increasing its positive aspects will be beneficial for caregivers.

Scales used in postgraduate theses have been examined. It is seen that many different scales are used in these studies. However, it is seen that many of the scales used are suitable for general sampling. It is thought that in future studies, it would be beneficial to develop scales for caregivers of individuals diagnosed with dementia or to adapt existing scales to this sample.

## REFERENCES

Abreu, W., Rodrigues, T., Sequeira, C., Pires, R., & Sanhudo, A. (2018). The experience of psychological distress in family caregivers of people with dementia: A cross-sectional study. *Perspectives in Psychiatric Care*, *54*(2), 317-323.

Alemdar, S. (2022). Demans hastalarına bakmakla yükümlü hasta yakınlarının kişilik özelliklerinin algılanan bakım yükü, depresyon ve anksiyete düzeyleri ile ilişkisi. (Unpublished master's thesis). İstanbul: İstanbul Kent Üniversitesi.

Altuntaş, O. & Koç, C. (2015). Demanslı Hastaya Bakım Veren Aile Bireylerinin Aktivite Performanslarının İncelenmesi. *Ergoterapi ve Rehabilitasyon Dergisi*, 3(1), 35-44.

Alzheimer's Association. (2004). Families Care: Alzheimer's Caregiving in the United States 2004. https://www.alz.org/national/documents/report_familiescare.pdf. 19 July 2024.

Alzheimer's Association. (2007). Alzheimer's disease facts and figures, 2007. http://www.alz.org/national/documents/Report_2007FactsAndFigures. Pdf. 25 July 2024.

Alzheimer's Association. (2020). What Is Dementia?. https://www.alz.org/alzheimers-dementia/what-is-dementia. 30 July 2024.

Ar, Y. (2017). Ebeveyni Alzheimer hastası olan yetişkinlerde depresyon, kaygı, yas ve büyümeyi yordayan faktörler: Bir çoklu yöntem araştırması. (Unpublished doctorate thesis). Ankara: Orta Doğu Teknik Üniversitesi.

Arai, A., Matsumoto, T., Ikeda, M., & Arai, Y. (2007). Do family caregivers perceive more difficulty when they look after patients with early onset dementia compared to those with late onset dementia?. *International Journal of Geriatric Psychiatry: A Journal of the Psychiatry of Late Life and Allied Sciences*, *22*(12), 1255-1261.

Arasan Doğan, İ. (2018). Alzheimer hastaları bakım veren iyi oluş psikoeğitim programının bakım verenlerin tükenmişlik sendromu üzerine etkisi. (Unpublished master's thesis). İstanbul: Üsküdar Üniversitesi.

Arruda, E. H., & Paun, O. (2017). Dementia caregiver grief and bereavement: an integrative review. *Western Journal of Nursing Research*, *39*(6), 825-851.

Assfaw, A. D., Reinschmidt, K. M., Teasdale, T. A., Stephens, L., Kleszynski, K. L., & Dwyer, K. (2024). Assessing culturally tailored dementia interventions to support informal caregivers of people living with dementia (PLWD): a scoping review. *Journal of Racial and Ethnic Health Disparities*, 1-18.

Atak, T. (2018). Demanslı hastalarla ilgilenen aile üyelerinin bakım veren yükünün incelenmesi. (Unpublished master's thesis). İzmir: Ege Üniversitesi.

Atefi, G. L., Koh, W. Q., Kohl, G., Seydavi, M., Swift, J. K., Akbari, M., & de Vugt, M. E. (2024). Adherence to Online Interventions for Family Caregivers of People With Dementia: A Meta-Analysis and Systematic Review. *The American Journal of Geriatric Psychiatry,* (baskıda).

Ayrancı, E. (2015). The predictive roles of perceived social support, early maladaptive schemas, parenting styles, and schema coping processes in well-being and burnout levels of primary caregivers of dementia patients. (Unpublished master's thesis). Ankara: Orta Doğu Teknik Üniversitesi.

Brandão, T., Brites, R., Hipólito, J., Nunes, O., & Tomé Pires, C. (2024). Emotion regulation in dementia caregiving: the role of neuropsychiatric symptoms and attachment orientation. *Journal of Geriatric Psychiatry and Neurology*, *37*(2), 146-156.

Cao, Q., Tan, C. C., Xu, W., Hu, H., Cao, X. P., Dong, Q., ... & Yu, J. T. (2020). The prevalence of dementia: a systematic review and meta-analysis. *Journal of Alzheimer's Disease*, *73*(3), 1157-1166.

Carr, A., Finneran, L., Boyd, C., Shirey, C., Canning, C., Stafford, O., ... & Burke, T. (2024). The evidence-base for positive psychology interventions: a mega-analysis of meta-analyses. *The Journal of Positive Psychology*, *19*(2), 191-205.

Chiao, C. Y., Wu, H. S., & Hsiao, C. Y. (2015). Caregiver burden for informal caregivers of patients with dementia: A systematic review. *International Nursing Review*, *62*(3), 340-350.

Chen, S., Lou, V. W., Leung, R., & Doris, S. F. (2024). Meaning-making of dementia caregiving: A systematic review of qualitative studies. *International Journal of Nursing Studies*, 104848.

Cheng, S. T., Au, A., Losada, A., Thompson, L. W., & Gallagher-Thompson, D. (2019). Psychological interventions for dementia caregivers: What we have achieved, what we have learned. *Current Psychiatry Reports*, *21*, 1-12.

Cooper, C., Balamurali, T. B. S., & Livingston, G. (2007). A systematic review of the prevalence and covariates of anxiety in caregivers of people with dementia. *International Psychogeriatrics*, *19*(2), 175-195.

Covinsky, K. E., Newcomer, R., Fox, P., Wood, J., Sands, L., Dane, K., & Yaffe, K. (2003). Patient and caregiver characteristics associated with depression in caregivers of patients with dementia. *Journal of General Internal Medicine*, *18*(12), 1006-1014.

Cuijpers, P. (2005). Depressive disorders in caregivers of dementia patients: a systematic review. *Aging & Mental Health*, *9*(4), 325-330.

Doris, S. F., Cheng, S. T., & Wang, J. (2018). Unravelling positive aspects of caregiving in dementia: An integrative review of research literature. *International Journal of Nursing Studies*, *79*, 1-26.

Ducharme, F. C., Lévesque, L. L., Lachance, L. M., Kergoat, M. J., Legault, A. J., Beaudet, L. M., & Zarit, S. H. (2011). “Learning to become a family caregiver” efficacy of an intervention program for caregivers following diagnosis of dementia in a relative. *The Gerontologist*, *51*(4), 484-494.

Erbay, M. (2017). Demans hastalarına bakım verenlerin yas süreçlerinin olumlu ve olumsuz sağlık değişkenleri üzerindeki yordayıcı etkisi. (Unpublished master’s thesis). İstanbul: İstanbul Üniversitesi.

Fauth, E., Hess, K., Piercy, K., Norton, M., Corcoran, C., Rabins, P., ... & Tschanz, J. (2012). Caregivers’ relationship closeness with the person with dementia predicts both positive and negative outcomes for caregivers’ physical health and psychological well-being. *Aging & Mental Health*, *16*(6), 699-711.

Frias, C. E., Garcia-Pascual, M., Montoro, M., Ribas, N., Risco, E., & Zabalegui, A. (2020). Effectiveness of a psychoeducational intervention for caregivers of people with dementia with regard to burden, anxiety and depression: a systematic review. *Journal of Advanced Nursing*, *76*(3), 787-802.

Gilhooly, K. J., Gilhooly, M. L., Sullivan, M. P., McIntyre, A., Wilson, L., Harding, E., ... & Crutch, S. (2016). A meta-review of stress, coping and interventions in dementia and dementia caregiving. *BMC Geriatrics*, *16* (106), 1-8.

Hendriks, S., Peetoom, K., Bakker, C., Koopmans, R., van der Flier, W., Papma, J., ... & Köhler, S. (2023). Global incidence of young-onset dementia: a systematic review and meta-analysis. *Alzheimer's & Dementia*, *19*(3), 831-843.

Heru, A. M., Ryan, C. E., & Iqbal, A. (2004). Family functioning in the caregivers of patients with dementia. *International Journal of Geriatric Psychiatry*, *19*(6), 533-537.

Hopkinson, M. D., Reavell, J., Lane, D. A., & Mallikarjun, P. (2019). Cognitive behavioral therapy for depression, anxiety, and stress in caregivers of dementia patients: A systematic review and meta-analysis. *The Gerontologist*, *59*(4), e343-e362.

Huang, S. S. (2022). Depression among caregivers of patients with dementia: Associative factors and management approaches. *World Journal of Psychiatry*, *12*(1), 59-76.

Joling, K. J., Smit, F., van Marwijk, H. W., van der Horst, H. E., Scheltens, P., Schulz, R., & van Hout, H. P. (2012). Identifying target groups for the prevention of depression among caregivers of dementia patients. *International Psychogeriatrics*, *24*(2), 298-306.

Joling, K. J., van Marwijk, H. W., Smit, F., van der Horst, H. E., Scheltens, P., van de Ven, P. M., ... & van Hout, H. P. (2012). Does a family meetings intervention prevent depression and anxiety in family caregivers of dementia patients? A randomized trial. *PloS One*, *7*(1), e30936.

Kaddour, L., & Kishita, N. (2020). Anxiety in informal dementia carers: A meta-analysis of prevalence. *Journal of Geriatric Psychiatry and Neurology*, *33*(3), 161-172.

Kıral, K. (2011). Demans hasta yakınlarında depresyon ve yaşam doyumu: bilişsel duygu ayarlama, sosyal destek ve adil dünya inancı ilişkisi. (Unpublished master’s thesis). Mersin: Mersin Üniversitesi.

Kim, S. K., Park, M., Lee, Y., Choi, S. H., Moon, S. Y., Seo, S. W., ... & Moon, Y. (2017). Influence of personality on depression, burden, and health-related quality of life in family caregivers of persons with dementia. *International Psychogeriatrics*, *29*(2), 227-237.

Koyama, A., Matsushita, M., Hashimoto, M., Fujise, N., Ishikawa, T., Tanaka, H., ... & Ikeda, M. (2017). Mental health among younger and older caregivers of dementia patients. *Psychogeriatrics*, *17*(2), 108-114.

Kwon, O. Y., Ahn, H. S., Kim, H. J., & Park, K. W. (2017). Effectiveness of cognitive behavioral therapy for caregivers of people with dementia: a systematic review and meta-analysis. *Journal of Clinical Neurology*, *13*(4), 394-404.

Langa, K. M., Chernew, M. E., Kabeto, M. U., Regula Herzog, A., Beth Ofstedal, M., Willis, R. J., ... & Fendrick, A. M. (2001). National estimates of the quantity and cost of informal caregiving for the elderly with dementia. *Journal of General Internal Medicine*, *16*(11), 770-778.

Lee, M., Ryoo, J. H., Chung, M., Anderson, J. G., Rose, K., & Williams, I. C. (2020). Effective interventions for depressive symptoms among caregivers of people with dementia: A systematic review and meta-analysis. *Dementia*, *19*(7), 2368-2398.

Lee, J., Sohn, B. K., Lee, H., Seong, S., Park, S., & Lee, J. Y. (2017). Impact of behavioral symptoms in dementia patients on depression in daughter and daughter-in-law caregivers. *Journal of Women's Health*, *26*(1), 36-43.

Lindeza, P., Rodrigues, M., Costa, J., Guerreiro, M., & Rosa, M. M. (2024). Impact of dementia on informal care: a systematic review of family caregivers’ perceptions. *BMJ supportive & Palliative Care*, *14*(e1), e38-e49.

Liu, J. (2021). Spouse and adult-child dementia caregivers in Chinese American families: who are more stressed out?. *Journal of the American Medical Directors Association*, *22*(7), 1512-1517.

Liu, S., Liu, J., Wang, X. D., Shi, Z., Zhou, Y., Li, J., ... & Ji, Y. (2017). Caregiver burden, sleep quality, depression, and anxiety in dementia caregivers: a comparison of frontotemporal lobar degeneration, dementia with Lewy bodies, and Alzheimer's disease. *International Psychogeriatrics*, *30*(8), 1131-1138.

Losada, A., Márquez-González, M., Knight, B. G., Yanguas, J., Sayegh, P., & Romero-Moreno, R. (2010). Psychosocial factors and caregivers’ distress: Effects of familism and dysfunctional thoughts. *Aging & Mental Health*, *14*(2), 193-202.

Manzini, C. S. S., Brigola, A. G., Pavarini, S. C. I., & Vale, F. A. C. (2016). Factors associated with the resilience of family caregivers of persons with dementia: a systematic review. *Revista Brasileira de Geriatria e Gerontologia, 19*(4), 703-714.

Miller, M. D. (2009). *Clinician's guide to interpersonal psychotherapy in late life: Helping cognitively impaired or depressed elders and their caregivers*. New York: Oxford University Press.

National Institute on Aging (2023). Getting Started with Caregiving. https://www.nia.nih.gov/health/caregiving/getting-started-caregiving. 25 July 2024.

Ören, N. (2016). Alzheimer Hastalarına Bakım Veren Bireylerin Bakım Yükü ve Tükenmişlik Durumları Arasındaki İlişki. (Unpublished master’s thesis). İstanbul: Beykent Üniversitesi.

Özkoçak, E. (2016). Alzheimer hastalarına bakan kişilerin psikolojik dayanıklılık düzeylerinin algılanan stres, sosyal destek ve demografik özelliklere göre incelenmesi. (Unpublished master's thesis). Ankara: Gazi Üniversitesi.

Peavy, G., Mayo, A. M., Avalos, C., Rodriguez, A., Shifflett, B., & Edland, S. D. (2022). Perceived stress in older dementia caregivers: mediation by loneliness and depression. *American Journal of Alzheimer's Disease & Other Dementias®*, *37*, 1-8.

Plassman, B. L., Langa, K. M., Fisher, G. G., Heeringa, S. G., Weir, D. R., Ofstedal, M. B., ... & Steffens, D. C. (2007). Prevalence of dementia in the United States: the aging, demographics, and memory study. *Neuroepidemiology*, *29*(1-2), 125-132.

Puga, F., Wang, D., Rafford, M., Poe, A., & Pickering, C. E. (2023). The relationship between daily stressors, social support, depression and anxiety among dementia family caregivers: a micro-longitudinal study. *Aging & Mental Health*, *27*(7), 1291-1299.

Ruisoto, P., Contador, I., Fernandez-Calvo, B., Serra, L., Jenaro, C., Flores, N., ... & Rivera-Navarro, J. (2020). Mediating effect of social support on the relationship between resilience and burden in caregivers of people with dementia. *Archives of Gerontology and Geriatrics*, *86*, 103952.

Sabatini, S., Martyr, A., Hunt, A., Gamble, L. D., Matthews, F. E., Thom, J. M., ... & Clare, L. (2024). Health conditions in spousal caregivers of people with dementia and their relationships with stress, caregiving experiences, and social networks: longitudinal findings from the IDEAL programme. *BMC Geriatrics*, *24*(1), 171.

Serra, L., Serpa, D., & Silva, L. (2023). The personality traits of family caregivers of individuals with dementia: the effects of social anxiety, social phobia, and caregiving hours. *International Journal of Science Annals*, *6*(2), 1-7.

Sheehan, O. C., Haley, W. E., Howard, V. J., Huang, J., Rhodes, J. D., & Roth, D. L. (2021). Stress, burden, and well-being in dementia and nondementia caregivers: Insights from the caregiving transitions study. *The Gerontologist*, *61*(5), 670-679.

Sukhawathanakul, P., Crizzle, A., Tuokko, H., Naglie, G., & Rapoport, M. J. (2021). Psychotherapeutic interventions for dementia: a systematic review. *Canadian Geriatrics Journal*, *24*(3), 222-236.

Teahan, Á., Lafferty, A., McAuliffe, E., Phelan, A., O'Sullivan, L., O'Shea, D., & Fealy, G. (2018). Resilience in family caregiving for people with dementia: A systematic review. *International Journal of Geriatric Psychiatry*, *33*(12), 1582-1595.

Tulek, Z., Baykal, D., Erturk, S., Bilgic, B., Hanagasi, H., & Gurvit, I. H. (2020). Caregiver burden, quality of life and related factors in family caregivers of dementia patients in Turkey. *Issues in Mental Health Nursing*, *41*(8), 741-749.

Van der Lee, J., Bakker, T. J., Duivenvoorden, H. J., & Dröes, R. M. (2014). Multivariate models of subjective caregiver burden in dementia: a systematic review. *Ageing Research Reviews*, *15*, 76-93.

Vespa, A., Spatuzzi, R., Fabbietti, P., Penna, M., & Giulietti, M. V. (2021). Association between care burden, depression and personality traits in Alzheimer's caregiver: A pilot study. *PLoS One*, *16*(9), e0251813.

Quinn, C., & Toms, G. (2019). Influence of positive aspects of dementia caregiving on caregivers' well-being: A systematic review. *The Gerontologist*, *59*(5), e584-e596.

Wang, J., Leong, I. T., Johnson, M. K., Pei, Y., Lee, K. H., Mittelman, M. S., ... & Wu, B. (2024). What Matters to Chinese and Korean American Dementia Caregivers: Navigating Cultural Influences in Dementia Care from Caregivers' Perspectives. *Journal of Alzheimer's Disease*, (Preprint), 1-20.

World Health Organization (2023). Dementia. https://www.who.int/news-room/fact-sheets/detail/dementia. 20 October 2024

Yorulmaz, E. (2021). Demans tanısı olan bireylere bakım veren aile üyelerine yönelik bilişsel davranışçı terapi temelli bir müdahalenin geliştirilmesi ve etkilerinin incelenmesi. (Unpublished doctorate thesis). İzmir: Dokuz Eylül Üniversitesi.

Yorulmaz, E., & Dirik, G. (2021). Demans Tanısı olan kişilere bakım verenler ve bilişsel davranışçı terapi: Sistematik derleme. *Psikiyatride Güncel Yaklaşımlar*, *13*(2), 170-191.

Yükseköğretim Kurulu Başkanlığı (YÖK) (2024). Tez Merkezi. https://tez.yok.gov.tr/UlusalTezMerkezi/. 14 May 2024.

Yüzen Ardalı, E. (2022). Alzheimer hastalığına sahip kişilere bakım veren aile yakınlarının COVID-19 pandemisi sırasındaki deneyimleri: Yorumlayıcı fenomenolojik analiz çalışması. (Unpublished master’s thesis). İstanbul: Bahçeşehir Üniversitesi.

Zahed, S., Emami, M., Eslami, A. A., Barekatain, M., Hassanzadeh, A., & Zamani-Alavijeh, F. (2020). Stress as a challenge in promoting mental health among dementia caregivers. *Journal of Education and Health Promotion*, *9*(1), 65.

*GENİŞLETİLMİŞ ÖZET*

# TÜRKİYE'DE PSİKOLOJİ ALANINDA DEMANS TANISI OLAN BİREYE BAKIM VEREN AİLE ÜYELERİNE YÖNELİK YAPILAN LİSANSÜSTÜ TEZLERİN İNCELENMESİ

Demans, bellek, dil ve sorun çözme ve farklı pek çok alandaki becerilerde düşüş ile kendini gösteren bireyin günlük yaşamını devam ettirmesini etkileyen durumların genel adıdır (Alzheimer's Association, 2020). Bireyin günlük yaşamını etkilemesi nedeniyle demansta bakım ihtiyacı olabilmektedir. Bakım verenler bakım vermeye daha fazla zaman ayrılması ile kendilerine vakit ayırmak, doktora gitmek ve yemek yapmak gibi pek çok konuda sıkıntı yaşadıklarını ifade etmişlerdir (Altuntaş ve Koç, 2015). Bu sıkıntıların yaşanıyor oluşu bakım verenlerin pek çok psikolojik problem yaşamasını beraberinde getirmektedir (örn. Abreu ve ark., 2018; Chiao, Wu ve Hsiao, 2015; Gilhooly ve ark., 2016). Bakım vermenin bakım verenler üzerinde psikolojik etkilerinin olması, demans tanısı olanlara bakım verenlerin yıllar içerisinde artması ve artmasının beklenmesi (Cao ve ark., 2020) de bakım verenlere yönelik çalışmaların önemini arttırmaktadır. Bir diğer yandan, uluslararası alanyazın incelendiğinde çalışmaların olduğu görülmektedir (örn. Chen, Lou, Leung ve Doris, 2024; Lindeza, Rodrigues, Costa, Guerreiro ve Rosa, 2024). Ancak, bakım verme konusunda kültürel faktörlerin önemli olduğu belirtilmektedir (örn. Assfaw ve ark., 2024; Wang ve ark., 2024). Bu da ulusal çalışmaların da önemli olduğunu göstermektedir. Yapılan alanyazın incelemesinde, demans tanısı olan bireye bakım verenlere yönelik yapılan tezlerin taranmasına yönelik bir çalışmaya rastlanmamıştır. Ayrıca, çalışmalarda makalelerin incelendiği görülmektedir (örn. Yorulmaz ve Dirik, 2021). Bu sebeple, alanyazına katkı sağlamak amacıyla bu çalışmada Türkiye'de psikoloji alanında demans tanısı olan bireylere bakım veren aile üyeleri ile ilgili yapılmış lisansüstü tez çalışmalarının ele alınması amaçlanmıştır.

Bu çalışma, retrospektif tanımlayıcı bir araştırmadır. Türkiye'de 2003-2024 yılları arasında bakım veren aile üyelerine yönelik yapılan lisansüstü tezler geriye dönük olarak incelenerek araştırmanın verileri elde edilmiştir. Araştırmada 2003-2024 yılları arasında bakım verenlere yönelik yapılan lisansüstü tezler "bakım veren", "caregiver", "family caregiver", "bakım veren aile üyeleri" anahtar kelimeleri ile incelenmiştir. Öncelikle bakım verenlerle ilgili yapılmış 476 lisansüstü tezine ulaşılmıştır. Sonrasında bu tezler incelenerek demans tanısı olan bireylere bakım verenlerle yapılmış çalışmalar detaylı incelenmiştir, demans tanısı olan bireye bakım veren aile üyeleri ile yapılmış erişime açık olan 11 lisansüstü tez çalışması dahil edilmiştir.

Araştırmaya dahil olan 11 tezin, 9'u yüksek lisans (%81.82), 2'si doktora tezidir (%18.18). İncelenen tezlerin yıllara göre dağılımı incelendiğinde; tezlerin 2011-2022 yılları arasında yapıldığı görülmektedir. Çalışmaların 9'unda nicel yöntemler kullanılırken (%81.82), 1'inde nitel yöntem (%9.9), 1'inde de hem nitel hem hem nicel yöntemler (%9.9) kullanılmıştır. Tez çalışmalarının 10'unda (% 90.1) ölçekler kullanılırken, 1'inde (%9.9) Demografik Bilgi Formu uygulanmasının ardından görüşmeler yapılmıştır. Çalışmaların 2'sinde (%18,18) müdahale çalışması yapılmıştır. Ayrıca, incelenen tezlerin 7'sinin yüz yüze (%63.64), 2'sinin (%18.18) çevrimiçi ve 2'sinin de yüz yüze ve çevrimiçi (%18.18) olarak veri toplandığı sonucuna ulaşılmıştır.

Tez çalışmalarının ele alınmasının bu zamana kadar yapılmış çalışmalara genel bir bakış sağlayacağı ve gelecek çalışmalar açısından yol gösterici olacağı düşünülmektedir. Gelecek çalışmalarda, demans türüne, bakım veren bireyin demans tanısı olan bireye yakınlığına ve ilişki yakınlığına göre çalışmaların yapılmasının yarar sağlayacağı düşünülmektedir. Bir diğer taraftan, müdahalelerin oldukça önemli olduğu demans tanısı olan bireylere bakım verenler açısından gelecekte müdahale çalışmalarının yapılmasının ve önleyici müdahale çalışmalarının faydalı olacağı öngörülmektedir. Son yıllarda ilginin arttığı pozitif psikoloji kavramlarının da eklenmesinin önemli olduğu düşünülmektedir. Ayrıca, ulusal alanyazında çalışmaların artmasına da ön ayak olabilmek için ölçek çalışmalarının olmasının fayda sağlayacağı öngörülmektedir.

## KATKI ORANI BEYANI VE ÇIKAR ÇATIŞMASI BİLDİRİMİ

| | |
|---|---|
| **Sorumlu Yazar**<br>*Responsible/Corresponding Author* | Elçin Yorulmaz |
| **Makalenin Başlığı**<br>*Title of Manuscript* | Examining Postgraduate Theses Conducted in the Field of Psychology in Turkey on Family Members Providing Care to Individuals Diagnosed with Dementia |
| **Tarih**<br>*Date* | 12.09.2024 |
| **Makalenin türü (Araştırma makalesi, Derleme vb.)**<br>Manuscript Type (Research Article, Review etc.) | Derleme |

**Yazarların Listesi** / *List of Authors*

| *Sıra No* | **Adı-Soyadı** *Name - Surname* | **Katkı Oranı** *Author Contributions* | **Çıkar Çatışması** *Conflicts of Interest* | **Destek ve Teşekkür (Varsa)** *Support and Acknowledgment* |
|---|---|---|---|---|
| 1 | Elçin Yorulmaz | 100 | Bulunmamaktadır. | Bulunmamaktadır. |