

Paper Category:	Cognitive Frailty
Paper Title: (Arial Font; 14 Pt Size)	Factors and Impact of Caregiver Burden in Mild Cognitive Impairment: A Scoping Review
Abstract Body: (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> • Background • Objectives • Method • Results • Discussions and Conclusions
<p>Background: Mild cognitive impairment (MCI) is common (prevalence 15-25%), with rates of conversion to dementia at 10-15% per year. Caregiver burden begins in the early stages of cognitive impairment but is less well-studied in MCI than in dementia.</p> <p>Objectives: We aim to identify factors and impact of burden in caregivers of persons living with MCI (PwMCI) in this scoping review.</p> <p>Method: Scientific literature databases and grey literature were searched using terms related to MCI and caregiver burden. 3462 abstracts of quantitative and qualitative studies were screened independently by a team of 3 reviewers (2 reviewers per article; interrater reliability, Kappa=1.0). A total of 29 full-text articles were identified for data extraction.</p> <p>Results: 2740 caregivers of PwMCI (mean age 52-75.4 years) were involved in the studies. Commonly used instruments to assess caregiver burden include the Zarit Burden Interview (ZBI) and its adaptations (70.8%), Neuropsychiatric Inventory Caregiver Distress Scale (12.5%), Caregiver Burden Inventory (8.3%) and Montgomery Task Burden List (4.2%). 28-60% of caregivers endorsed significant burden, with mean ZBI scores ranging 14.7-23.1. MCI disease characteristics associated with burden include uncertain prognosis, cognitive difficulties, neuropsychiatric symptoms, and functional impairment. Caregivers who were spouses, of younger age, co-residing with the PwMCI, or currently employed endorsed higher burden. Other caregiver characteristics that influence degree of burden include past caregiving experiences, role ambivalence, and future concerns. Caregivers reporting significant burden had higher rates of depression, anxiety, anticipatory grief, social isolation and lower perceived life satisfaction.</p> <p>Discussion and Conclusions: Caregiver burden is prevalent and significant in MCI. Factors predicting burden include both MCI disease characteristics and caregiver characteristics, with caregiver psychological health most impacted by significant burden. Further studies are needed to elucidate potential points of intervention to reduce caregiver burden in MCI.</p>	

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