

Australian Unity Wellbeing Index  
Survey 17.1

Report 17.1 October 2007

# *Special Report*

## “The Wellbeing of Australians – Carer Health and Wellbeing”



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Australian Unity Wellbeing Index, Survey 16.1, Special Report – Groups with the highest and lowest wellbeing in Australia

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## Executive Summary

This Report concerns the subjective wellbeing of carers in Australia. It is the product of a partnership between Carers Australia, Australian Unity, and Deakin University. All three partners were involved in all stages of the project as planning the logistics, designing the questionnaire and composing the report. Data analysis was undertaken by Deakin University while the logistics of questionnaire mail-out was managed by Australian Unity and Carers Australia. The actual mailing took place from each of the state/territory Carers Associations, who used their own databases to print and affix the addresses of their members to the envelopes

Three major outcome measures have been used. The first is the Personal Wellbeing Index, which is our standard measure of wellbeing. The Index score is the average level of satisfaction across seven aspects of personal life – health, personal relationships, safety, standard of living, achieving in life, community connectedness, and future security.

The other two outcome measures are sub-scales taken from the Depression, Anxiety, and Stress Scale (Lovibond and Lovibond, 1995). This is a very well regarded scale and the sub-scales of Depression and Stress have been used for this study.

A total of 10,939 questionnaires were distributed and 4,107 were returned in time for processing. This constitutes a 37.6% response rate.

The section below lists the significant findings. Each of these findings is accompanied by a figure in the dot-points located at the end of each chapter, and is discussed within the relevant chapter.

### Demographics and Employment

1. Carers have the lowest collective wellbeing of any group we have yet discovered.
2. Carers have an average rating on the depression scale that is classified as moderate depression.
3. Female carers have lower wellbeing than male carers.
4. The wellbeing gap between the general population and the carers narrows with age.
5. In terms of household composition, the most disadvantaged group is sole parents.
6. In the general population the wellbeing of people who are separated or divorced is some 5 points below the normal range. The process of caring depresses this by another 16-19 points.
7. A total of 20.6% of the carer sample are unemployed.
8. For those carers who are employed, over one third has a degree of worry about losing their job that depresses their wellbeing even further.

### Carer Challenges

1. The wellbeing of carers is more vulnerable to physical pain than is normal.
2. Carers are more likely than is normal to be experiencing chronic pain. Therefore, pain for carers is a double jeopardy.
3. Carers are highly likely to be carrying an injury and this is associated with reduced wellbeing.
4. Having a significant medical or psychological condition is associated with lower wellbeing for carers than is normal.
5. Not receiving treatment for a significant medical or psychological condition is extremely damaging to wellbeing.

6. The major reasons carers are not receiving treatment for themselves is that they have no time or cannot afford the treatment.

### **Carer Resources**

1. The wellbeing of carers is less than that of the general population sample even when the level of such support is rated 10/10. When the level of support falls to 7/10, carer wellbeing falls still further.
2. Satisfaction with ability to pay for household essentials, to afford the things you would like to have, to save money, to have financial security, and to not worry about income covering expenses, are all severely comprised for carers compared with a general population sample.
3. Household income is a double jeopardy for carers. Their average household income is lower than is normal within the general population, and their wellbeing is more depressed than is normal due to low income.

### **Intensity of the Carer Role**

1. Wellbeing decreases linearly as the number of hours spent caring increases.
2. While having the primary care responsibilities for less than 1 hour each day allows normal-range satisfaction with the wellbeing domains of living standard, safety and community connection, once this reaches 1-2 hours each day all domains are well below normal. Primary carer responsibility for any time each day is extremely damaging to wellbeing.
3. Female primary carers have lower wellbeing than male primary carers.
4. There is no evidence that carers adapt to their situation when caring continues for longer than 2 years.
5. Caring for adults imposes less burden than caring for disabled children.
6. The wellbeing of the 3,049 people (83% of the sample) who live with the person requiring care is 58.4 points. This is the lowest value we have ever recorded for a large group of people.

### **Satisfaction with Caring and Leisure**

1. Satisfaction with caring hours, leisure time and leisure quality are all strongly related to personal wellbeing. As any satisfaction level falls below 8/10 wellbeing significantly drops.
2. High satisfaction with leisure is more strongly associated with higher carer wellbeing than satisfaction with caring hours.

# Introduction

## The Importance of Carers

**Joan Hughes**  
**CEO, Carers Australia**

The impact of caring on individuals, family units and relationships is nothing short of phenomenal. It affects so many individuals and families. Most Australians will know someone who is a carer or who needs care because of disability, mental illness, chronic condition or frailty. Caring affects people in many significant ways – financially, socially, emotionally and in regard to important life choices like work, career decisions, whether to have another child and relocating to another city or town. For most people caring is part of being in a relationship or part of belonging to a family. These relationships and families need to be valued, supported and nurtured.

Most people who require care are cared for at home by someone they know and trust. When appropriate support is provided to the carer and their family by health and community service providers, caring can be shared between the family and the service systems. When this is a positive experience for all concerned there are flow on benefits to the family, the community, health systems, the economy and society as a whole.

Carers significantly reduce the ever-increasing strain on Australia's health care system while also providing quality care that greatly benefits the person they support. Access Economics (2005) found that the cost of replacing the care provided by unpaid family carers with services supplied by formal care providers would be more than \$30.5 billion each year. This conservative and purely economic comparison does not take into account the quality of personalised care that family members or close friends can provide.

There is now ample Australian and international evidence to show on the one hand, the enormous contribution carers make to society, and on the other, the great personal cost that often comes with providing this care. Carers Australia's 2000 publication, *Warning – caring is a health hazard*, clearly showed that the physical, mental and emotional health and wellbeing of most carers in Australia is the poorer because of their caring responsibilities. The findings of this Australian Unity Wellbeing Index survey about carers indicate that not only were the effects of caring clearly detrimental to the subjective wellbeing of the carer, but also that the effects were felt by others living in the same household, irrespective of the individual level of care provided. The other measures of wellbeing in this survey are very important to carers – health, personal relationships, safety, standard of living, achieving in life, community connectedness and future security.

Carers Australia and the state and territory Carers Associations have long advocated for policies that will improve the health, wellbeing, financial security and choices for carers.

Any new government policy with a carer impact affects not only the 2.6 million Australian carers; it also affects the people they care for and other family members. Carers Australia estimates the real number of Australians affected by carer policy decisions to be well over 5 million—almost one quarter of the total Australian population.

### **Carers' health**

The health profile of Australian society has undergone many changes in the last two decades. Our population has aged significantly, the incidence of disability and chronic illness has increased, and we are living longer with disabilities (AIHW 2006a). At the same time two major policy shifts have occurred. These are shorter hospital stays and an overall shift from institutional care to community care. As a consequence family members are increasingly called upon to provide care, assistance and often very complex health care to other family members at home.

Caring can also last a long time, and negative impacts of caring may be ongoing, spread over many years. Australian Bureau of Statistics (2004) data indicate that 60% of primary carers over the age of 15 have cared for five years or more and a third have cared for 10 or more years. In some cases caring lasts more than 30 years, and for a lifetime.

Australian and international evidence indicates that family carers generally have poorer health and wellbeing than non carers especially if the carer has been caring for a long time (Evercare® 2006). The availability of carers and the services they need to support them are critical to the sustainability of the current Australian health and community care systems.

As a population group, carers generally have a lower income and a lower standard of living than other population groups in Australia (ABS 2004). This means that carers are at-risk of poor health and wellbeing in the social and socioeconomic determinants of health (AIHW 2006b).

The maintenance of carers' health is considered to be a significant public health issue, as it determines their capacity to provide care for people in their homes who otherwise may have to rely upon publicly funded institutional health care (Battam 2004).

### **Financial issues**

It is well known that caring responsibilities adversely affect carers' financial situations. In fact, the Australian Bureau of Statistics 2003 Survey of Disability, Ageing and Carers (ABS 2004) found that the average income for carers was more than 25% lower than for non-carers. The most frequently cited reasons for caring include a sense of family responsibility, a belief that they can provide a better quality of care, a perceived emotional obligation, or simply that no one else was available. Although there is considerable evidence that caring can contribute to personal fulfillment, policies and programs urgently need to address the financial security of carers.

When we consider the time resources required for caring, we should not be surprised to learn that the role comes with a significant opportunity cost in lost earnings borne by the carer, and subsequently, their family. Access Economics (2005) conservatively estimated this cost to be in excess of \$4.9 billion per year.

Some carers are in a better position than others to absorb these costs. The ABS (2004) found that 66,400 primary carers were having difficulties meeting living expenses due to a decrease in income, while 59,400 primary carers identified the extra costs associated with caring as another considerable challenge. According to the findings in the Australian Unity Wellbeing Index, certainty in relation to income and relationships are the two most powerful influences on subjective wellbeing. As results in this survey indicate, carers and their families are particularly vulnerable.

Carers Australia has been calling on the Federal Government to increase the income support for carers. Among our recommendations, we have argued that the Carer Allowance should be doubled to \$98.50 per week (Carers Australia 2006) as well as a Carers Superannuation Scheme for recipients of the Carer Payment and sole parent carers on Centrelink income support. Because of their reduced workforce participation, many carers do not benefit from the existing compulsory superannuation guarantee scheme and therefore have little capacity to prepare for retirement. With an ageing population and an already large number of carers rapidly approaching retirement age, the need to prepare for the future cannot be overstated.

The need for a carer's superannuation was also identified by the Human Rights and Equal Opportunity Commission (HREOC) in its report, *It's About Time: women, men, work and family*, released in March this year. HREOC called for the Productivity Commission to undertake an inquiry into the feasibility of establishing a superannuation-like framework in which the Federal Government recognises the unpaid work of carers. It also recommended an extension of the Superannuation Co-contribution Scheme to individuals who are not in the paid workforce because of caring responsibilities, including caring for dependent adults or young children (HREOC 2007).

## Balancing employment and caring commitments

Carers Australia believes that all carers have the right to work should they choose to. For most Australians, work is a central and necessary part of our adult lives. It allows us to provide for our families and bring a sense of worth to ourselves. Just like other members of the community, carers recognise the value of work and want to be a part of the workforce. The Taskforce on Care Costs (2006) found that more than half of carers would increase their work hours if the cost of alternative care was more affordable. However, the ABS (2004) shows that while 76% of carers are of workforce participation age (18-64 years), their workforce participation rate is nearly 20% lower than that of non-carers. Of those carers who are employed, proportionally more are in part time employment and fewer are in full time employment compared with non-carers. Access Economics (2005) found a total of \$1.36 billion of potential tax revenue was forgone in one year due to the lower workforce participation of carers.

Carers Australia believes that caring should not mean that carers have to leave the workforce, but that they should be enabled to combine caring with their workforce participation, if this is their choice. We have recommended that the Federal Government address the need for carer-friendly workplaces, and that legislation is introduced Australia-wide to provide carers with the right to flexible working hours.

Carers Australia recognises and respects the diversity of Australia's 2.6 million carers. We advocate for increased life choices for all carers so they are better able to make decisions that work for them. There can be little doubt that policies that provide appropriate support for carers will have benefits for the health and wellbeing of their family and relationships as well as for themselves. Whether it is in the form of increased income support, increased carer support services or more flexible work arrangements, the key issue is that carers should not be disadvantaged for providing such a valuable service to the community.

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# 1. Context and Methodology

This Report concerns the subjective wellbeing of carers in Australia. It is the product of a partnership between Carers Australia, Australian Unity, and Deakin University.

## 1.1 The Context of the Survey

In 2000, Australian Unity and Deakin University embarked on a collaborative project to monitor the subjective wellbeing (wellbeing) of the Australian population. This is called the Australian Unity Wellbeing Index.

Our first survey, of 2,000 adults from all parts of Australia, was conducted in April 2001. To date a total of 17 surveys have been conducted, with the most recent in April 2007. Each survey is followed by a report, and these can be obtained either from the Australian Unity website ([www.australianunity.com.au](http://www.australianunity.com.au)) or from the Australian Centre on Quality of Life website at Deakin University (<http://www.deakin.edu.au/research/acqol/index.htm>).

While the frequency of these surveys has varied from two to four per year, since 2005 it has stabilized on two. In addition to the reports based on these new surveys, two other reports are composed each year. These are based either on data from surveys directed to specific groups, or analyses that involves the aggregated data from previous reports. This Report is an analysis of the special survey of carers conducted in July 2007.

Carers are usually family members who provide support to children or adults who have a disability, mental illness, chronic condition or who are frail aged. Carers can be parents, partners, brothers, sisters, friends or children.

## 1.2 Understanding Personal Wellbeing

Subjective wellbeing is different from happiness, in that happiness can come and go in a moment. Wellbeing is a more stable state of being well and feeling contented.

The instrument used to measure wellbeing in the surveys is the Personal Wellbeing Index (PWI). The PWI is designed as the first level deconstruction of 'Life as a Whole'. It comprises seven questions relating to satisfaction with life domains, such as health and standard of living. Each question is answered on a 0-10 scale of satisfaction. The scores are then combined across the seven domains to yield an overall Index score, which is adjusted to have a range of 0-100.

On a population basis the scores that we derive from the PWI are quite remarkably stable. Moreover, each of our regular survey reports presents the accumulated normative data, and tables show the range of values for group mean scores that should be expected if groups are functioning normally. Most of the results in this report will be referenced to these data norms.

One of the surprises that people get when they are introduced to this area of wellbeing research is the stability of the population mean scores we obtain from our surveys. Across the 17 surveys, the value of the means has ranged from 73.4 to 76.4, a fluctuation of only 3.0 percentage points. What explains such stability?

We hypothesize that wellbeing is not simply free to vary over the theoretical zero-100 range. Instead, we believe that it is held fairly constant for each individual like blood pressure or body temperature. This implies an active management system for personal wellbeing that has the task of maintaining wellbeing, which averages about 75 points. We call this process Subjective Wellbeing Homeostasis.

The proper functioning of this homeostatic system is essential to life. At normal levels of wellbeing people feel good about themselves, are well motivated, and have a strong sense of optimism. When demands constantly exceed a person's resources this homeostatic system fails, and people are at risk of depression. This can come about through such circumstances as exposure to chronic stress, chronic pain, failed personal relationships, etc.

Having said this, the homeostatic system is remarkably robust. Many people who live in difficult personal circumstances that may involve low income or medical problems, still manage to maintain normal levels of wellbeing. This is why the Index is so stable when averaged across the population.

However, as with any human attribute, some homeostatic systems are more robust than others. Or, put around the other way, some people have fragile systems which are more prone to failure. Homeostatic fragility can be caused by two different influences – genetics and life experiences. Some people have an innate weakness in their ability to maintain a normal level of wellbeing, while for others, life experiences such as chronic stress can challenge homeostasis. Other influences, such as intimate personal relationships, can strengthen our homeostatic system.

In summary, personal wellbeing is under active management and most people are able to maintain normal levels of wellbeing even when challenged by negative life experiences. A minority of people, however, have weaker homeostatic systems as a result of genetic and/or life experience. These people are more vulnerable to their environment and may have a higher propensity to developing depression.

An important feature of our surveys is to identify population sub-groups which contain a larger than normal proportion of people who have lost their ability to maintain their wellbeing. As will be shown, the carers sampled for this report constitute such a group.

### **1.3 The Survey Methodology**

Three major outcome measures have been used. The first is the Personal Wellbeing Index, which is our standard measure of wellbeing. The Index score is the average level of satisfaction across seven aspects of personal life – health, personal relationships, safety, standard of living, achieving in life, community connectedness, and future security.

The other two outcome measures are sub-scales taken from the Depression, Anxiety, and Stress Scale (Lovibond and Lovibond, 1995). This is a very well regarded scale and the sub-scales of Depression and Stress have been used for this study.

The planning for this project was undertaken as a collaborative exercise between Deakin University, Australian Unity and Carers Australia. . The questionnaire was developed in consensus by all partners, and the logistics of questionnaire mail-out was managed by Australian Unity and Carers Australia. The actual mailing took place from each of the state/territory Carers Associations, who used their own databases to print and affix the addresses of their members to the envelopes.

Each envelope contained the questionnaire, a letter of invitation to complete the questionnaire from Carers Australia, plain language statement and a return-paid envelope addressed to Deakin University. All participants were assured of anonymity. A follow-up reminder letter was sent two weeks after the initial mailing.

More than 11,200 questionnaires were distributed and 4,107 were returned in time for processing. This constitutes a 37% response rate. The questionnaires were then converted into an electronic code and the resulting data file sent to Deakin University for processing.

## **1.4 Presentation of Results and Type of Analysis**

In the presentation of results to follow, the trends that are described in the figures are all statistically significant at  $p < .05$ . More detailed analyses are presented in the appendices to the report.

All satisfaction values are expressed as the strength of satisfaction on a scale that ranges from 0 to 100 points.

In situations where homogeneity of variance assumptions has been violated, Dunnetts T3 Post-Hoc Test has been used. In the case of t-tests we have used the SPSS option for significance when equality of variance cannot be assumed.

Prior to data analysis, the data file was cleaned and two kinds of data removed. The first were any out-of-range numbers. The second were all of the data from any questionnaire where the respondent had rated their wellbeing as either consistently 0 or as 10 across all of the seven domains. Such a pattern is indicative of a response set, quite possibly because the respondent has not understood the task or is unwilling to provide valid data.

Of the 4,107 returned questionnaires, 59 were eliminated due to this type of response and their response pattern is shown in Table A1.3. In addition, many more respondents chose not to answer some items. This pattern is shown for 'medical condition' (Table A1.1) as an example. Some respondents were also eliminated because they selected multiple response options to an item that only requested one response option (see Table A1.2). The items were checked to detect evidence for systematic data omission, but none was found. As a result of these processes of data elimination, the number of responses actually analysed was reduced to about 3,750 depending on the item.

Many of the Figures contain a reference to Normative Data. These are the cumulative norms for group mean scores and can be found in the Appendix of Report 16.0 at

[http://www.deakin.edu.au/research/acqol/index\\_wellbeing/index.htm](http://www.deakin.edu.au/research/acqol/index_wellbeing/index.htm)

## **1.5 Internal Report Organisation**

1. The Executive Summary is followed by an Introduction to the report by Joan Hughes, CEO of Carers Australia.
2. The Context and Methodology chapter describes the conceptual and practical framework for the survey.
3. Five chapters describe the data from the survey.
4. Dot points at the end of each chapter highlight the most important findings.
5. The Appendices contain all of the tables and details of statistical testing.

## 2. Demographics and Employment

### 2.1 Overview

We have investigated three main variables in this study - personal wellbeing, depression, and stress. This section will present each of these outcomes as averages for the whole sample of 3,766 carers.

#### Personal Wellbeing

Comparative scores on the Personal Wellbeing Index are given in Table 2.1 and seen in Figure 2.1.1 below.

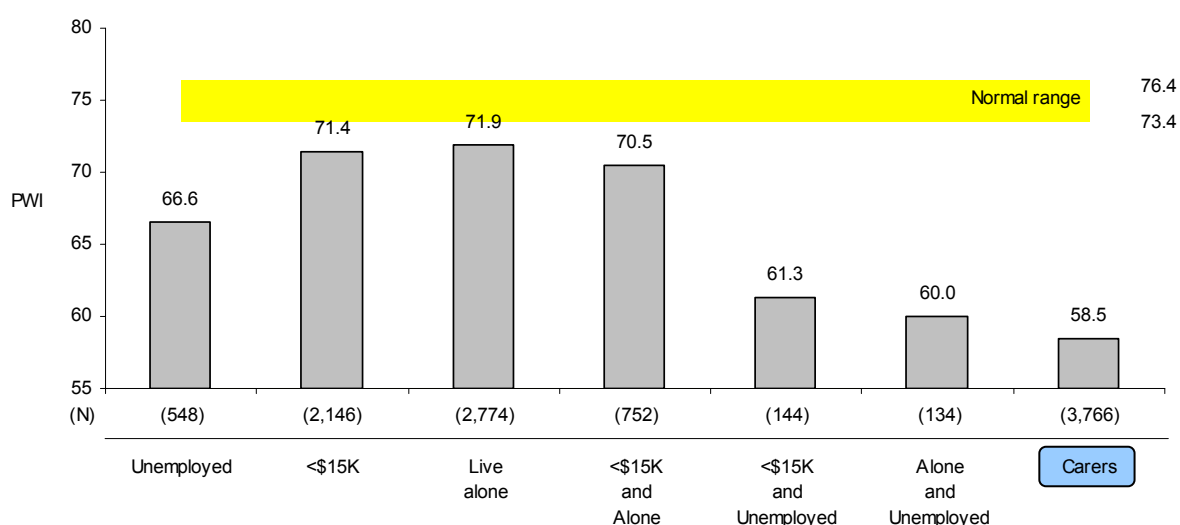


Figure 2.1.1: Carer Personal Wellbeing Index vs Other Low Wellbeing in Groups

The first six comparative groups in Figure 2.1.1 are taken from Report 16.1 of the Australian Unity Wellbeing Index. This prior report identified demographic groups with extremely high and extremely low wellbeing using the combined data collected through our first 15 surveys. The total sample size was approximately 30,000 respondents. Within this combined sample we combined data according to the following demographic variables: gender, age, household income, household composition, relationship status and work status. These sub-groups were then cross-tabulated against one another to create multiple sub-groups. While not all combinations could be analyzed due to small cell sizes, we did study 3,277 demographic sub-groups. The six lowest groups identified (with at least 20 people in the group) can be seen in the above graph. Note that our demographic variables did not include caring.

As can be seen, the carers group from the current study has a lower Personal Wellbeing Index than any of the other groups. While this finding alone is concerning enough, it is compounded by the sheer number of people who make up the sample.

What normally happens when large groups are formed, is that the group mean approximates normality. This can be seen for the two groups - those earning less than \$15K (N=2,146), and those living alone (N=2,774) shown above. This is because the larger a group gets, the more it starts to approximate many of the characteristics of random population samples in terms of including people who have high levels of wellbeing, such as people in marriage relationships and people who are wealthy. Thus, the two largest groups of the previously discovered low groups (household income less than \$15,000, and those living alone) have a Personal Wellbeing Index that is only a few percentage points below the normal range. Clearly this has not occurred in the current sample of carers.

Not only are the carers group the lowest, they are also the largest. This result presages that these normally mitigating factors of wealth and relationships are not as effective in maintaining normal levels of SWB as they are for the general community.

### Depression

The DASS depression scale has the following cut-off points: Normal 0-21; Mild depression 22-31; Moderate depression 32-48; severe depression 49-64; extremely severe depression 65+.

Since the sample as a whole has a mean depression score of 38.2 (Table A2.1), the average respondent to this survey is moderately depressed as shown below:

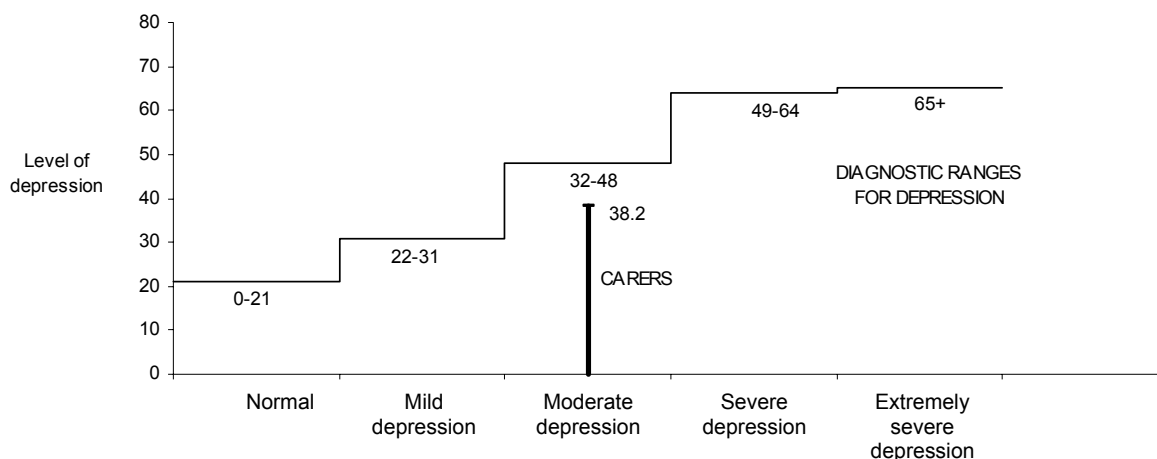


Figure 2.1.2: Carer level of depression in relation to the diagnostic range

This is an extraordinary result. Only about 6.0% of the Australian population are estimated to be depressed (Commonwealth Department of Health and Aged Care, 2000; National Survey of Mental Health and Wellbeing, 1997) and yet well over half of this large sample of carers are depressed.

Table 2.1 below shows the distribution of depression in the carers sample as determined from the DASS depression scale. It shows that only 35% of the respondents are free of depression, a further 9% have a rating of mild depression and a majority 56% have a rating consistent with at least moderate depression.

Table 2.1: Depression distribution within the Carers sample

Depression Score	N	%
Normal (0-21)	1277	35
Mild (22-31)	321	9
Moderate (32-48)	677	19
Severe (49-64)	670	18
Extremely Severe (65+)	700	19
Total	3645	100.0

If this result is extrapolated to the whole population of carers across Australia, it is likely that Carers account for a substantial proportion of the depressed people in Australia.

**Stress**

The stress scores for this sample can be referred to the severity ratings provided in Table A2.1.1 and in Figure 2.1.3 below:

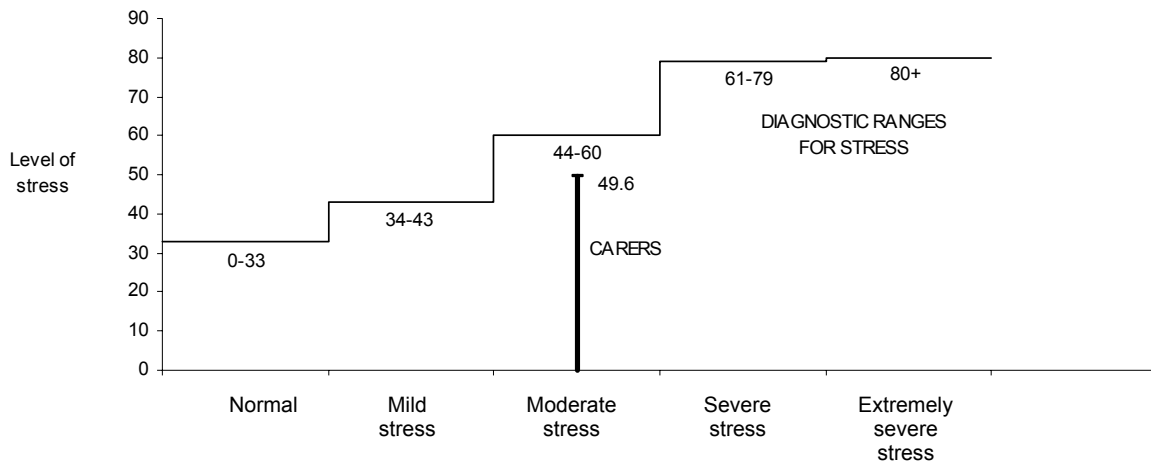


Figure 2.1.3: Carer levels of stress in relation to the diagnostic range.

This result mirrors that for depression, confirming that the average carer is experiencing moderate levels of stress (49.6).

It is apparent from these results that, to a very great extent, the measures of depression and stress are mirroring those of wellbeing. This is as expected. From this point, the report will concentrate on the Personal Wellbeing Index results since these can be most readily related to our population normative data. The analyses of the other two variables of depression and stress are presented in many of the Appendix tables, but will be presented as figures only where this provides additional understanding.

**2.2 Gender Effects**

Under normal circumstances, our general population data show a Personal Wellbeing Index advantage to females. For this sample of carers the situation is reversed (Table A2.1) and the gender difference is significant.

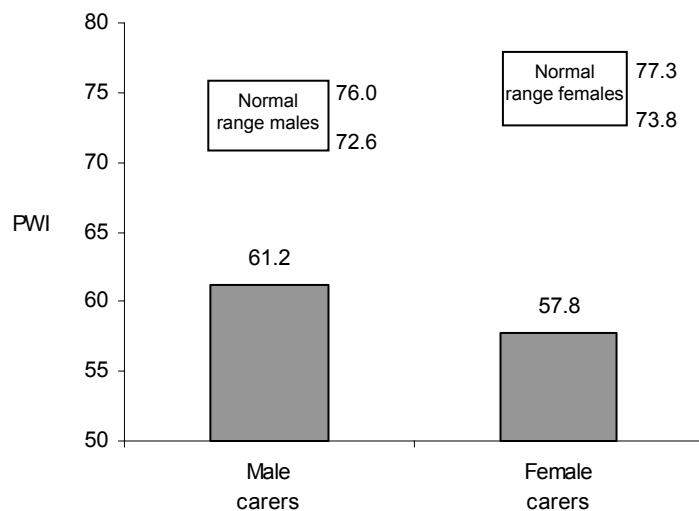


Figure 2.2: Personal Wellbeing Index x Gender

As can be seen from the floating boxes, the normal range for females is higher than for males by 1-2 percentage points. Among carers, on the other hand, males have higher wellbeing than do females and this difference is significant (Table A2.1). Using the base of each normal range as a point of reference, male carers have a Personal Wellbeing Index deficit of 11.4 points and females of 16.0 points.

This represents a substantial gender difference and the reason for it is not immediately clear. Certainly within the whole sample, the majority of carers are female (79.2%) but, of itself, this does not indicate a more challenging role for females, unless the males tend not to be the primary carers.

The results for depression and stress are parallel to the results for personal wellbeing (Table A2.1). Female carers have substantially higher levels of both depression and stress.

### 2.3 Age Effects

The effects of age are given in Table A2.2 and Figure 2.3

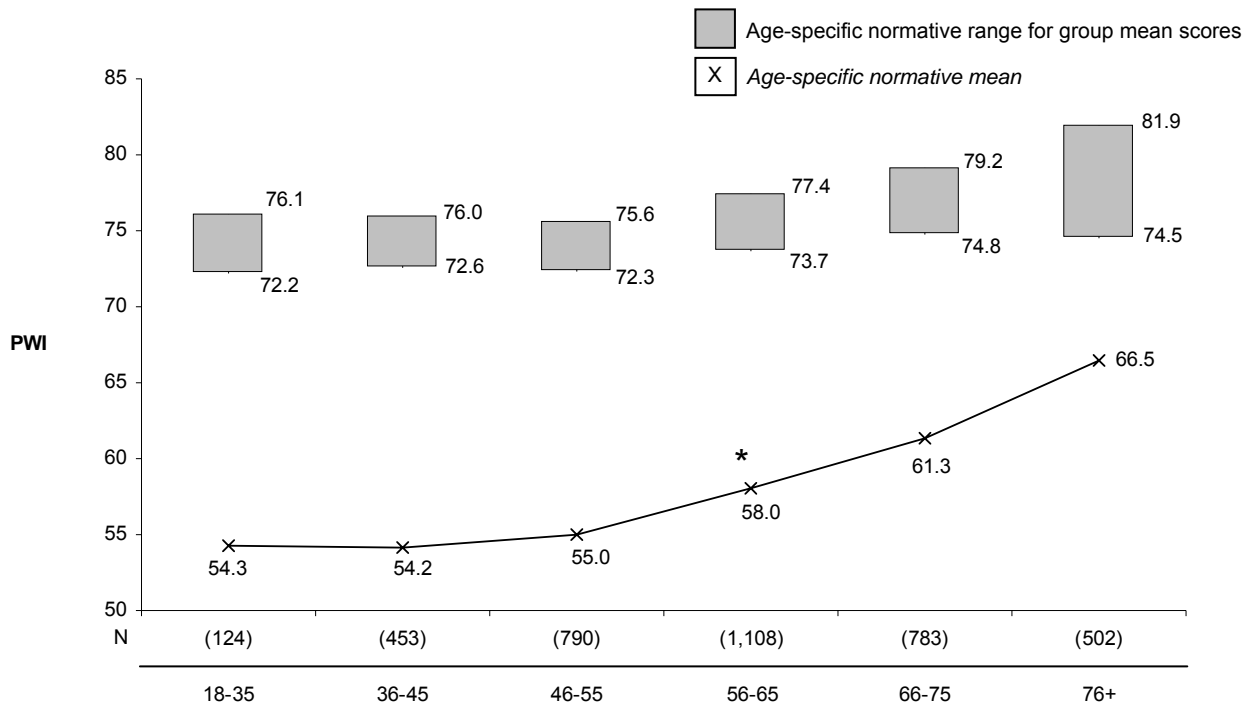


Figure 2.3.1: Personal Wellbeing Index x Age

The floating boxes indicate the normative range for the Personal Wellbeing Index within each age range and the \* indicates the first level of significant difference from the groups below. As can be seen, the personal wellbeing of carers is substantially lower than the population norms at every age. However, the gap between the normal range and the carers' scores closes with increasing age.

As can be seen from the normal ranges, the Personal Wellbeing Index remains steady over the younger to middle-ages, but then starts to increase from 56-65 years. The carer's data shows the same trend. There are no statistical differences between the three youngest groups, but the Personal Wellbeing Index at 56-65 years is significantly higher.

It is also evident that the rise in wellbeing with increasing age is much steeper for the carers than for the general population. It is possible that this is linked to the reason for the increase in the general population, which is likely a mixture of selective mortality (people with low wellbeing die earlier) and

increased powers of adaptation. Perhaps due to their challenging circumstances, both of these influences have a more profound effect on the carers, with only the most resilient individuals surviving until old age. However, of course, this interpretation depends on the duration of care.

It is interesting to study the same age-related changes in depression and stress, shown in Table A2.2 and Figure 2.3.2:

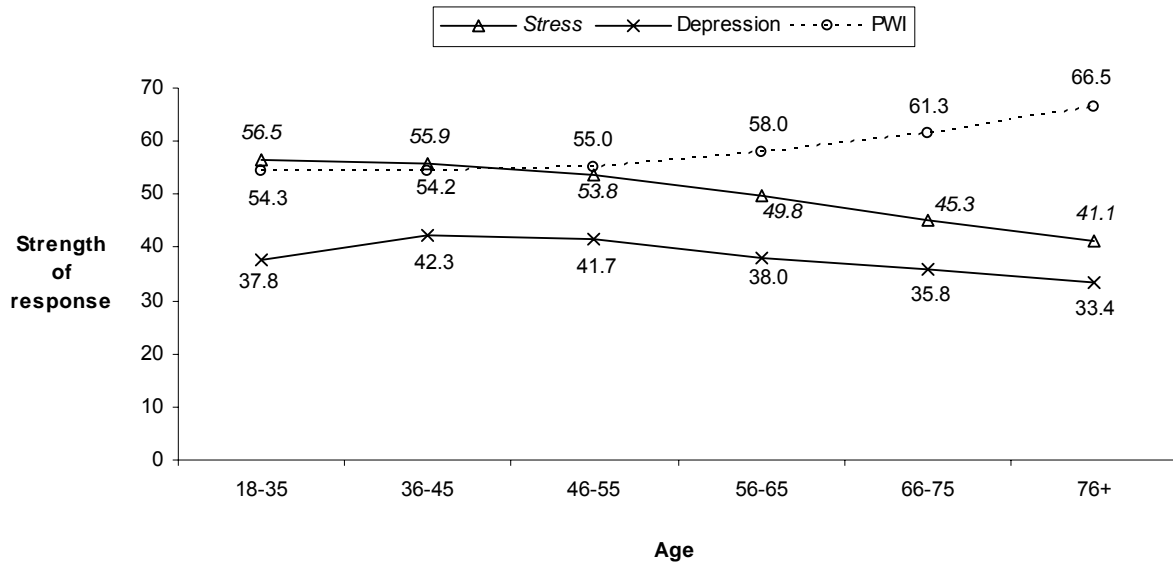


Figure 2.3.2: Age-related changes in personal wellbeing, depression and stress

It can be seen that the changes after 55 years are reciprocal. The Personal Wellbeing Index rises as the intensity of depression and stress falls. This is consistent with the theoretical relationship between these variables.

It is interesting to note that all of the individual domains follow much the same pattern as the Personal Wellbeing Index (Table A2.2.1).

## 2.4 Household Composition

We ask: ‘Who do you live with? Tick more than one if necessary’.

The results are presented in Table A2.3 and Figure 2.4.

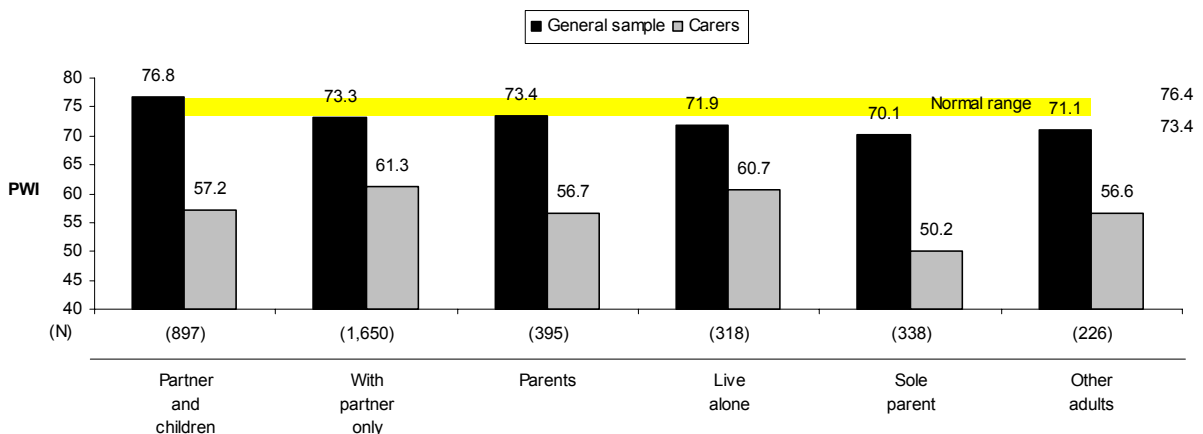


Figure 2.4: Personal Wellbeing Index x Household Composition

Figure 2.4 presents the average Personal Wellbeing Index of carers for each of the major types of household composition (right column) compared with the normative population means for each type (left column) and the normative range for the general population (horizontal bar). It can be seen that the majority of the sample live with their partner (66.6%) either exclusively (43.1%) or with children (23.4%). The smallest proportion lives with other adults (5.9%) and it is not immediately apparent what this implies for their other circumstances of living. They are carers in a household of adults who may or may not include their partner or parent.

The relative Personal Wellbeing Index deficit can be calculated as the difference between the general population sample and the carers sample for each type of household. This is as follows:

Sole parent	:	-19.9 points
Partner and children	:	-19.6 points
Parent(s)	:	-16.7 points
Other adults	:	-14.5 points
Partner only	:	-12.0 points
Live alone	:	-11.2 points

Clearly the most disadvantaged group are sole parents, who constitute 8.8% of the sample. They are the household group in the general population who have the lowest wellbeing (3.3 points below the normal range) and, with the additional burden of caring, have the greatest deficit below their normal level. Clearly, this group of people are severely disadvantaged in terms of a lack of both financial and relationship resources.

The next most disadvantaged group are people who have a partner, but who also have children. This group needs to be deconstructed into the type of person being cared for.

The people who are least affected are those who are either living alone or exclusively with their partner. The former group seems to be logically positioned in this ranking since they are less likely to be caring full-time, and have easier access to time away from their caring responsibilities. The exclusive partner situation is more difficult to explain but presumably the caring is usually within the context of a long-term relationship and where the condition of the person being cared for has slowly deteriorated over a protracted period. These are the conditions that are maximally conducive to adaptation on the part of the carer.

## 2.5 Marital Status

We ask: ‘What is your marital status at the present time?’

Table A2.4 and Figure 2.5.1 give the proportion of the sample who are living in the various kinds of marital status.

In the figure below, the right column of each pair shows the percentage of each group within the carer sample. The left column indicates the percentage within the general population sample.

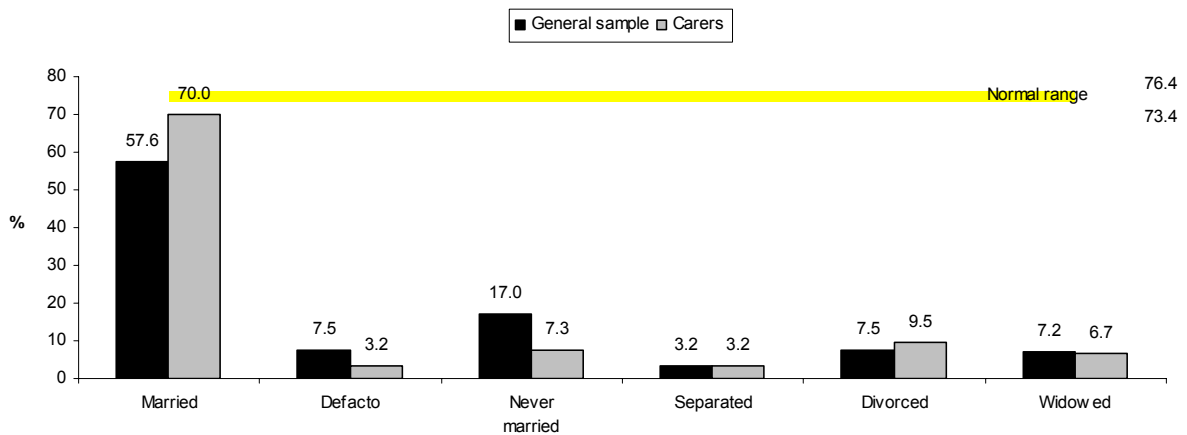


Figure 2.5.1: Percentage of People in Marital Status Groups

Generally these percentages are comparable to the general sample. However, within the carer sample, people who are married are overrepresented (+12.4%) and they are under-represented in the Never Married category (-9.7%). The former is understandable since the most common carer situation will be caused by one partner becoming disabled. The under-representation of the never-married is similarly understandable. Since these people do not have a partner, their chances of becoming a carer are consequently reduced.

The results for Figure 2.5.2 come from Table A2.4.

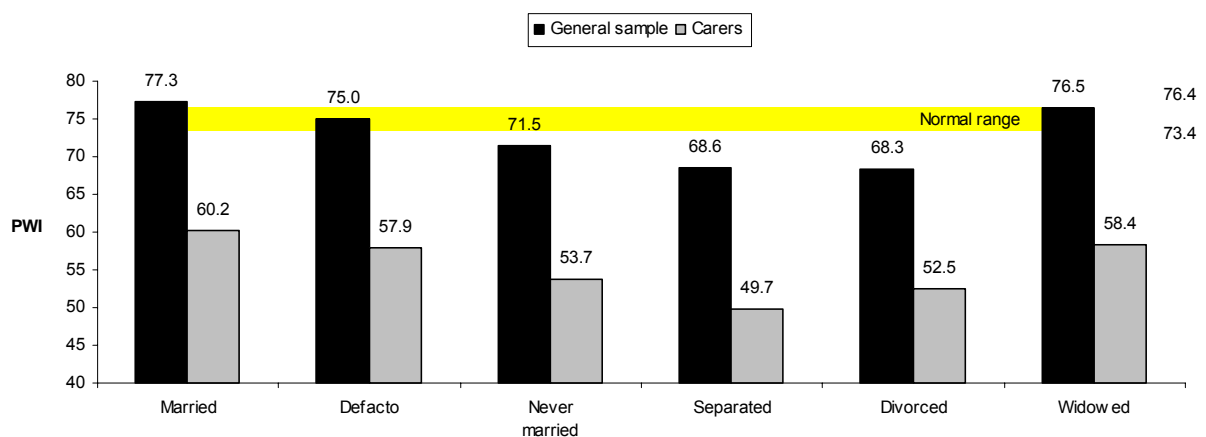


Figure 2.5.2: Personal Wellbeing Index x Marital Status

The relative degree of deficit in carer wellbeing from the equivalent category from the general sample is: Married (-17.2 points), Defacto (-17.1); Never Married (-17.8); Separated (-18.9); Divorced (-15.8); Widowed (-18.1). These are all roughly comparable, however, the separated/divorced groups

have about a 10 point disadvantage within the general sample, so the decrease due to caring takes their wellbeing down to extremely low levels.

## 2.6 Employment Status

These results come from Table A2.5 and the general population data from Report 17.0 of the Australian Unity Wellbeing Index.

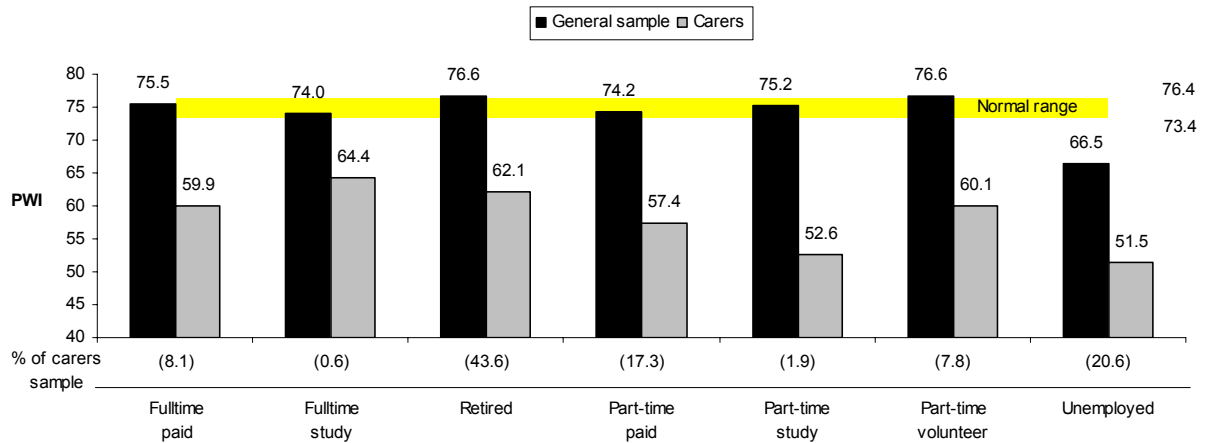


Figure 2.6: Employment Status x Personal Wellbeing Index

The relative deficit for the carer groups compared to the equivalent general population groups is as follows: Fulltime Paid (-15.6 points); Fulltime Study (-9.6); Retired (-14.5); Part-time Paid (-16.8); Part-time Study (-22.6); Part-time Volunteer (-16.5); Unemployed (-15.0).

The smallest deficit is associated with fulltime study. These people are likely to be young and to have their situation at home under sufficient control to allow them the time to study. The largest deficit is for people undertaking part-time study, who may be using their study as a device to achieve diversion from their challenging circumstances. It is especially notable that 20.6% of the sample classifies themselves as unemployed. Presumably, for many of these people, their carer responsibilities are preventing their employment.

## 2.7 Worry About Losing Job

We asked: ‘If you earn money from the work you do, how worried are you about losing your job or work?’

‘If you did lose your job or work, how worried would you be about getting another one you wanted to do?’



Figure 2.7: Personal Wellbeing Index x Worry about losing job and getting another job

The results for ‘losing job’ are from Table A2.6 and for ‘getting another job’ from Table A2.7.

As expected, both types of worry have a negative influence on wellbeing, but this is stronger for job loss. Here, once the level of worry reached 5/10 wellbeing has fallen significantly. Thus, this source of worry has an additional measurable negative impact on wellbeing for the 378 people (36.0% of the workers) who rate their worry as 5/10 or higher.

Worry about getting another job they want to do is a less powerful negative influence. It is not associated with a significant fall in wellbeing until it reaches 9/10. However, almost the same number of carers (N =377) are actually at this level of worry, so the overall impact of this source of worry on carer wellbeing is much the same as for worry about losing their job. We can hypothesise this could be partly due to the added challenge of finding a job that not only suits the individual but also fits in with their caring responsibilities, and as well as available and affordable alternate care options.

## 2.8 Flexible Working Hours

We asked: ‘Do you have flexible working hours?’

There were no differences in the Personal Wellbeing Index between the people who said yes and those who said no (Table A2.8).

## 2.9 Access to Carer Leave

We asked: ‘Do you have access to carer leave?’

There were no differences in the Personal Wellbeing Index between the people who said yes and those who said no (Table A2.9).

## 2.10 Response rates from the States and Territories

Table 2.2 below shows the numbers of questionnaires distributed and returned from each State and Territory. Appendix A2.10 shows the relevant post-codes that were used to make this classification.

Table 2.2: Number of respondents from each State and Territory

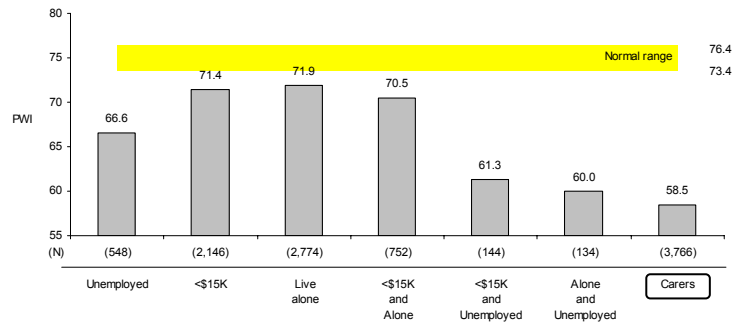
	Number of questionnaires sent	Number of respondents	Return rate %
NSW	2254	687	30.5
ACT	1441	535	37.1
VIC	1732	792	45.7
QLD	977	478	48.9
SA	1455	597	41.0
WA	2000	697	34.9
TAS	100	37	37.0
NT	980	133	13.6
*No postcode given		149	
*Incorrect postcode		2	
Total	10,939	4107	37.6

\*Coded as missing data in SPSS file for postcode variable

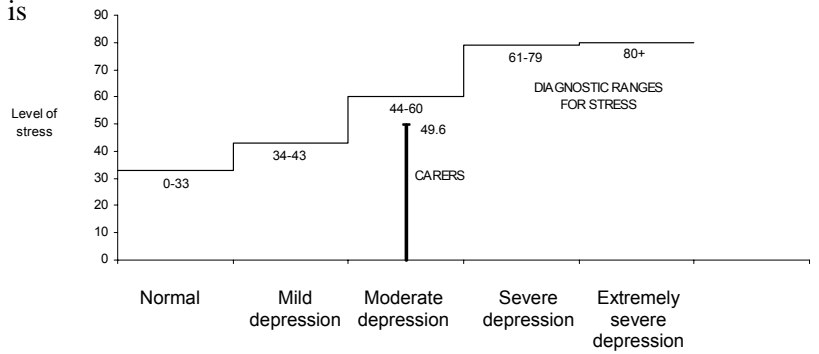
The return rates are fairly comparable between these regions, with the exception of NT which is very much lower.

### 2.11 Demographics and Employment - Dot Point Summary

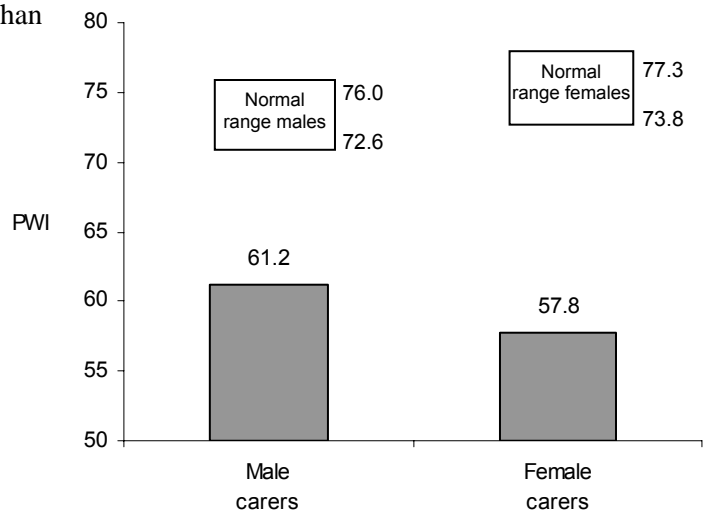
1. Carers have the lowest collective wellbeing of any group we have yet discovered.



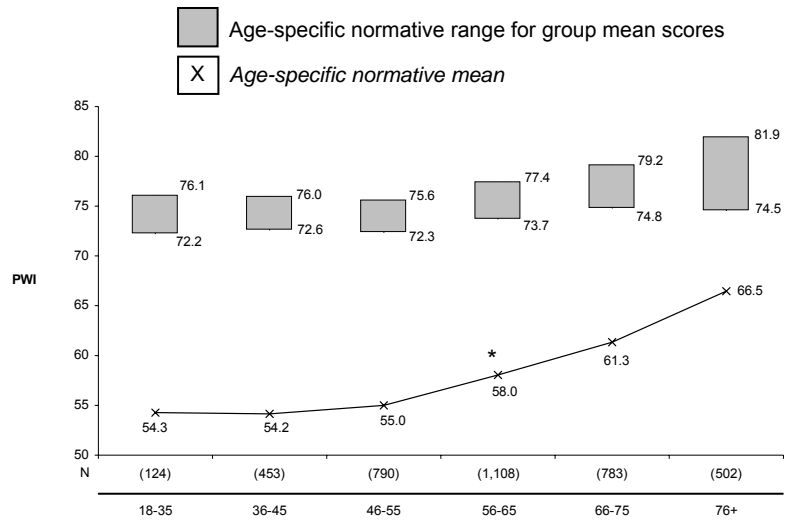
2. Carers have an average rating that is classified as moderate depression.



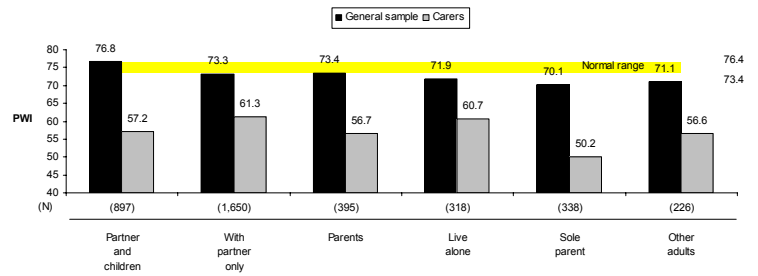
3. Female carers have lower wellbeing than male carers.



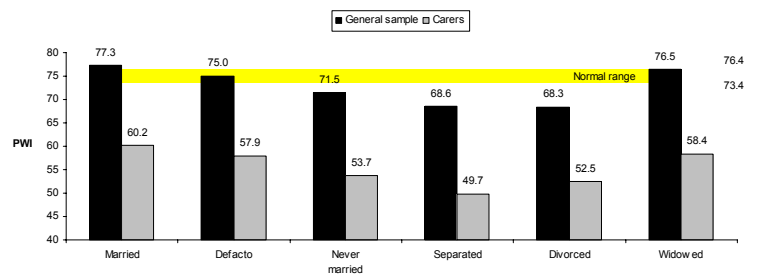
4. The wellbeing gap between the general population and carers narrows with age.



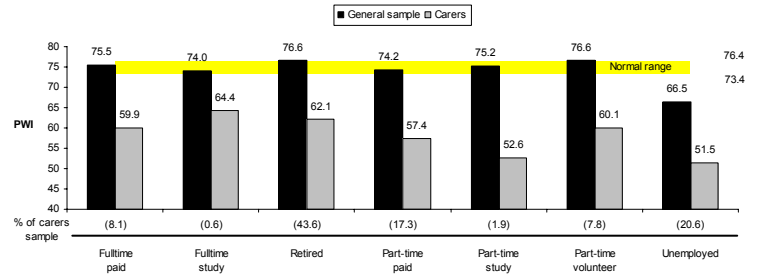
5. In terms of household composition, the most disadvantaged group is sole parents.



6. In the general population the wellbeing of people who are separated or divorced is some five points below the normal range. The process of caring depresses this by another 16-19 points.



7. A total of 20.6% of the carer sample are unemployed.



8. For those carers who are employed, over one third has a degree of worry about losing their job that depresses their wellbeing even further.



### 3. Carer Challenges

#### 3.1 Physical Pain

We asked: 'How much physical pain do you experience each day?'

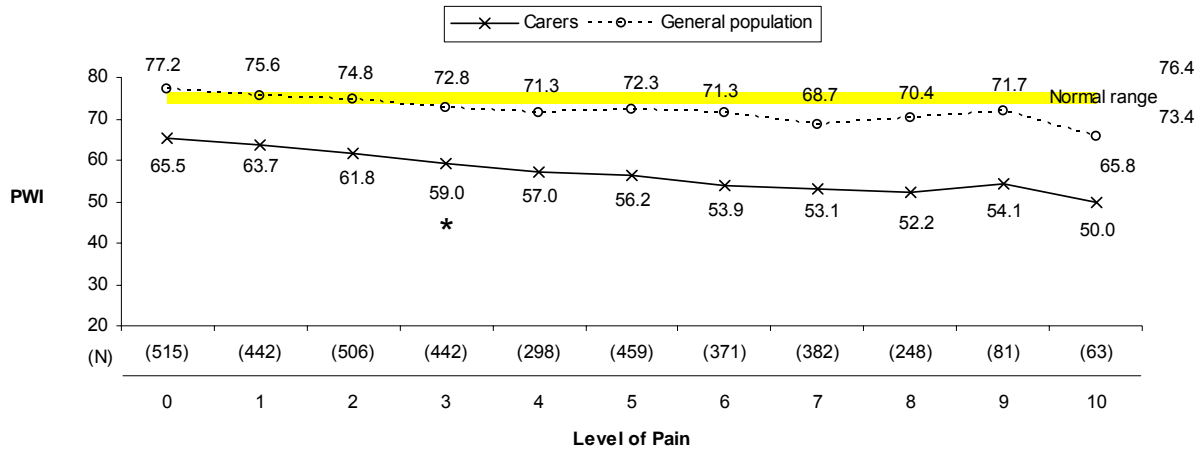


Figure 3.1: Physical Pain vs. Personal Wellbeing Index

The data for Figure 3.1 came from Table A3.1 for the carers and the general population sample data came from Report 16.0 of the Australian Unity Wellbeing Index. The \* indicates the first level of pain that causes the wellbeing of carers to significantly decrease to a point lower than the carers with no pain.

It is evident that at every level of reported physical pain the carer group have a lower level of wellbeing than do people in the general population with an equivalent level of pain. This is the result of pain having a compounding effect on already challenging circumstances.

Even more revealing is that the trend-lines diverge and this trend is significant ( $df = 18, t = 11.58, p < .000$ ). Thus, even though the carer group starts (at 0 pain) with a 12 point deficit in wellbeing, by the time the pain level has reached 8-10 the deficit has doubled to about 20 points.

This is an indication that the carer group is less resilient. That the sources of stress from the caring process have already weakened or defeated their capacity to maintain normal levels of wellbeing. Thus, when an additional stressor, such as pain, is superimposed on the background of a stressful life, the effect of the stressor is greater than it is when applied to a non-stressed sample.

Carers not only have low wellbeing, they are also more vulnerable than is normal to additional stresses in their lives.

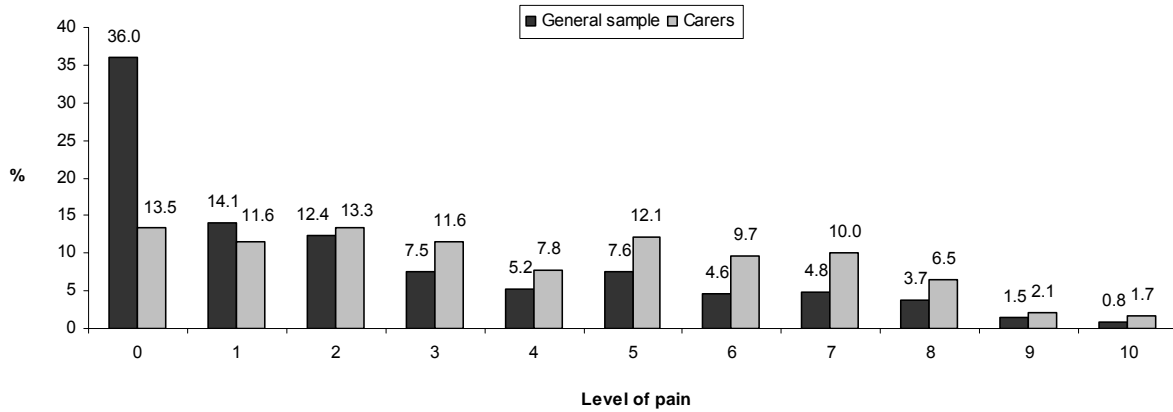


Figure 3.1.1: Proportion of the Sample with Various Levels of Pain

Far fewer carers are either free from physical pain or have minor pain than the general population sample. Whereas 50.1% of the general population have 0-1 ratings for pain, this applies to only 25.1% of carers. Far more carers, approximately double the proportion found in the general population, have high levels of pain.

Thus, not only is the wellbeing of carers more damaged by physical pain but carers are about twice as likely as normal to experience high levels of pain. Since this pain is more effective than is normal in decreasing wellbeing (see Figure 3.1), this is clearly a double-jeopardy for carers. There are a number of reasons this could be the case, including the physically demanding nature of some caring roles, a lack of time to seek appropriate treatment for ailments and the fact that there is a higher proportion of older Australians in the carer sample than that of a random sample of the general population – and therefore they are more likely to suffer from age-related conditions.

### 3.2 Injury Caused by Caring

We asked: 'How often are you carrying an injury caused by your caring?'

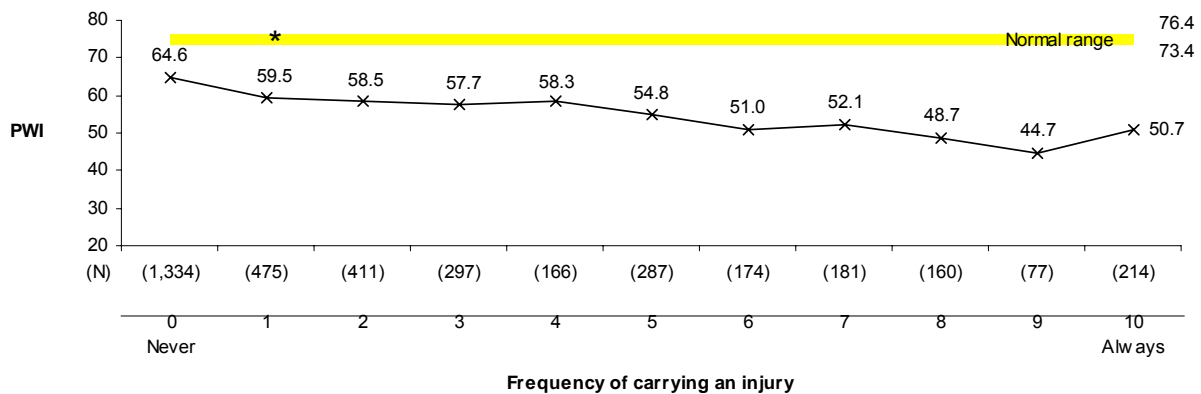


Figure 3.2: Frequency of Carrying an Injury x Personal Wellbeing Index

These results come from Table A3.2 and the \* indicates statistical significance from the '0-never' level of wellbeing. The trend-line shows a systematic decrease with increasing frequency of injury and the slight rise in the PWI between 9 and 10 is non-significant. It is clear that carers are highly likely to be carrying an injury, presumably caused by their caring activities. Only 35.3% of carers are 'never' carrying such an injury and 21.3% are more likely than not (rated 6-10) to be carrying an injury. The frequency with which they are carrying an injury is systematically related to decreased wellbeing.

### 3.3 Medical or Psychological Condition

We asked: ‘Do you have a medical or psychological condition that makes you (or should make you) visit the doctor on a regular basis?’

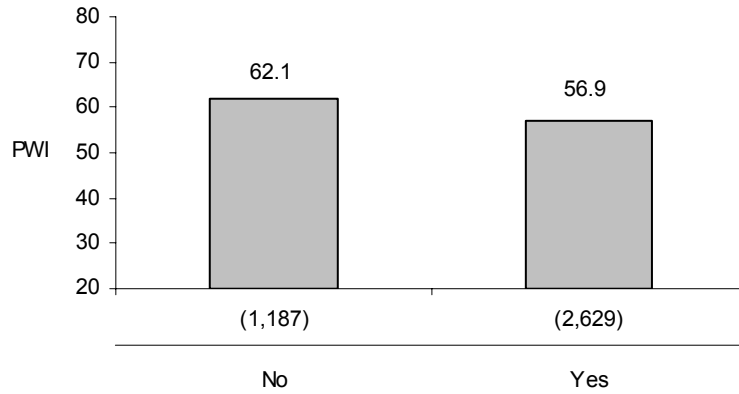


Figure 3.3: Medical or Psychological Condition x Personal Wellbeing Index

These results come from Table A3.3 and the difference in wellbeing between the two groups is significant ( $p = .000$ ). Carers who have a medical or psychological condition have lower wellbeing than those who do not.

### 3.4 Type of Medical or Psychological Condition

We asked: ‘If ‘yes’ to a medical/psychological condition ‘please indicate your major condition [from the list provided].’

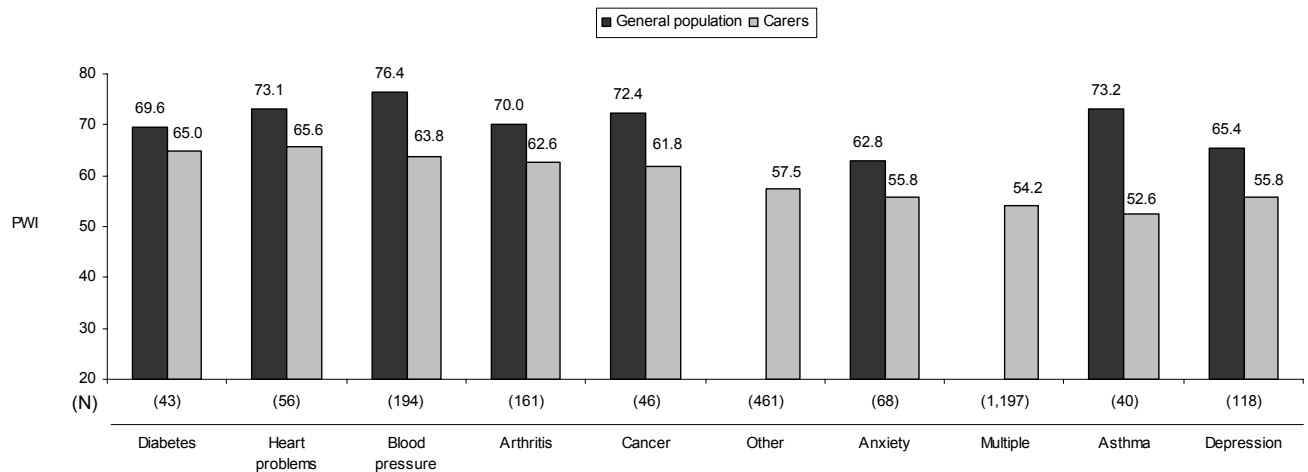


Figure 3.4: Type of Medical/Psychological Condition x Personal Wellbeing Index

These results come from Table A3.4 and all of the differences from the general population sample are significant. Thus, every single one of the medical or psychological conditions is more debilitating for the wellbeing of carers than it is for the normal sample. It should be noted that the incidence of any specific condition within the sample cannot be determined since respondents were only asked to tick their ‘major’ condition. It is also notable that 1,197 people (31.4% of the sample) have multiple major conditions.

### 3.5 Duration of the Illness

We asked: 'How long have you had this condition?'

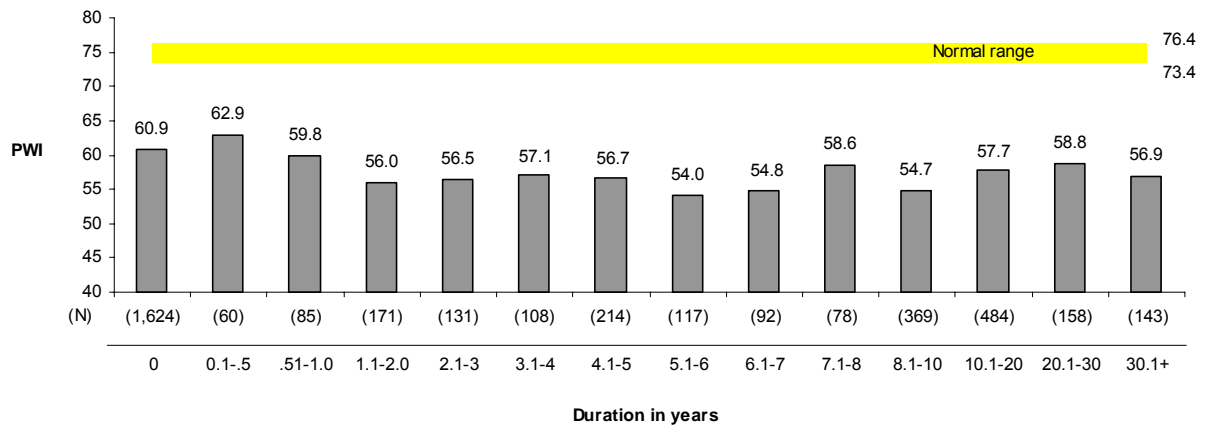


Figure 3.5: Duration of Illness x Personal Wellbeing Index

As can be seen in Figure 3.5 (Table A3.5) there is a tendency for wellbeing to decrease with duration of the illness over the first year, but then wellbeing stabilizes at a lower level.

### 3.6 Treatment for Condition

We asked: 'Are you receiving all of the treatment that is required for this condition?'

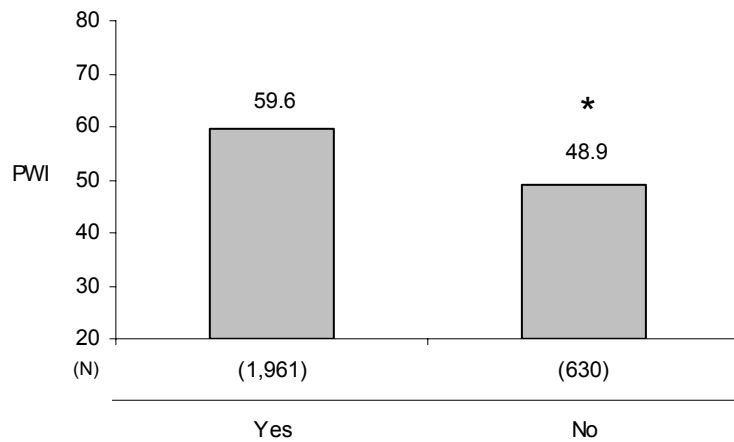


Figure 3.6: Treatment for Condition x Personal Wellbeing Index

The people who are not receiving treatment for their condition have significantly lower wellbeing (Table A3.6).

### 3.7 Reason for no treatment

We asked: ‘Why not? Tick all that apply below’.

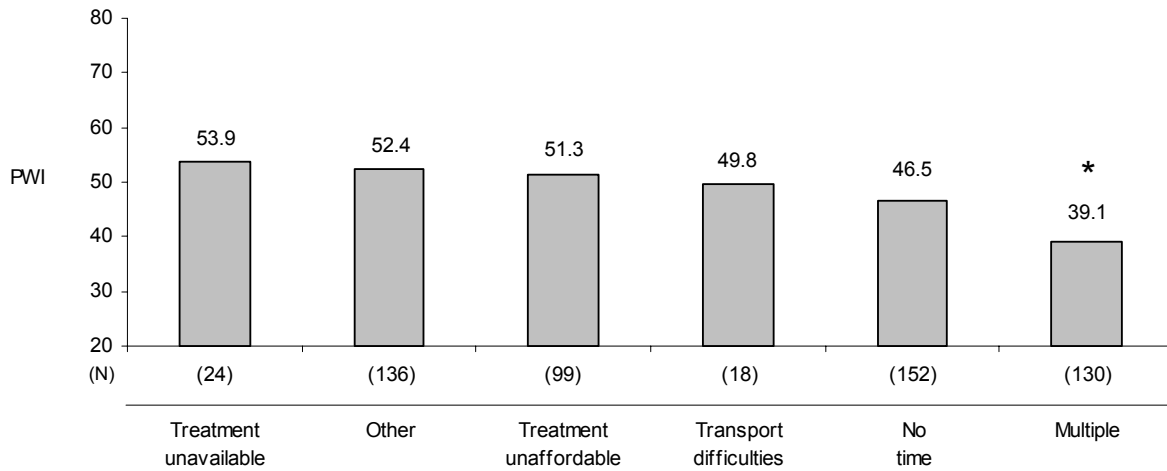


Figure 3.7: Reason for No Treatment x Personal Wellbeing Index

The only significant difference is lower wellbeing for the people who have multiple reasons (Table A3.7). This is logical as this group is likely to be experiencing difficult and potentially frustrating circumstances.

### 3.8 Body Mass Index

The survey asked carers about their height and weight so that BMI could be calculated and compared with the national population.

The relevant values can be found as follows: Height (Table A3.8), Weight (Table A3.9) and Body Mass Index (Table A3.10).

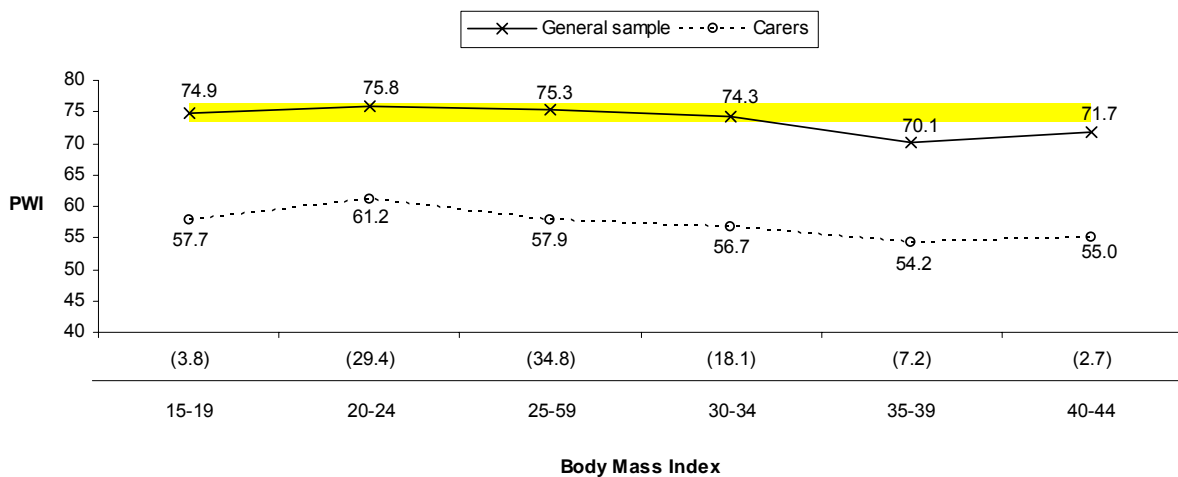


Figure 3.8: BMI x PWI

The slopes of these two lines do not statistically differ ( $df = 10, t = 0.760, p = .465$ ). Thus, the influence of high BMI to decrease wellbeing does not differ between the two groups. For the carers, the highest level of wellbeing at a BMI of 20-24, this is classified as a normal BMI. The carers with

this BMI value have a significantly higher wellbeing than carers whose BMI is higher than the normal range.

Table A3.11 shows the distribution of BMI by age. The variation with age seems unremarkable and similar to that of the general population sample.

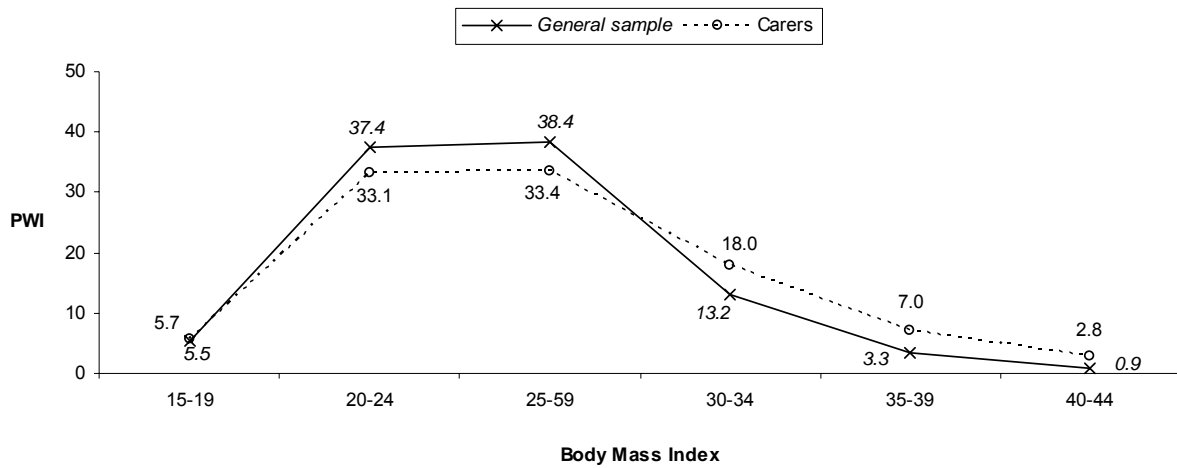
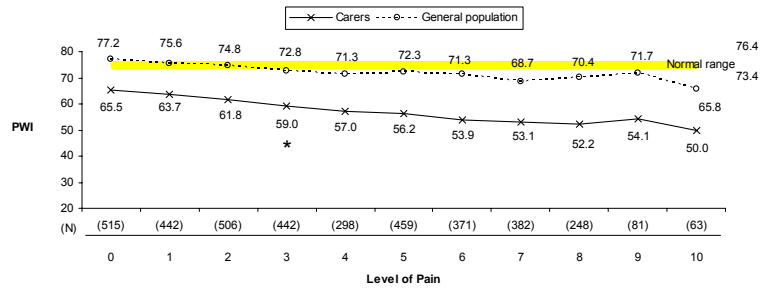


Figure 3.8.1: Proportion of each Sample in each BMI Category

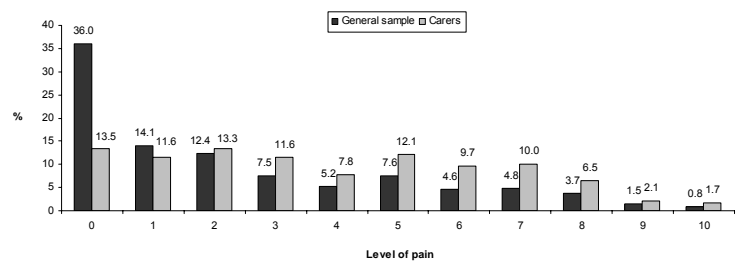
Relative to the normative sample, the carer sample has a lower proportion of people who are classified as normal weight and a higher proportion who are obese (30-34 BMI and above). Since the wellbeing of obese carers is less than those of normal weight (Figure 3.8), it is clear that there is an association between wellbeing and BMI. However, this does not mean they are causally related. The stress of caring may well be causing both low wellbeing and an abnormal BMI.

### 3.9 Carer Challenges - Dot Point Summary

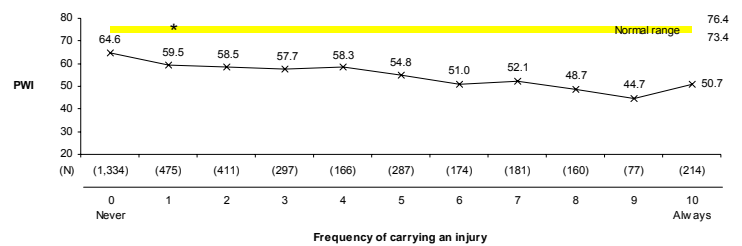
1. The wellbeing of carers is more vulnerable to pain than is normal.



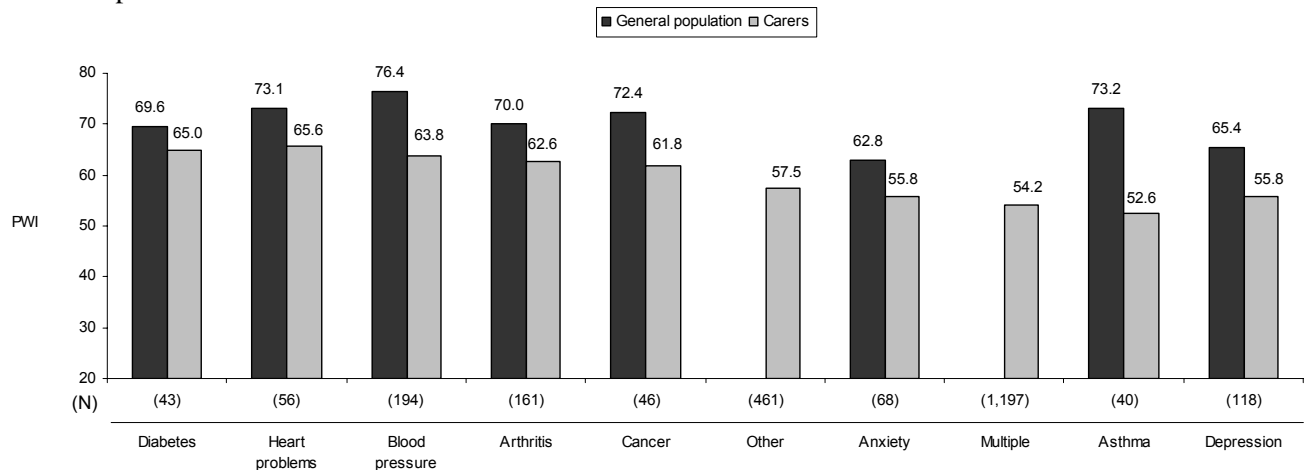
2. Carers are more likely than is normal to be experiencing chronic pain. Therefore, pain for carers is a double jeopardy.



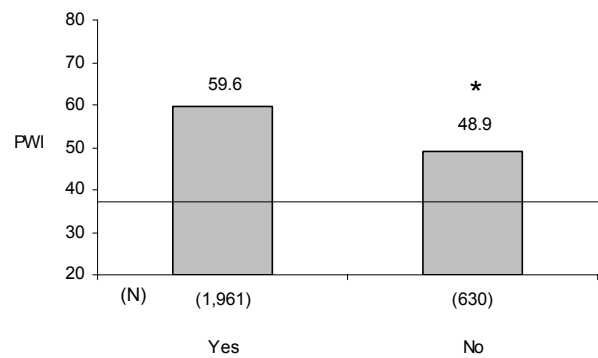
3. Carers are highly likely to be carrying an injury and this is associated with reduced wellbeing.



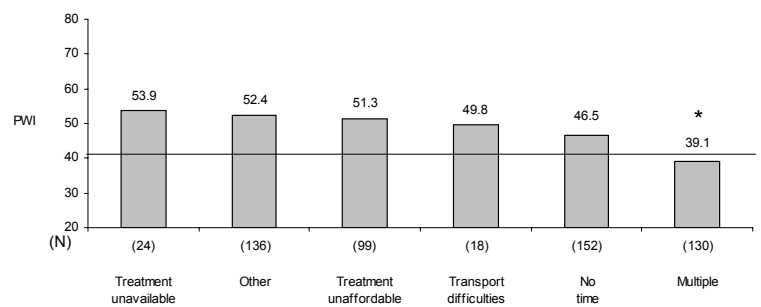
4. Having a significant medical or psychological condition is associated with lower wellbeing for carers than found within a normal population sample.



5. Not receiving treatment for a significant medical or psychological condition is extremely damaging to wellbeing.



6. The major reasons carers are not receiving treatment for themselves is that they have no time or cannot afford the treatment.



## 4 Carer Resources

This chapter studies the effectiveness of various resources to ameliorate the pressures of providing care.

### 4.1 Perceived Support

We asked: 'From 0 to 10, how much support do you receive from: Your partner, from the rest of your family, from your friends in general, from counsellors or other professionals?'

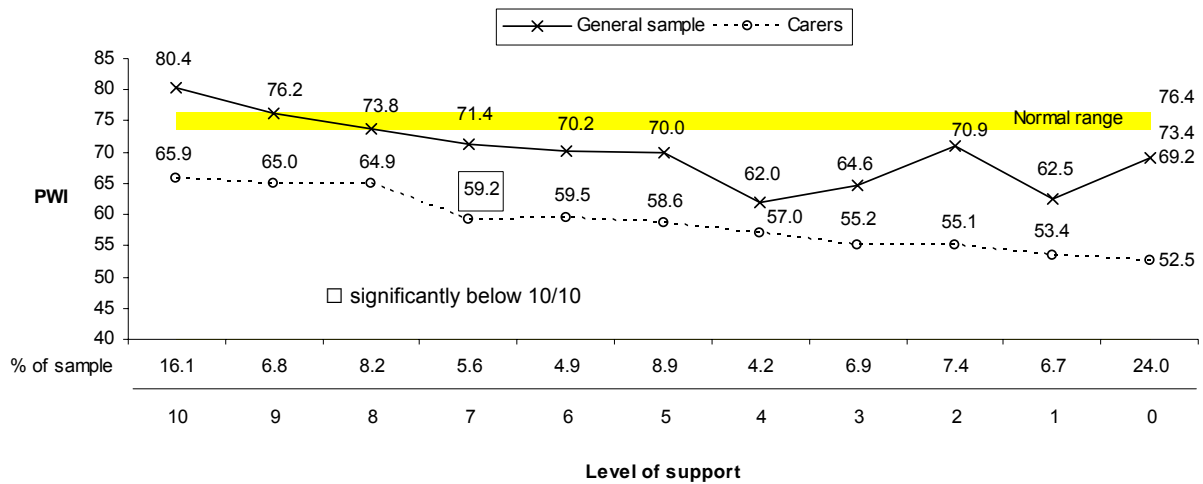


Figure 4.1.1: Level of Support from Partner

As can be seen in Figure 4.1.1 (Table A4.1) there is a plateau over the region 10-8 levels of support, followed by a significant fall at level 7, and a gradual decrease after that. It is notable that only 31.1% of carers have a level of support from their partner that is in the 10-8 range, and that even the highest level of support is not sufficient to bring their wellbeing back into normal range. The decrease in wellbeing is significant at a level of satisfaction with partner of 7/10.

The contrasting data, both here and in the next three figures, are taken from Report 14.0 where the same set of items was asked of a general population sample.

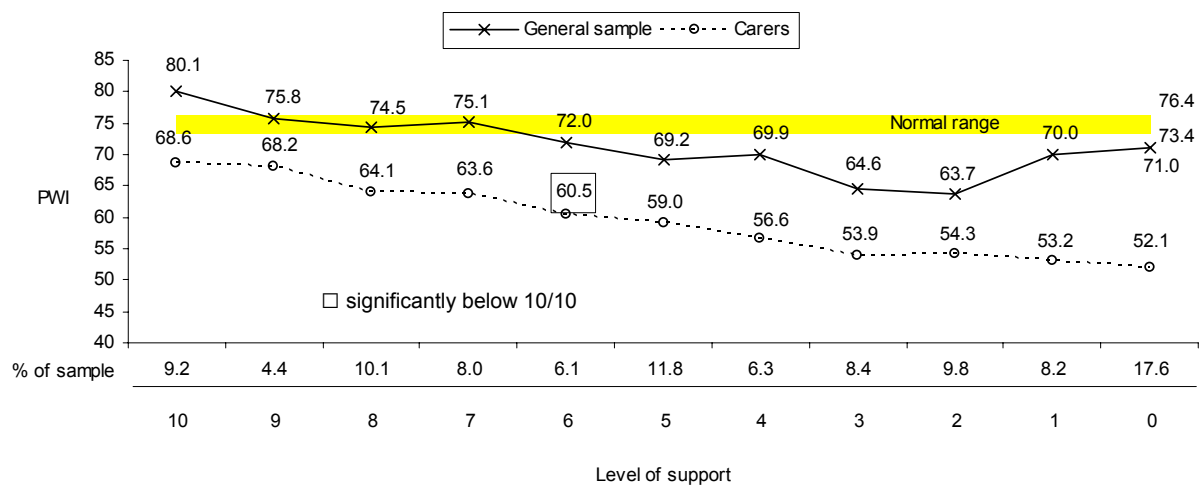


Figure 4.1.2: Level of Support from Family

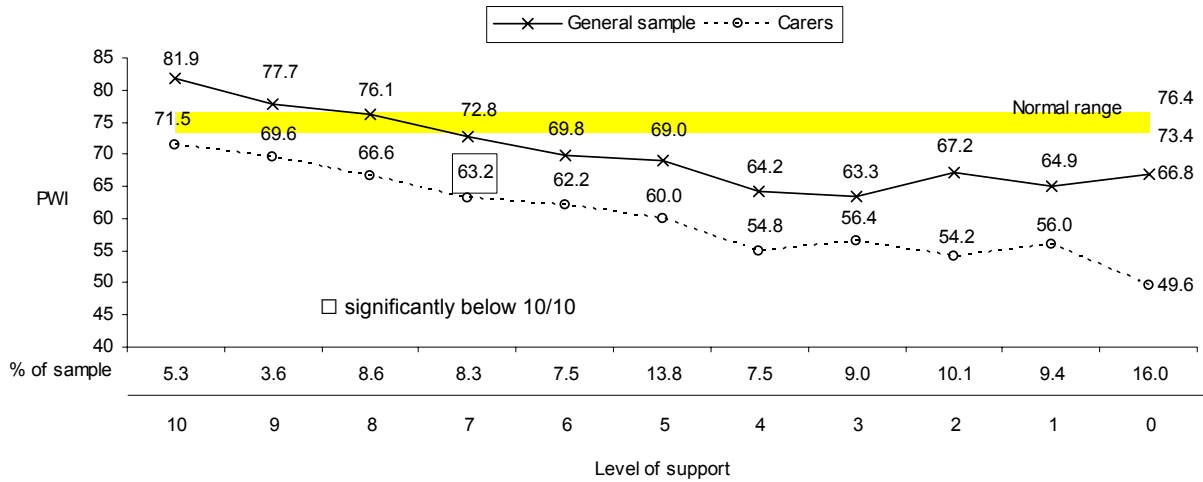


Figure 4.1.3: Level of Support from Friends

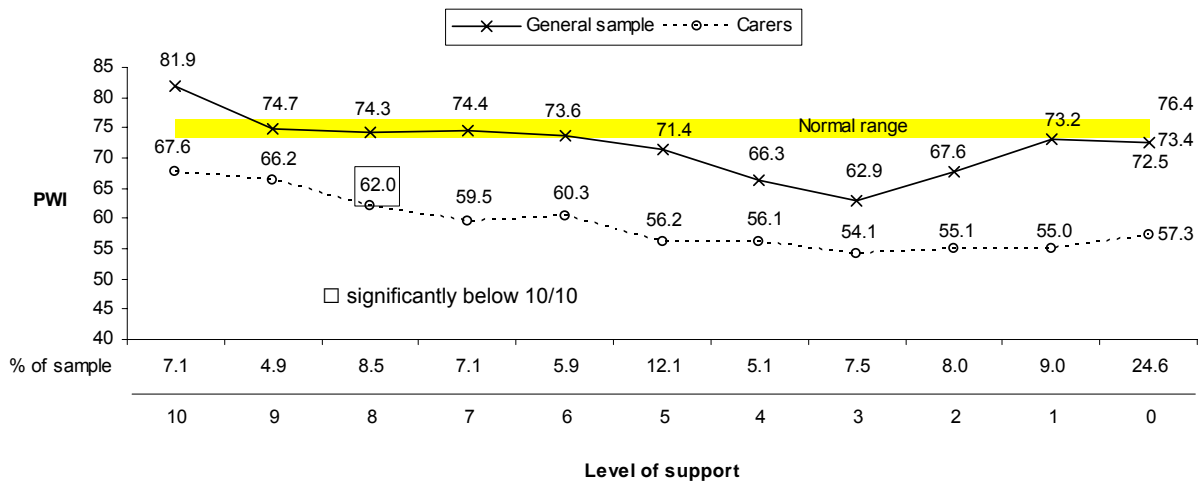


Figure 4.1.4: Level of Support from Counsellors or other Professionals

The slopes of these four types of support are not statistically different from one another (e.g. Friends vs. Counsellors;  $t = 0.593$ ,  $df = 18$ ,  $p = .561$ ). Thus, there is very little difference between these forms of support. Most notably, none of these sources of support, even when felt at full-strength (10/10) are able to allow the carers to achieve normative levels of wellbeing.

The form of support that is most sensitive is that from Counsellors/Professionals. Wellbeing falls significantly when this reaches 8/10. The least sensitive is support from families where the level of support needs to reach 6/10 to achieve significance.

### 4.2 Ability to Pay for Household Essentials

We asked: 'How satisfied are you with your ability to pay for household essentials?'

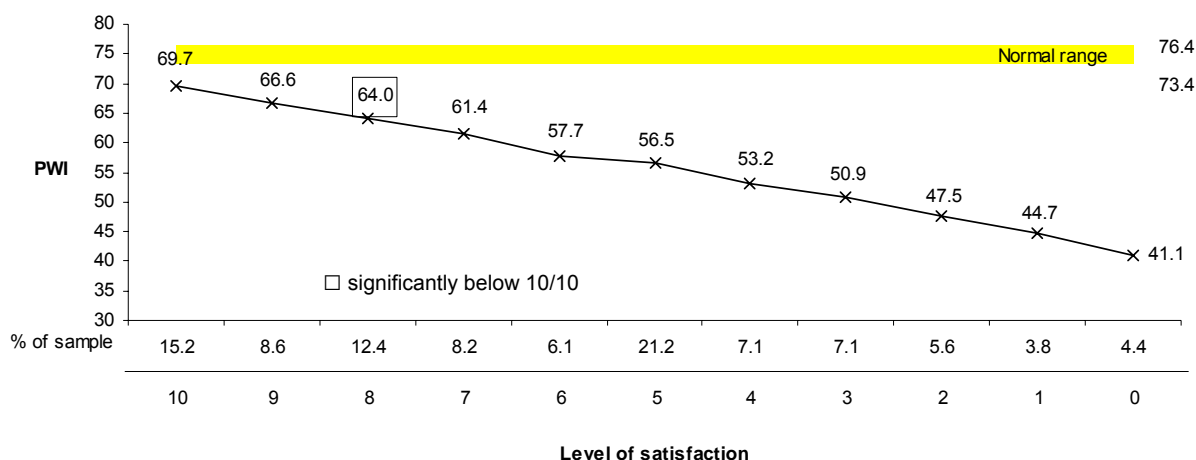


Figure 4.2: Satisfaction with Ability to pay for Household Essentials

Normative data for the overall average, but not for each level of satisfaction, are provided from Survey 5 (February, 2003). Here the mean value was 78.65 points (SD = 19.67) compared with 58.54 points (SD = 21.10) (Table A4.5). The deficit is 20.2 points. In Figure 4.2, it is notable that even the highest carer group, with no problems in paying for household essentials, has below normal wellbeing. The rate of decrease is substantial, with a significant fall in wellbeing when the level of satisfaction with ability to pay reaches 8/10.

### 4.3 Ability to afford the things that you would like

We asked: 'How satisfied are you with your ability to afford the things you would like to have?'

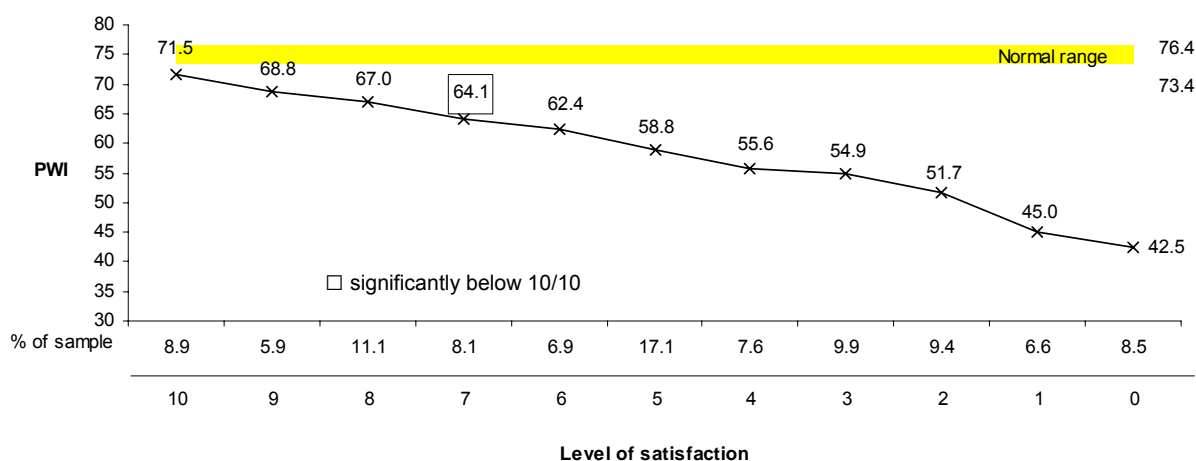


Figure 4.3: Satisfaction with ability to afford the things that you would like to have

From Report 5.0 the mean satisfaction from a general population sample is 64.99 points (SD = 22.33). the mean here is 58.50 points (SD = 21.13) a deficit of 6.5 points. The smaller deficit compared to 'ability to pay for essentials' is entirely due to differences within the general population sample.

### 4.4 Ability to Save Money

We asked: 'How satisfied are you with your ability to save money?'

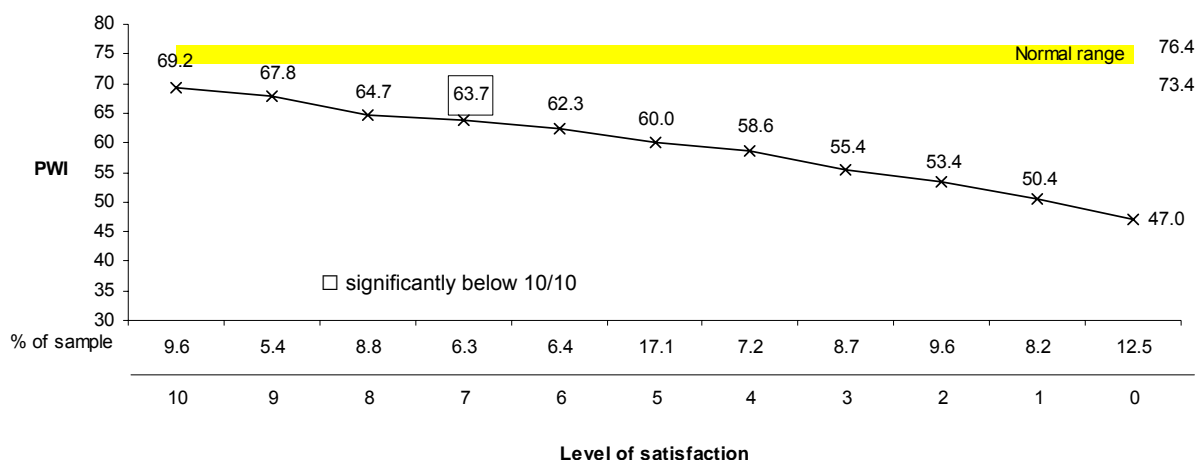


Figure 4.4: Satisfaction with Ability to Save Money

From Report 5.0, the average satisfaction of the general population with their ability to save money is 59.12 points (SD = 26.86) while for the carer sample it is 46.63 (SD = 31.72) (Table A4.18). The value for carers is significantly lower, and as can be seen in Figure 4.4, as their ability to save money decreases, so does their wellbeing.

### 4.5 Savings and Investments

We asked: 'How satisfied are you with your situation as far as savings and investments are concerned?'

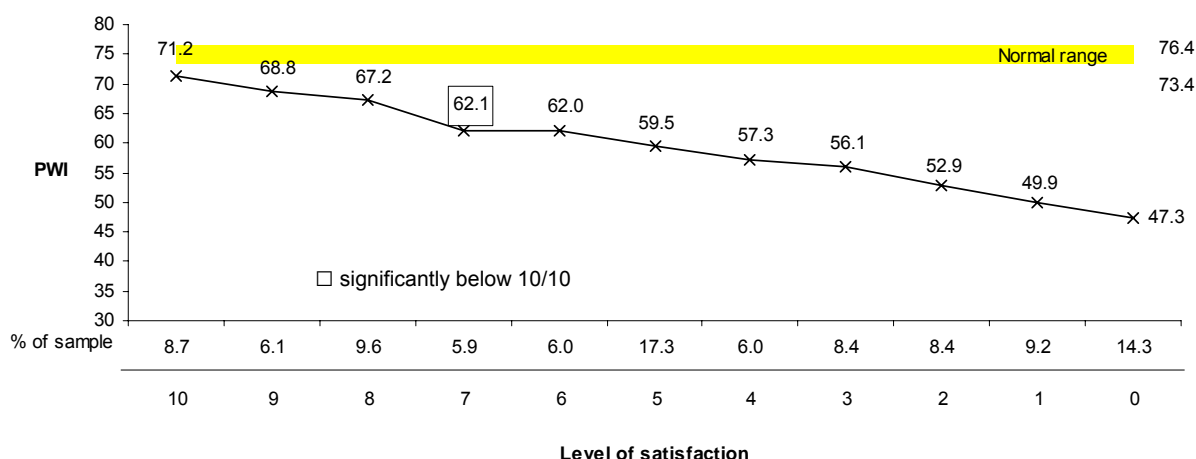


Figure 4.5: Satisfaction with your Savings and Investments

Normative data from Survey 6 (April 2003) shows the general population had a mean satisfaction rating of 59.82 points (SD = 24.69) with their savings and investment situation, while the mean for the carers is 45.81 (SD = 32.28) (Table A4.18). This is a significant difference, and as can be seen in

Figure 4.5, their wellbeing decreases significantly as their satisfaction with their savings and investments situation decreases.

#### 4.6 Financial Security within Control

We asked: 'How satisfied are you that your financial security is within your control?'

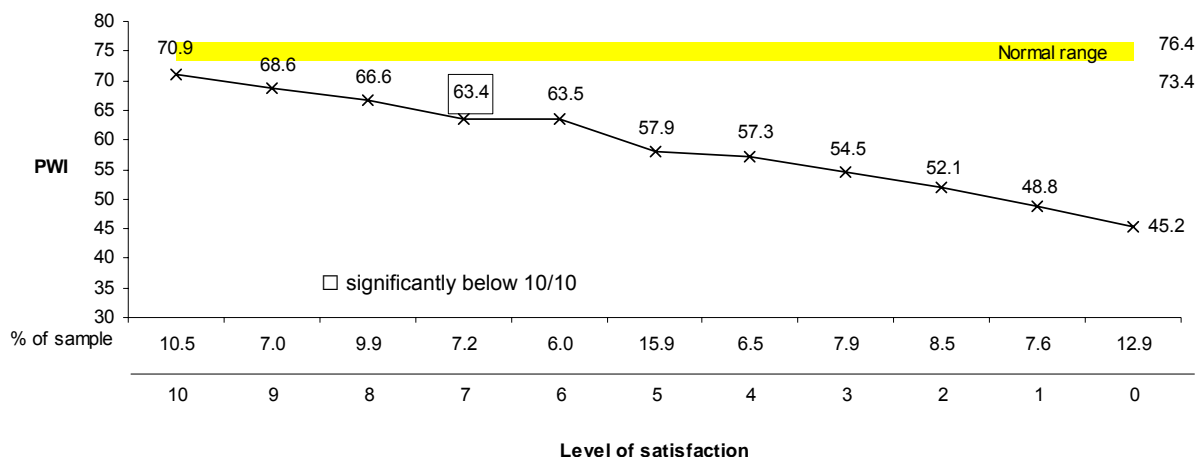


Figure 4.6: Satisfaction with Financial Security within your Control

Data from report 6 of the Australian Unity Wellbeing Index shows the general population had an average satisfaction of 66.46 points (SD = 24.05) with their control of their financial security, while carers (Table A4.18) had an average satisfaction of only 48.87 (SD = 32.63), which is significantly lower. The personal wellbeing of carers decreases in line with their decreasing satisfaction with financial security.

#### 4.7 Financial Situation Improving

We asked: 'How satisfied are you that your financial situation is improving?'

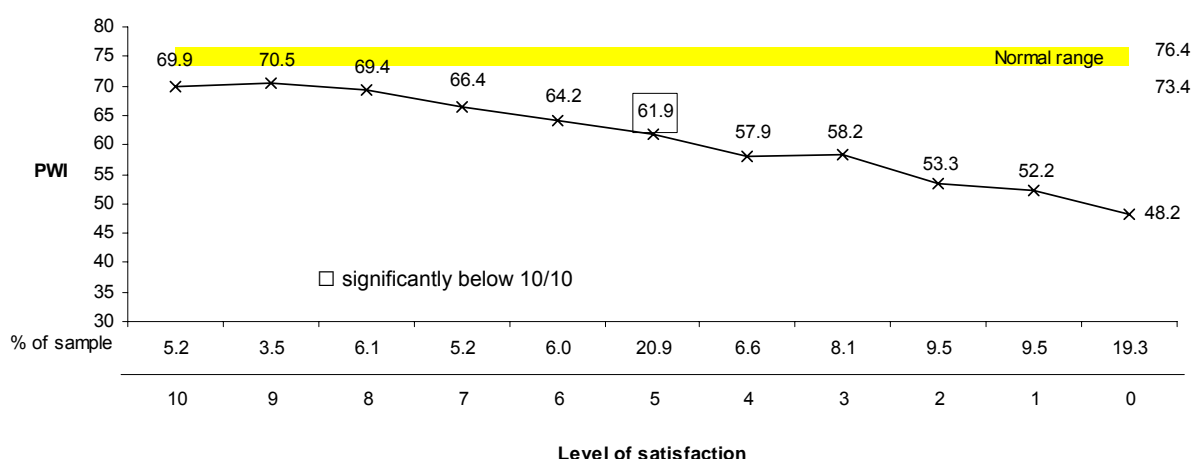


Figure 4.7: Satisfaction with your Financial Situation Improving

Normative data regarding satisfaction with their financial situation improving from Report 6.0 of the Australian Unity Wellbeing Index gave an average rating of 65.22 points (SD = 23.50) while for

carers (Table A4.18) it is 38.75 (SD = 30.03). This huge 26.5 point difference is significant, and carer wellbeing decreases as they feel less and less that their financial situation is improving.

#### 4.8 Worry about Income Covering Expenses

We asked: ‘Do you ever worry that your household income will not be enough to meet your household expenses and bills?’

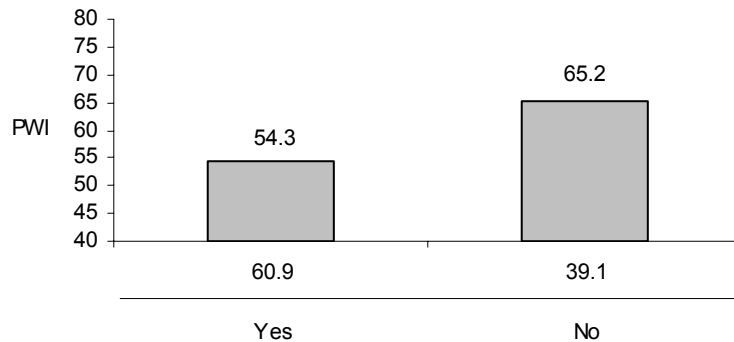


Figure 4.8: Worry about Income Covering Expenses

The normative data from Report 5.0 of the Australian Unity Wellbeing Index indicate that within the general population 38.6% of people say ‘yes’ to this question, compared with 60.9% here. Thus, carers are almost twice as likely as is normal to worry that their income will not be sufficient to meet their expenses. Their wellbeing is also much lower than those who do not worry about being able to pay their household expenses and bills.

#### 4.9 Centrelink Payment

We asked: ‘Do you receive a Centrelink payment?’

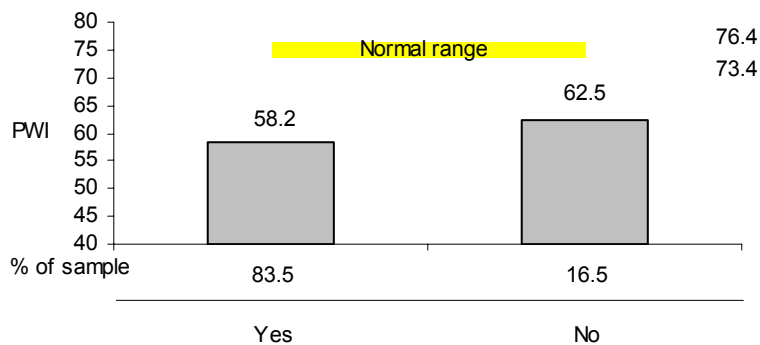


Figure 4.9: Receiving Centrelink Payment

These results come from Table A4.12 and indicate that 16.5% of carers are not receiving Centrelink payments. However, their wellbeing is significantly higher than the carers who are receiving such payments, probably because the carer and the person receiving care are not co-habiting and/or they are wealthier than those who are receiving the benefits. While most forms of Centrelink payments are means- and asset-tested, such as the Age Pension and Carer Payments, the Carer Allowance (\$49.25/week) is not. It does, however, have a co-residency requirement for carers of a child under 16 years old.

### 4.9.1 Main Source of Income

We asked: 'If 'Yes' is the Centrelink payment the main source of your household income?'

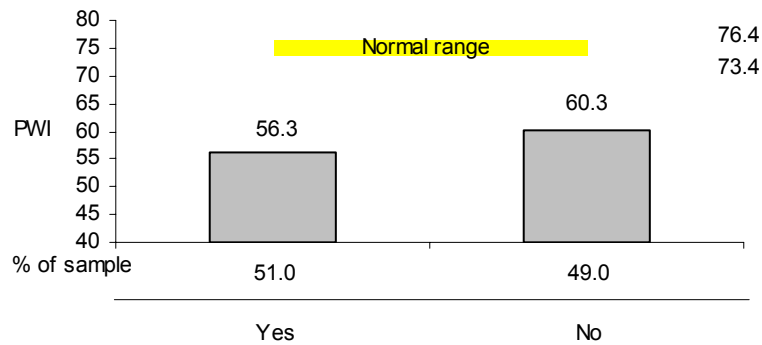


Figure 4.9.1: Centrelink Payment as Main Source of Income

The people who are not entirely dependent on the Centrelink payment are wealthier and have significantly higher wellbeing (Table A4.13).

### 4.10 Importance of Services

We asked: 'How important are the following services to you? Respite, Community care services, Carer counselling, Carer education and training.'

#### 4.10.1 Respite

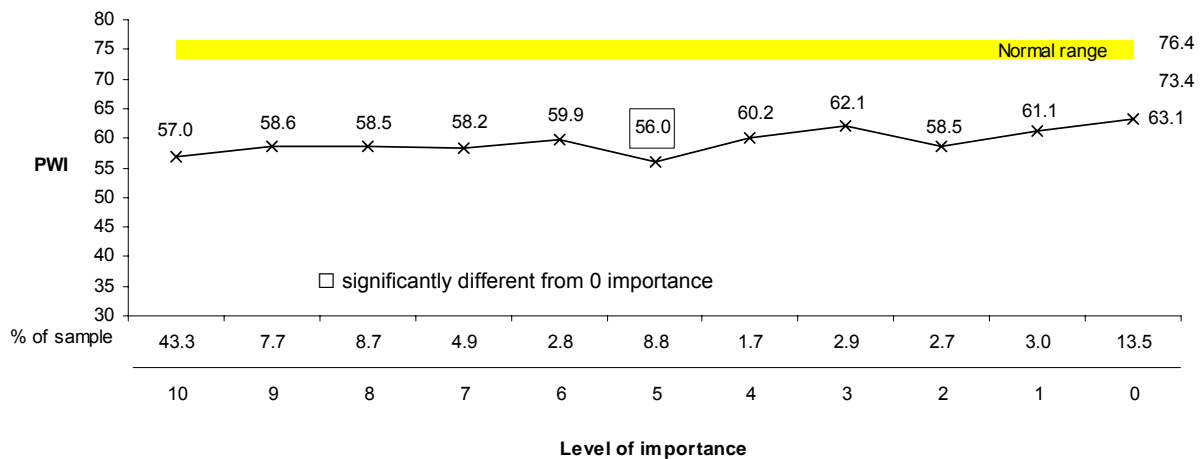


Figure 4.10.1: Importance of Respite x Personal Wellbeing Index

These results come from Table A4.14 and it is clear that most respondents consider respite care to be very important, with 51.0 rating the importance as 9 or 10/10 and 76.2% rating its importance at least 5/10.

It is also clear that there is an inverse relationship between importance and wellbeing; as the importance of respite falls, carer wellbeing rises. This is indicative of the level of dependence carers have in relation to the other resources available to them. For someone who rates the importance as 10, their total resources to manage their carer role are likely to be inadequate, and their wellbeing suffers as a consequence. A similar pattern is seen with the other resources to follows.

4.10.2 Community Care Services (such as home nursing, meal delivery, community transport, home help, etc)

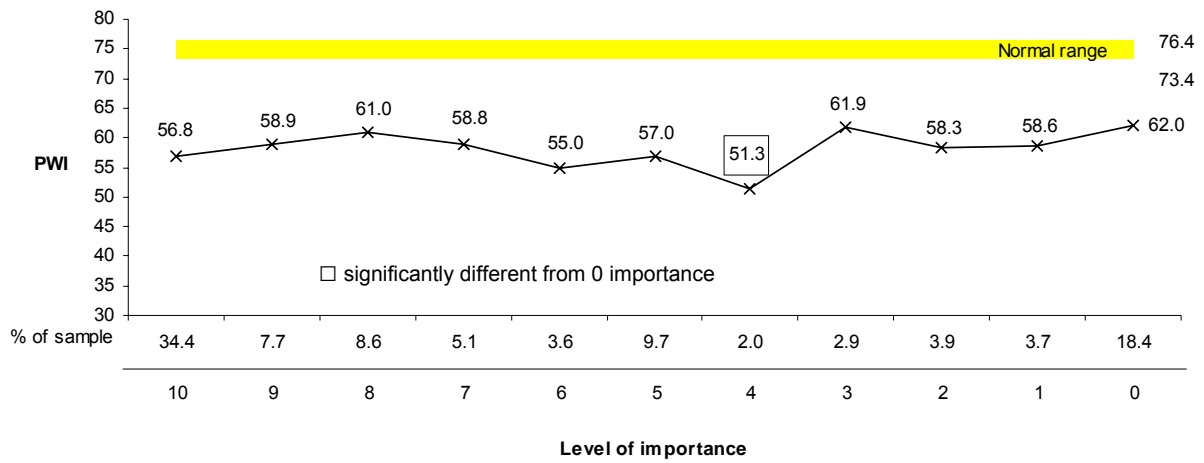


Figure 4.10.2: Importance of Community Care Services x Personal Wellbeing Index

The results come from Table A4.15 and the pattern of the relationship between importance and wellbeing is very similar to the previous figure. However, fewer carers regard this form of assistance as very important (9 or 10/10; 42.1% vs 51.0% for respite).

4.10.3 Carer Counselling

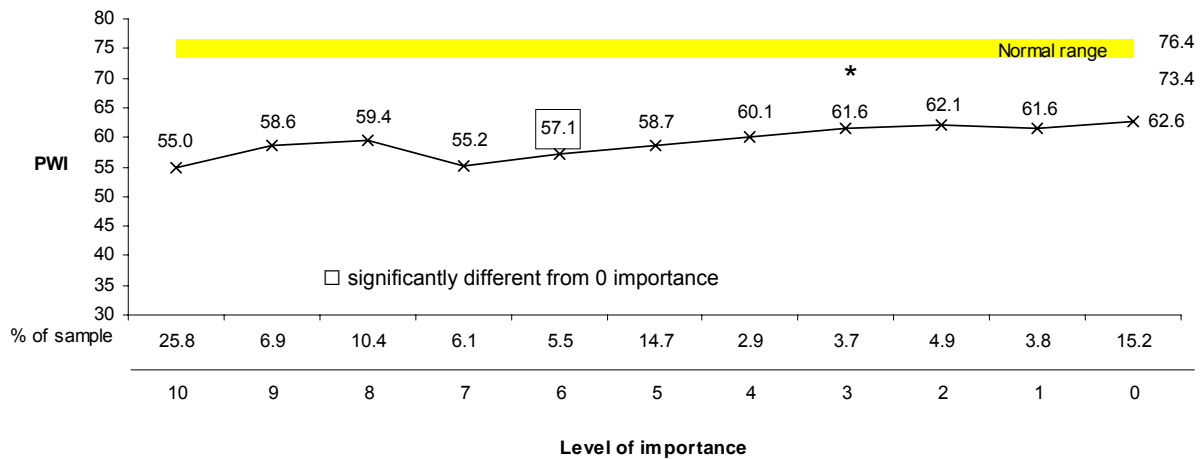


Figure 4.10.3: Importance of Carer Counselling

These results come from Table A4.16 and significant change in the Personal Wellbeing Index from the level of '10' importance is reached at an importance value of 3.

4.10.4 Carer Education and Training x Personal Wellbeing Index

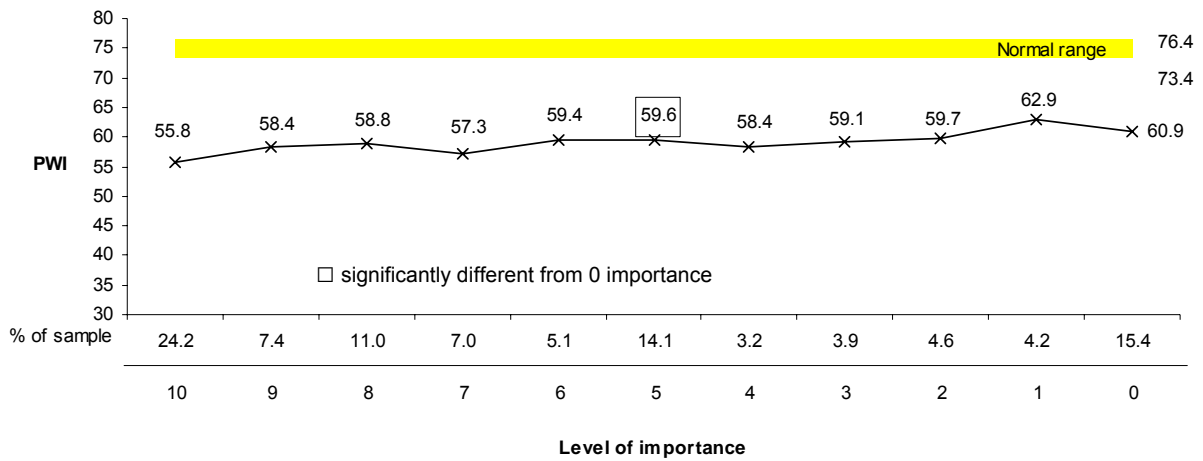


Figure 4.10.4: Importance of Education and Training x Personal Wellbeing Index

These results come from Table A4.17. The first point of change beyond an importance of 10 is at a value of 5.

4.10.5 Relative Importance of Services

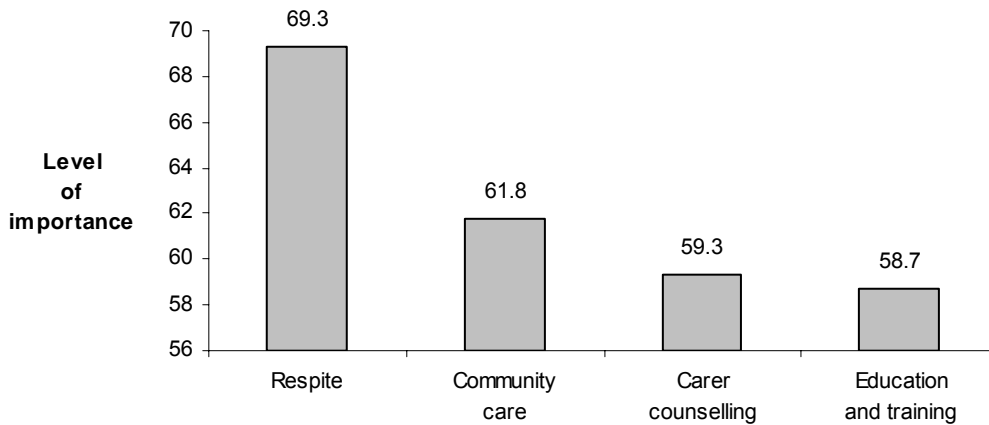


Figure 4.10.5: Relative Importance of Services

While this figure (see Table A4.18) shows the highest levels of importance are attached to respite care, we unfortunately did not ask whether the people who responded to this item actually used, or had experience with, the service in question. This data are thus hard to interpret.

### 4.11 Household Income

We asked: *'Please indicate your household's total annual income before tax [using the ranges below].'*

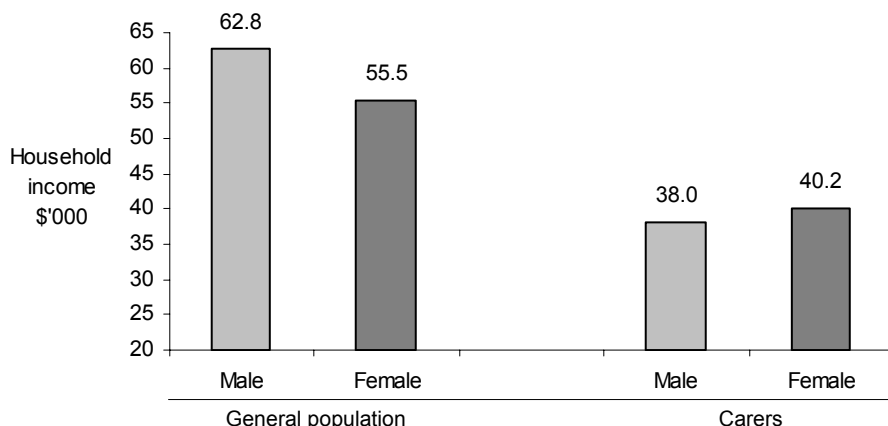


Figure 4.11.1: Household Income x Personal Wellbeing Index

The results shown above come from Table A3.38. It can be seen that the average household income of carers is substantially less than is normal, with the deficit being greater for males (-\$24.8K) than for females (-\$15.3K).

Of course, much of this difference is due to the fact that so few of the carers are employed (8.4% full-time; 17.8% part-time). However, even carers in full-time employment have a \$7,200 deficit in their household income compared with the normative sample. The reason for this significant difference is not certain, however, it indicates that career progression may be more difficult for carers than the general population.

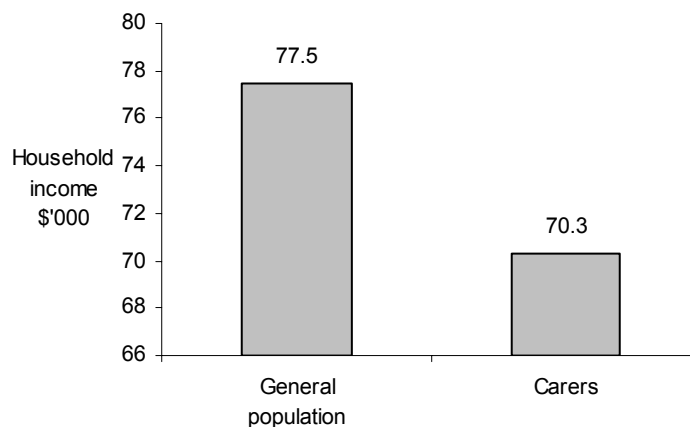


Figure 4.11.2: Full-time Employed

The Figure 4.11.3 below shows the wellbeing of carers vs. the general population sample at each of the designated income-ranges.

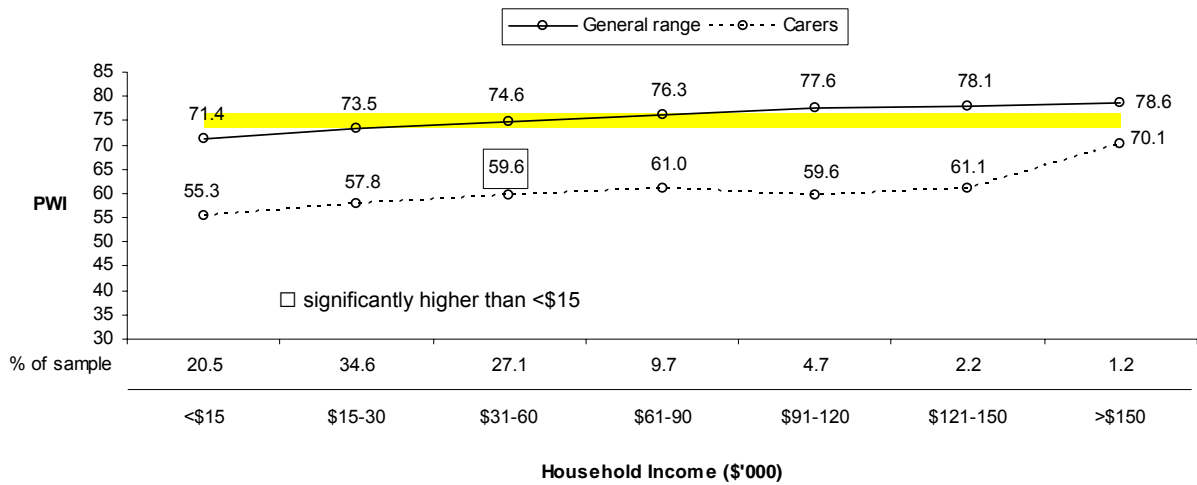


Figure 4.11.3: Household Income x Personal Wellbeing Index

These results for carers come from Table A4.77 and the normative data come from Report 16 (October 2006).

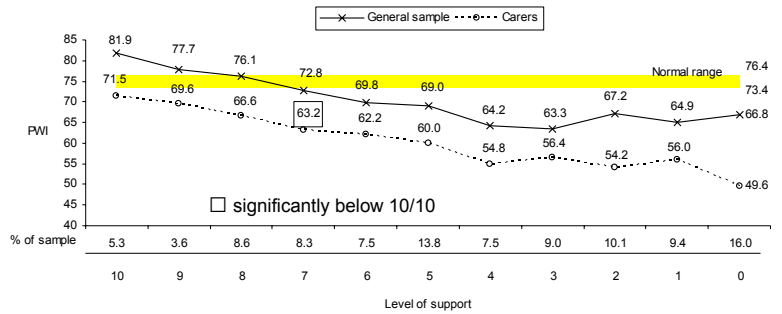
It's notable that the wellbeing of carers significantly increases from \$<15K to \$31-60K.

In terms of comparisons between the two samples, the greatest gap between them occurs at the lowest income (16.1 points) and this reduces to a gap of 8.5 points when income reaches \$150K+. In other words, the wellbeing of the carers on the lowest incomes is most severely affected by their carer role. The demands of caring seem to reduce earning capacity and potentially consume additional financial resources. As a result, there are insufficient finances to meet the household requirements and the carers are in financial stress.

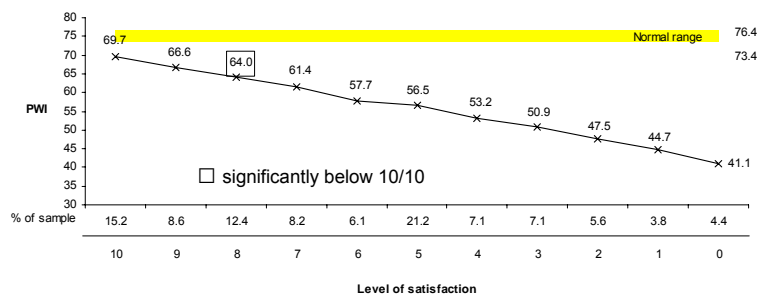
In sum, household income constitutes another double jeopardy for carers. Their income is lower and the caring process consumes additional financial resources. Thus, carers are over-represented in the lowest income levels and, at each income level, their wellbeing is lower than normal due to the additional financial demands placed on the household.

### 4.12 Carer Resources - Dot Point Summary

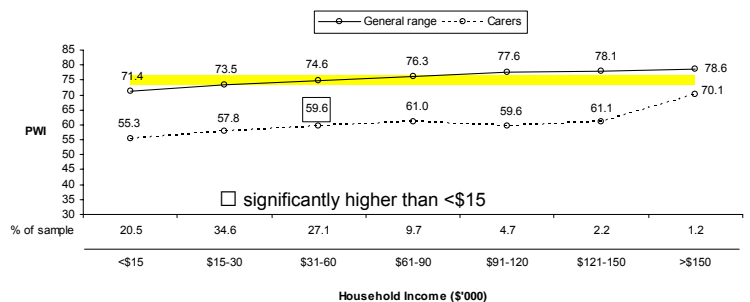
1. The wellbeing of carers is less than that of the general population sample even when the level of such support is rated 10/10. When the level of support falls to 7/10, carer wellbeing falls still further.



2. Satisfaction with ability to pay for household essentials, to afford the things you would like to have, to save money, to have financial security, and to not worry about income covering expenses, are all severely comprised for carers compared with a general population sample.



3. Household income is a double jeopardy for carers. Their average household income is lower than is normal within the general population, and their wellbeing is more vulnerable to low income than the general population.



## 5 Intensity of the Carer Role

### 5.1 Hours of Caring

We asked: 'On average, how many hours each day do you have immediate caring responsibilities?'

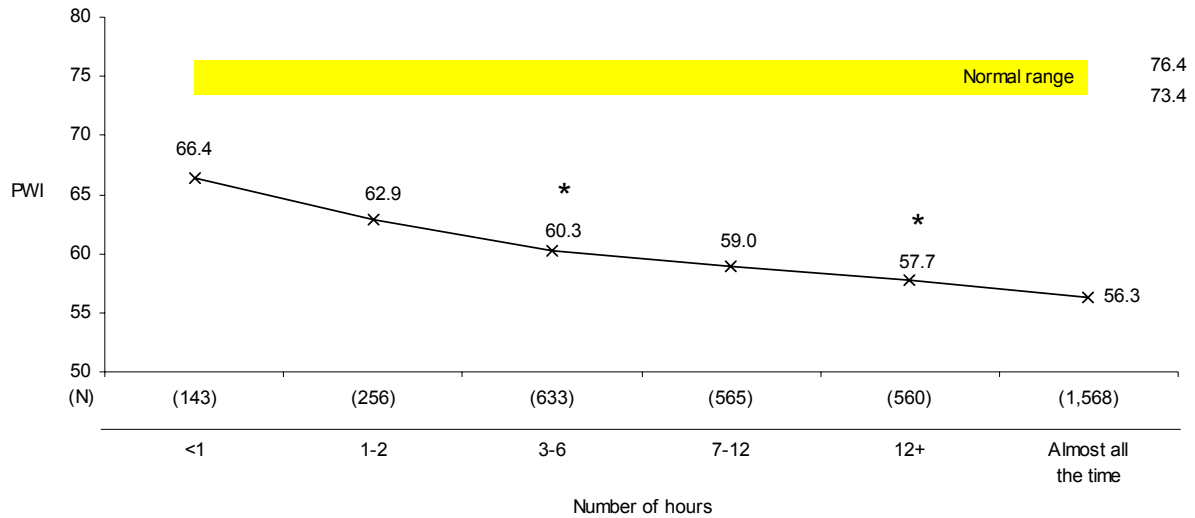


Figure 5.1: Number of Hours of Caring x Personal Wellbeing Index

The results shown in Figure 5.1 are derived from Table A5.1 and the \* indicates significance from the higher values. This shows that there is no statistical difference between the Personal Wellbeing Index of people who have responsibility for less than one, and one to two hours each day, but by the time this rises to three to six hours their wellbeing has significantly fallen, and it falls again at 12+ hours.

It is evident that any consistent, daily immediate caring responsibility is sufficient to severely damage wellbeing.

The domains are variously affected as shown below (Table A5.1.1):

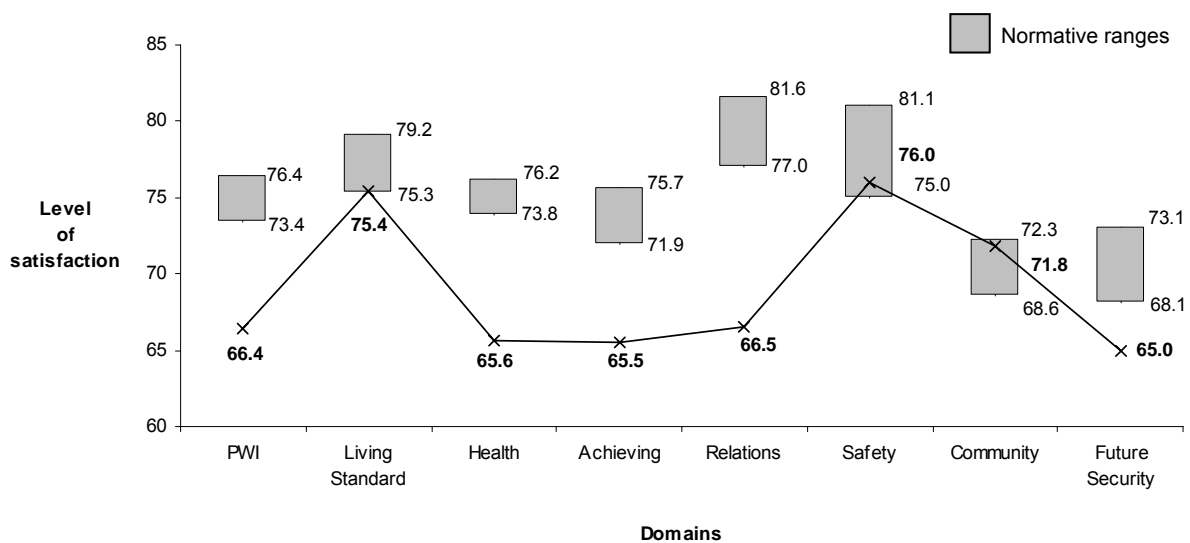


Figure 5.1.1: <1 hour of Caring x Domains

At less than one hour per day of primary care responsibility, even though the Personal Wellbeing Index is way below normal, three domains remain just within the normal range as Standard of Living, Safety and Connection to Community (Figure 5.1.1). However, when the level of care rises to one to two hours per day, all domain values lay below their normative ranges (Figure 5.1.2).

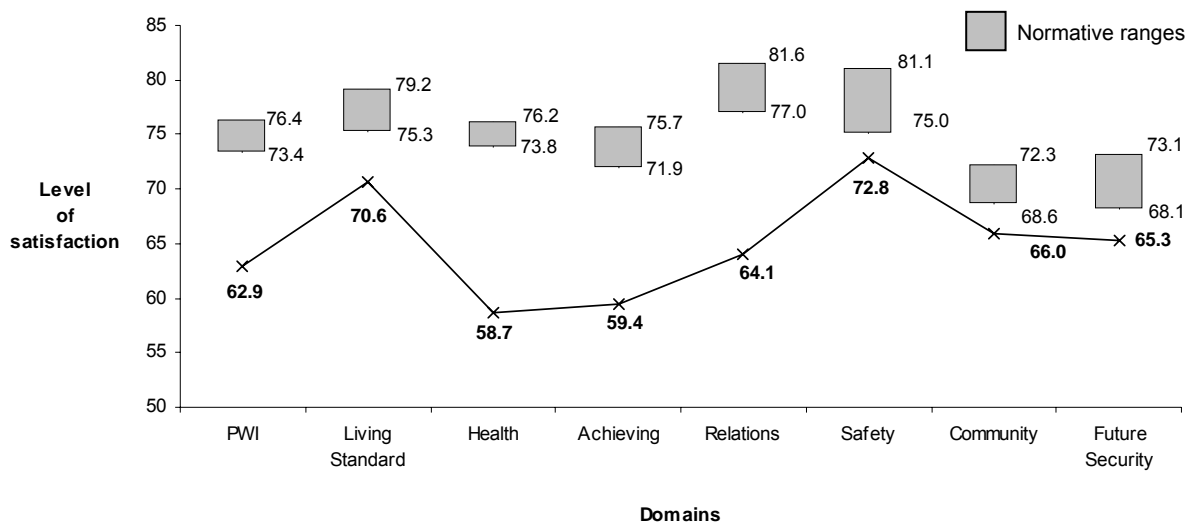


Figure 5.1.2: 1-2 hours of Caring x Domains

The fact that such a brief, but chronic, level of primary responsibility has such a devastating impact on carer wellbeing indicates the tremendous stress that is associated with this role.

## 5.2 Respondent as Primary Carer

We asked: 'Are you the person who provides most of the care?'

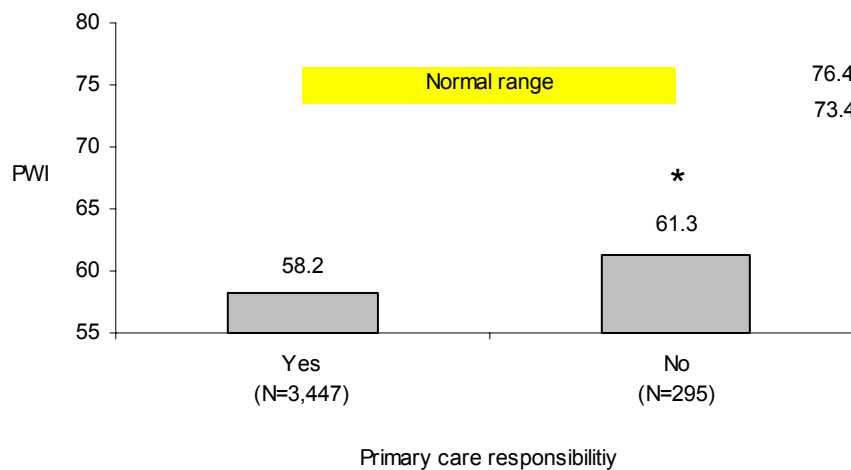


Figure 5.2: Respondent as Primary Carer

The results shown in Figure 5.2 are derived from Table A5.2. While the person who has primary carer responsibilities has lower wellbeing than other family members who do not, the wellbeing of these non-primary people is still very low and well below the normal range. This confirms a previous finding using a general population sample (Report 13.0) that the presence of a person in the household who requires care severely compromises the wellbeing of other family members, whether they have primary carer responsibility or not.

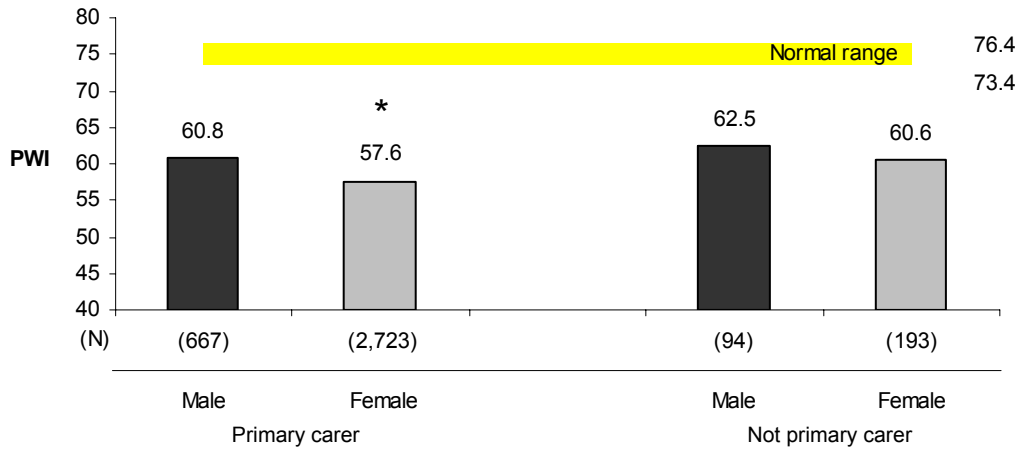


Figure 5.2.1: Respondent as Primary Carer x Gender

Three of these groups do not statistically differ from one another as both male groups and the non-primary females. The group that is lower than the other groups is the females with primary carer responsibility. They are lower than the other groups and by far the largest group. (The gender split for these data are shown in Tables A5.2.1 and A5.2.2.)

### 5.3 Duration of Caring

We asked: ‘How long have you been providing care?’

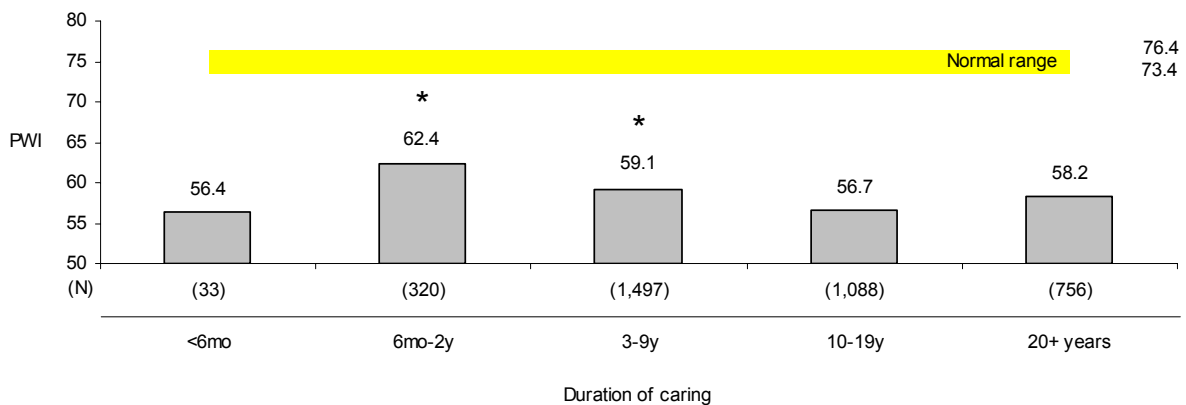


Figure 5.3: Duration of Caring

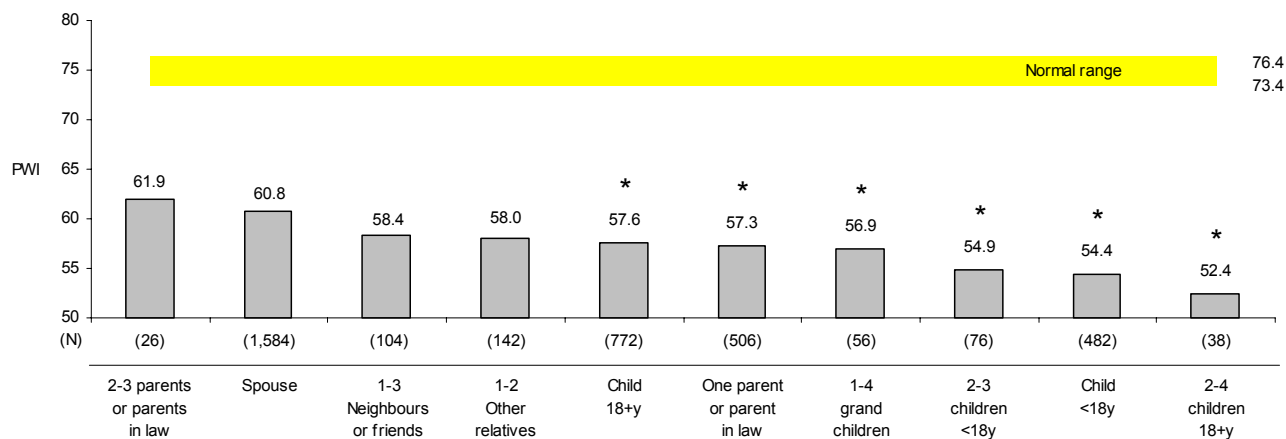
The results shown in Figure 5.3 are derived from Table A5.3. These results are interesting since it is commonly assumed that the task of caring becomes easier with time. That is not what these results are indicating. It is true that the rise in wellbeing from <6 months to 6mo/2 years is significant, but by the time this period has extended into 3-9 years, the increase has significantly dissipated, and it has decreased again by 10-19y. There is no difference between 10-19 years and longer periods of care.

### Conclusion

There is no evidence that the burden of caring gets systematically less with time. There is evidence of a minor respite in carer burden over the 6mo/2y period. Additional support when commencing a caring role may be beneficial to the wellbeing of people new to caring.

## 5.4 Relational Status of Care Recipient

We asked: 'Please tick the box for each person you provide care for. If you care for more than one person in the same group, tick the box twice (e.g. If you care for two children with disabilities.)'



Note: The precise composition of these groups is provided in the caption to Table A5.4.

Figure 5.4: Relational Status of Care Recipient

The results depicted in Figure 5.4 are derived from Table 5.4. The differences are all in relation to the very large group who are caring for their spouse (N=1,584). These people have the highest level of wellbeing of all those groups. However, the degree of difference between the top four groups is very small and would probably not reach significance even with much larger samples.

The lowest six groups are all at least 3.4 points lower than the spouse group. This difference is significant for three of them and would be for the others if the number of respondents was larger.

### Conclusion

Caring for adults imposes fewer burdens than caring for children. However, caring for one's adult child also imposes a heavier burden than caring for one's spouse.

### 5.5 Location of Care Recipient

We asked: 'Where does the person(s) you care for live?'

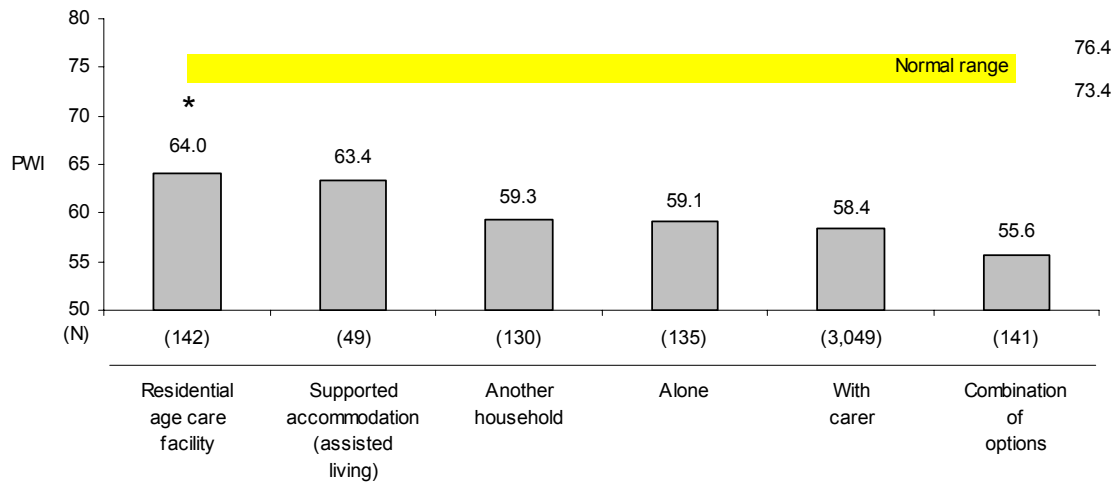


Figure 5.5: Location of Care Recipient

The results shown in Figure 5.5 are derived from Table A5.5. The variable 'combination of options' comprises the combination of 'Lives with carer' and 'Lives alone', or 'Lives with carer' and 'Lives in another household'. This refers to situations where the care recipient lives some of the time with the carer and some of the time in another location.

The least burden is felt when the care recipient lives in either supported accommodation or a residential age-care facility. In neither case would the respondent be the primary carer, and yet their wellbeing is still 9.0 points below the normal range. These respondents only comprise 5.1% of the total sample.

The statistical differences are confined to comparisons between these two 'supported' groups and the situation where the respondent lives with the care-recipient on a full-time or part-time basis. These people comprise 83.0% of the total sample.

#### Conclusion

The overall sample mean value for wellbeing has been raised by about one percentage point by the minority of carers who do not live with the care-recipient. The more realistic mean score for the vast majority of carers is 58 points on the Personal Wellbeing Index. This is by far the lowest score we have ever recorded for a group of this size (N=3,049).

**5.6 Medical Condition of Care Recipient**

We asked: ‘Which category best describes the main conditions of the person you care for? (Please don’t tick more than two boxes per person you care for).’

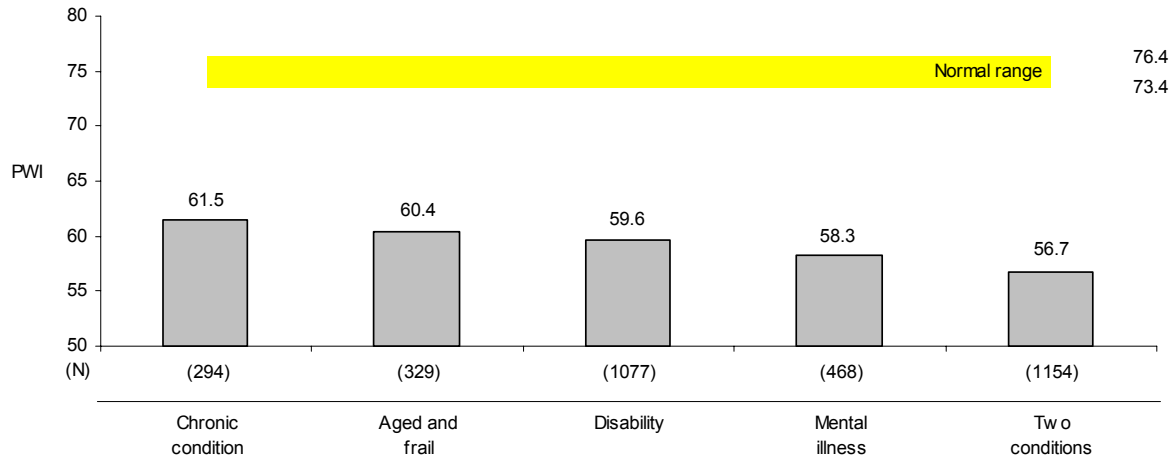
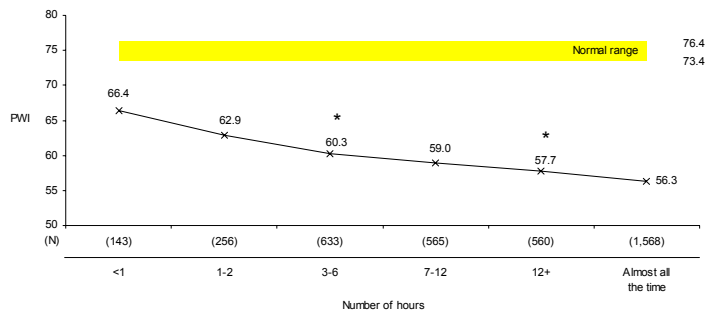


Figure 5.6: Medical Condition of Care Recipient

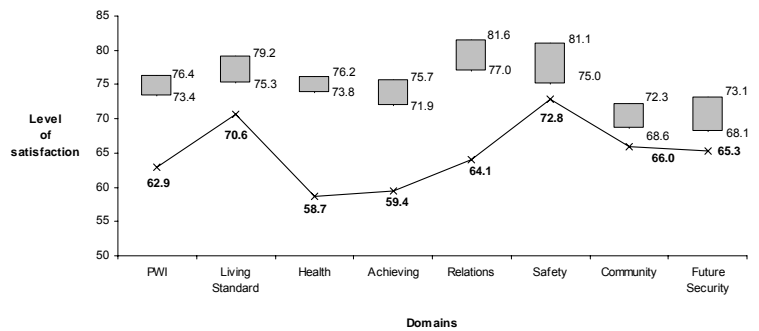
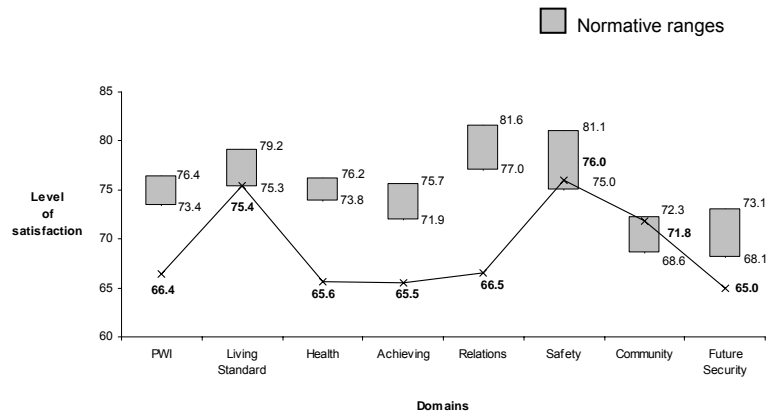
The results depicted in Figure 5.6 are derived from Table 5.6. All groups are very low. The statistical differences are restricted to the care-recipients (41.6% of the total sample) with two or more medical conditions. It is interesting that there is so little difference in burden between caring for ‘aged and frail’ compared with ‘mental illness’ since the literature generally indicates the latter to constitute the highest carer burden. This lack of difference is probably caused by the measurement scale ‘bottoming-out’ because the values are so low, and being insensitive as a consequence.

### 5.7 Intensity of the Carer Role - Dot Point Summary

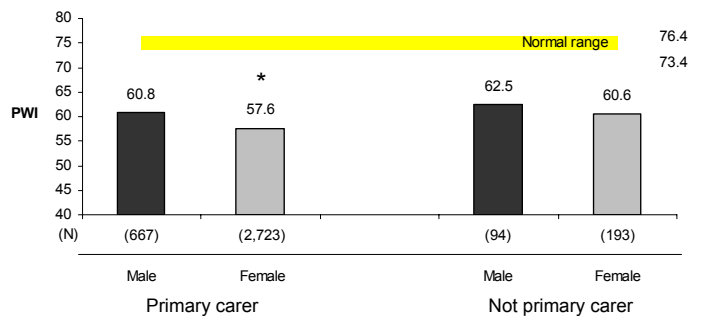
1. Wellbeing decreases linearly as the number of hours spent caring increases.



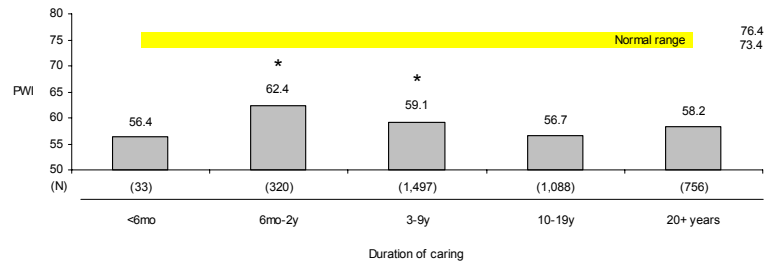
2. While having the primary care responsibilities for less than 1 hour each day allows normal-range satisfaction with living standard, safety and community connection, once this reaches 1-2 hours each day all domains are well below normal. Primary carer responsibility for any time each day is extremely damaging to wellbeing.



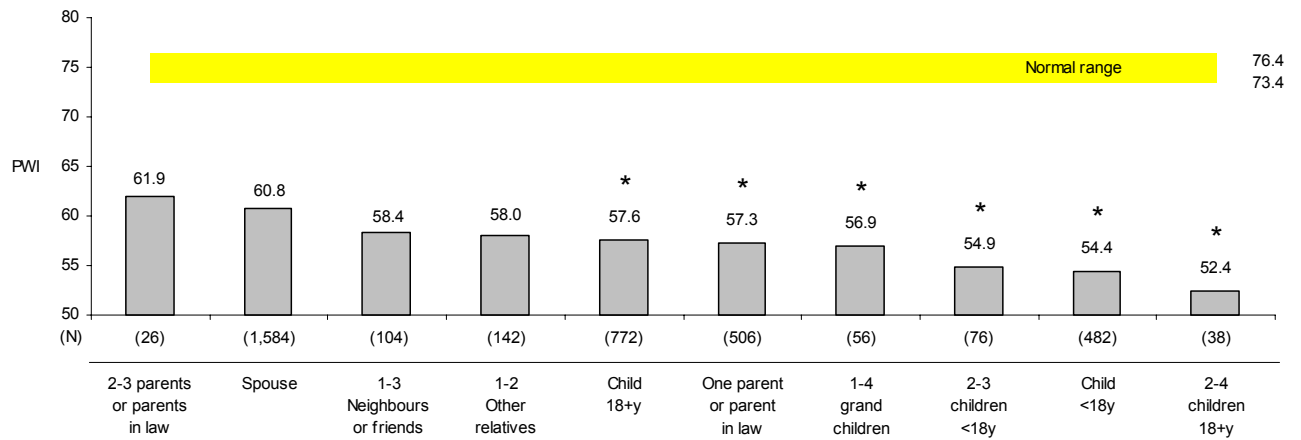
3. Female primary carers have lower wellbeing than male primary carers.



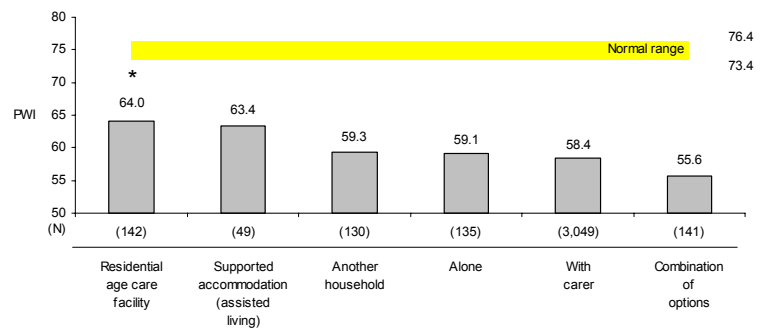
4. There is no evidence that carers adapt to their situation when caring continues for longer than 2 years.



5. Caring for adults imposes less burden than caring for children.



6. The wellbeing of the 3,049 people (83% of the sample) who live with the person requiring care is 58.4 points. This is the lowest value we have ever recorded for a large group.



## 6 Satisfaction with Caring and Leisure

### 6.1 Satisfaction with the number of hours caring

We asked: 'How satisfied are you with the number of hours you spend on caring each week?'

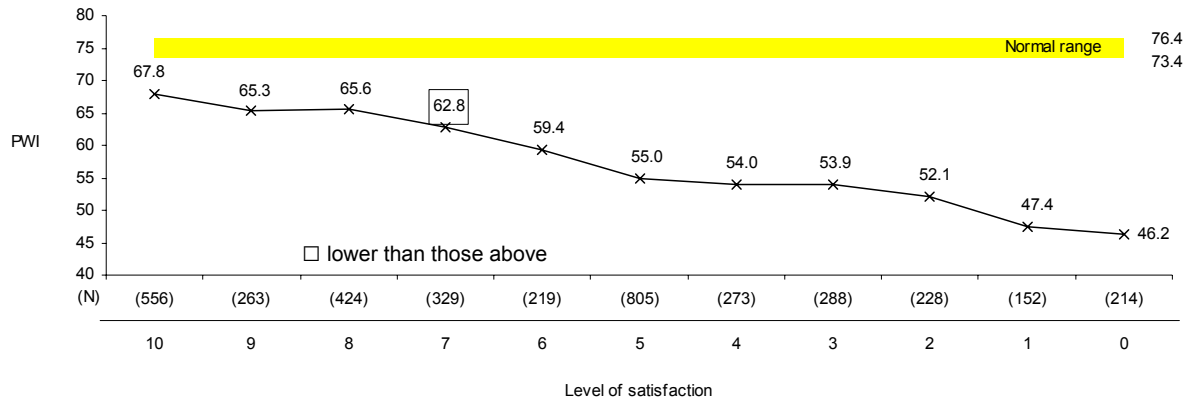


Figure 6.1: Satisfaction with Hours Caring

These data are drawn from Table A6.1 and show a fairly linear decrease in Personal Wellbeing Index as the satisfaction with the number of hours caring decreases. There is a significant drop in the Personal Wellbeing Index between 10/0 and 7/10, with the top three categories comprising 33.1% of the total sample. Put around the other way, 66.8% of the sample has a level of satisfaction with the hours they spend caring that is associated with reduced wellbeing.

The rate of wellbeing decline is equivalent between the genders (Table A6.1.2) and most of the age groups (Table A6.1.3). The same trend is evident for the 18-35y group but it is not significant due largely to the small numbers in this category. The same trends are also evident between income groups (Table A6.1.4).

In summary, the influence of low satisfaction with the number of caring hours to decrease wellbeing is little influenced by gender, age, or income.

### 6.2 Satisfaction with amount of leisure time

We asked: 'How satisfied are you with the amount of leisure time you have?'

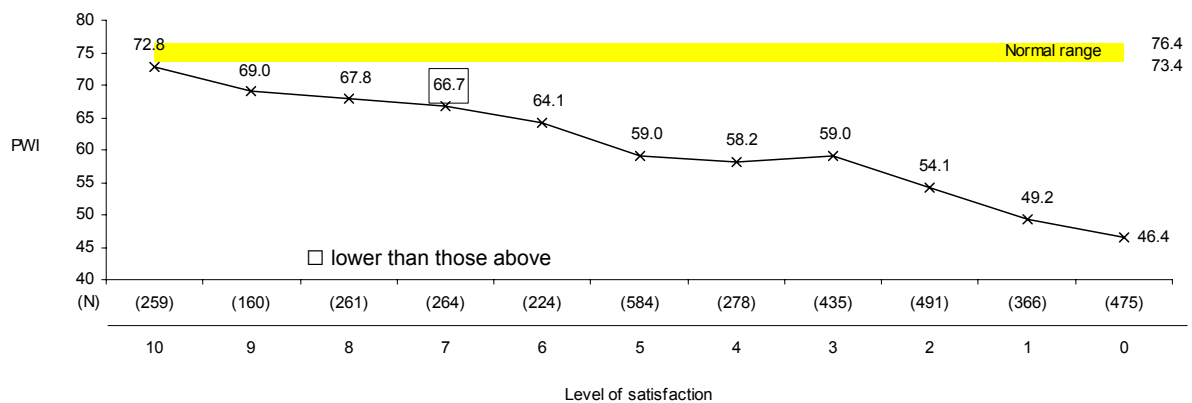


Figure 6.2: Satisfaction with Amount of Leisure Time

These results are derived from Table A6.2 and show that people who rate their satisfaction with the amount of leisure time they have as 7/10 or lower have a level of wellbeing that is lower than the people who rate their satisfaction as 10/10. This result is little influenced by gender (Table A6.2.1), Age (Table A6.2.2) or Income (Table A6.2.3).

### 6.3 Satisfaction with the way leisure time is spent

We asked: ‘How satisfied are you with the way you spend your leisure time?’

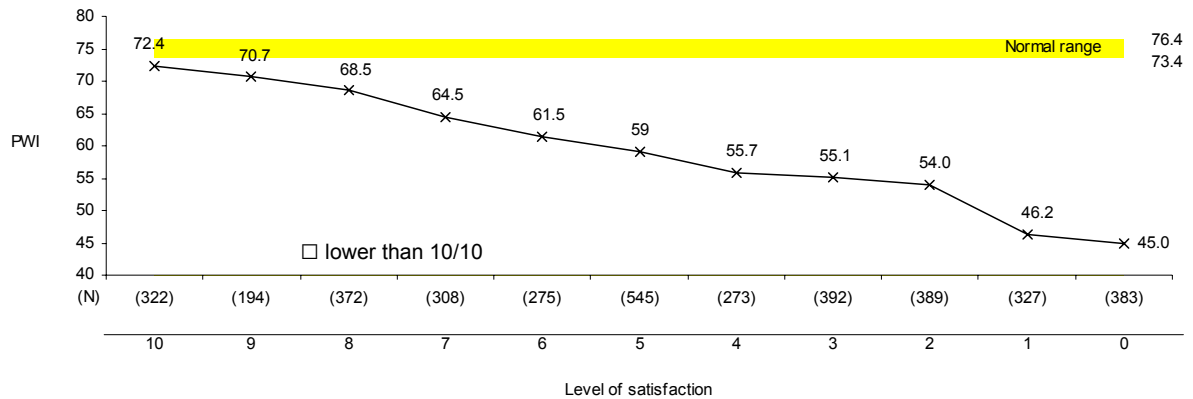


Figure 6.3: Satisfaction with the way Leisure Time is Spent

These data come from Table A6.3 and again show a similar pattern to the previous figures. Moreover, like the previous figures, the pattern is common across genders (Table A6.2.1), Age (Table A6.2.2) and Income (Table A6.2.3).

### 6.4 A Comparison Between Three Sources of Satisfaction

Figure 6.4 below presents the average wellbeing for the top three (10-8) and the bottom three (2-0) levels of satisfaction. From this it can be seen that the power of high satisfaction with the number of hours caring to raise wellbeing is significantly less than the other two sources of satisfaction. Thus, increasing satisfaction with leisure is likely to be more effective in raising carer wellbeing than raising satisfaction with the number of caring hours.

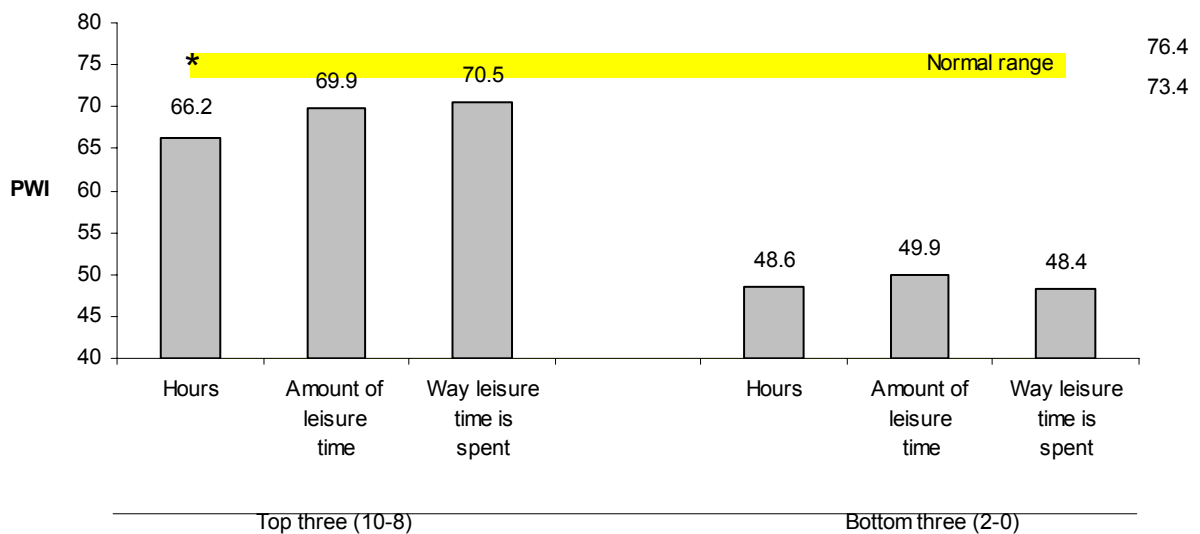


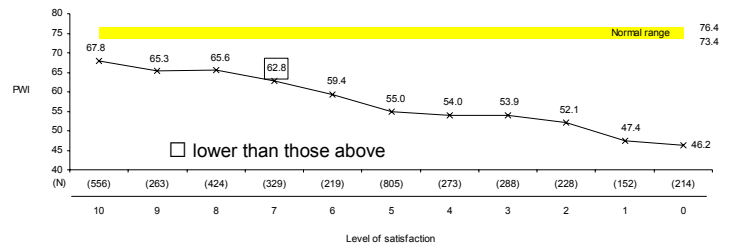
Figure 6.4: A Comparison Between the Three Sources of Satisfaction

## **Conclusion**

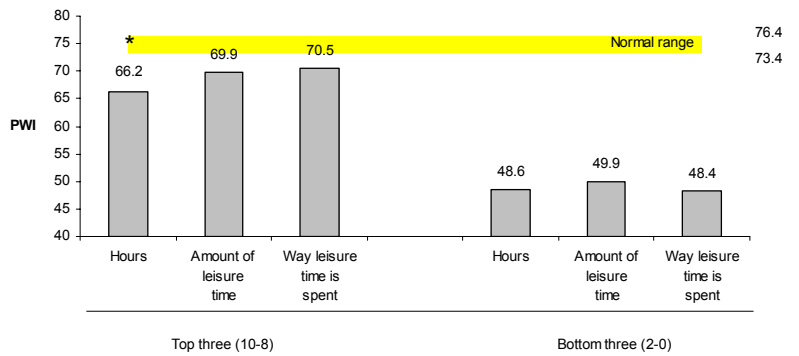
These three sources of satisfaction are all associated with personal wellbeing. As the satisfaction falls, so does wellbeing. However, satisfaction with leisure is more strongly associated with high wellbeing than is satisfaction with caring hours.

### 6.5 Satisfaction with Caring and Leisure - Dot Point Summary

1. Satisfaction with caring hours, leisure time and leisure quality are all strongly related to personal wellbeing. As any satisfaction level falls below 8/10 wellbeing significantly drops.



2. High satisfaction with leisure is more strongly associated with higher carer wellbeing than satisfaction with caring hours.



## Appendix 1: Australian Unity Carer Health and Wellbeing Questionnaire - Survey 17.1 (August/September 2007)

Table A1.1: Item Data Screening: S17.1

Variable	Declined to Answer
Medical condition (Qu. 25)	58
Duration of illness (Qu. 27)	497
TOTAL:	555

Table A1.2: Item Data Screening: S17.1

Variable	Answered both "Yes" and "No"	Selected multiple options	Coding error in raw data
Carer receiving medical treatment (Qu. 28a)	2		
Reason for not enough treatment (Qu. 28b)			8
Hours of daily caring (Qu. 33)		30	5
Where care recipient lives (Qu. 63)		41	
Respondent provides most of the care (Qu. 64)	13		
Duration of care provision (Qu. 65)		83	
Main conditions of care recipient (Qu. 66)			19
TOTAL:	15	154	32

Table A1.3: Data Screening Case Log: S17.1

ID #	Reason For Deletion	ID #	Reason For Deletion
6	100 on PWI	2656	100 on PWI
63	0 on PWI	2752	100 on PWI
109	100 on PWI	2786	100 on PWI
118	0 on PWI	2845	100 on PWI
234	0 on PWI	2919	100 on PWI
339	100 on PWI	2927	100 on PWI
346	100 on PWI	3047	100 on PWI
600	100 on PWI	3067	100 on PWI
763	100 on PWI	3194	0 on PWI
840	100 on PWI	3254	100 on PWI
867	100 on PWI	3270	100 on PWI
978	100 on PWI	3308	100 on PWI
1105	0 on PWI	3335	0 on PWI
1430	0 on PWI	3354	0 on PWI
1525	0 on PWI	3399	0 on PWI
1632	100 on PWI	3432	100 on PWI
1637	100 on PWI	3458	100 on PWI
1715	100 on PWI	3507	100 on PWI
1843	100 on PWI	3676	0 on PWI
1869	0 on PWI	3782	100 on PWI
2018	100 on PWI	3809	0 on PWI
2041	100 on PWI	3829	0 on PWI
2054	100 on PWI	3840	100 on PWI
2055	100 on PWI	3867	100 on PWI
2129	100 on PWI	3882	0 on PWI
2245	100 on PWI	3942	100 on PWI
2402	100 on PWI	3970	100 on PWI
2428	100 on PWI	4065	100 on PWI
2468	100 on PWI	59 cases removed leaving a total <i>n</i> of 4048 for S17.1	
2509	100 on PWI		
2611	0 on PWI		

## Appendix 2: Demographics and Employment

Table A2.1: Gender x PWI, Depression and Stress

Gender	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
Male	785	61.18	20.94	800	35.30	26.37	807	44.91	28.26
Female	2981	57.82	21.10	3017	39.00	27.01	3008	50.81	27.33
Total	3766	58.52	21.11	3817	38.22	26.92	3815	49.56	27.63
ANOVA each column	Gender: F(1,3764) = 15.859, p =.000			Gender: F(1,3815) = 11.987, p =.001			Gender: F(1,3813) = 19.940, p =.000		
Post-hocs Tukey	<i>No post-hocs performed (&lt;3 groups)</i>			<i>No post-hocs performed (&lt;3 groups)</i>			<i>No post-hocs performed (&lt;3 groups)</i>		

Table A2.1.1: DASS Stress Sub-Scale Description

DASS Stress constructs/subscales	DASS21 Stress Items			
Difficulty Relaxing	I found it hard to wind down I found it difficult to relax			
Nervous Arousal	I felt I was using a lot of nervous energy			
Easily Upset/agitated	I found myself getting agitated			
Irritable/over-reactive	I tended to over-react to situations			
Impatient	I felt I was rather touchy I was intolerant of anything that kept me from getting on with what I was doing			
DASS Stress Scale Severity Ratings	Scale score range			
	Min=0, max =42	%SM	Z score	Percentile
Normal	0-14	0-33.33	<0.5	0-78
Mild	15-18	35.71-42.86	0.5-1.0	78-87
Moderate	19-25	45.23-59.52	1.0-2.0	87-95
Severe	26-33	61.90-78.57	2.0-3.0	95-98
Extremely severe	34+	80.95+	>3.0	98-100
Normative data categories for stress (from DASS Manual)	N	M %SM	SD %SM	
Males	1044	23.64	18.24	
Females	1870	24.50	19.43	
Overall	2914	24.07	18.83	
20-29 yrs	376	26.64	19.64	
30-39 yrs	205	21.26	20.00	
40-49 yrs	119	19.36	20.83	
50-59 yrs	130	19.52	20.57	

Table A2.1.2: Distribution of Whole Sample

Score	PWI		Depression		Stress	
	N	%	N	%	N	%
0-9.9	46	1.2	745	19.3	401	10.5
10-19.9	127	3.3	458	11.9	350	9.2
20-29.9	230	6.0	403	10.5	308	8.1
30-39.9	328	8.6	383	9.9	309	8.1
40-49.9	514	13.4	481	12.5	386	10.1
50-59.9	616	16.1	493	12.8	523	13.7
60-69.9	610	15.9	358	9.3	544	14.2
70-79.9	669	17.4	262	6.8	447	11.7
80-89.9	487	12.7	175	4.5	363	9.5
90-99.9	207	5.4	95	2.5	194	5.1
Total	3834	100.0	3853	100.0	3825	100.0

Table A2.1.3: Correlations for Whole Sample

Variable	1	2
1. PWI	-	-
2. Depression	-.46	-
3. Stress	-.39	.73

Table A2.2: Age x PWI, Depression and Stress

Age	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
18-35	124	54.33	22.99	126	37.78	26.90	127	56.48	27.52
36-45	453	54.15	21.25	460	42.32	26.86	459	55.94	26.14
46-55	790	55.01	20.90	792	41.66	27.22	791	53.80	26.66
56-65	1108	58.01	20.89	1130	37.98	26.59	1131	49.76	27.10
66-75	783	61.32	20.80	788	35.81	26.82	789	45.25	27.95
76+	502	66.51	18.90	513	33.39	25.98	508	41.12	27.99
Total	3760	58.62	21.10	3809	38.20	26.88	3805	49.48	27.62
ANOVA each column	Age: $F(5,3754) = 27.430, p = .000$			Age: $F(5,3803) = 9.447, p = .000$			Age: $F(5,3799) = 24.266, p = .000$		
Post-hocs Tukey	56-65>36-45, $p = .011$ 56-65>46-55, $p = .024$ 66-75>18-35, $p = .007$ 66-75>36-45, $p = .000$ 66-75>46-55, $p = .000$ 66-75>56-65, $p = .008$ 76+> 18-35, $p = .000$ 76+> 36-45, $p = .000$ 76+> 46-55, $p = .000$ 76+> 56-65, $p = .000$ 76+> 66-75, $p = .000$			36-45>56-65, $p = .040$ 36-45>66-75, $p = .000$ 36-45>76+, $p = .000$ 56-65>66-75, $p = .036$ 56-65>76+, $p = .000$			18-35>66-75, $p = .000$ 18-35>76+, $p = .000$ 36-45>56-65, $p = .001$ 36-45>66-75, $p = .000$ 36-45>76+, $p = .000$ 46-55>56-65, $p = .017$ 46-55>66-75, $p = .000$ 46-55>76+, $p = .000$ 56-65>76+, $p = .000$		

Table A2.2.1: Age x Domains

Age		Stand. Living	Health	Achieving	Relationships	Safety	Community	Future
18-35	(M)	57.29	55.78	50.78	55.67	62.79	51.32	47.11
	(SD)	27.09	25.71	25.11	28.88	27.41	23.70	27.87
	(N)	129	128	129	127	129	129	128
36-45	(M)	56.09	49.94	50.28	51.05	64.43	50.86	45.37
	(SD)	24.48	25.16	24.91	29.60	26.38	26.61	28.36
	(N)	468	467	468	465	465	467	467
46-55	(M)	58.69	51.09	48.72	53.12	63.64	50.56	47.52
	(SD)	24.31	24.00	25.87	28.67	25.55	26.76	28.20
	(N)	804	805	803	805	803	803	806
56-65	(M)	63.55	54.72	52.60	58.09	67.04	56.62	55.00
	(SD)	23.93	24.20	25.53	28.24	25.75	26.98	28.34
	(N)	1166	1162	1158	1157	1156	1151	1164
66-75	(M)	68.22	57.75	53.84	62.48	69.85	61.54	61.03
	(SD)	23.30	24.80	25.81	29.07	25.13	27.70	27.01
	(N)	826	826	815	818	820	811	823
76+	(M)	76.19	61.01	58.52	69.76	75.92	65.95	69.07
	(SD)	19.99	22.52	25.36	25.89	22.62	26.08	25.15
	(N)	546	546	534	536	542	538	539
Total	(M)	64.20	54.95	52.53	58.67	67.71	56.82	55.26
	(SD)	24.35	24.48	25.71	28.95	25.60	27.35	28.64
	(N)	3939	3934	3907	3908	3915	3899	3927
	p	.000	.000	.000	.000	.000	.000	.000

Table A2.3: Household x PWI, Depression and Stress

Household	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
Live alone	318	60.68	20.59	321	35.76	27.43	319	42.13	27.69
Partner	1650	61.31	20.47	1668	36.54	26.11	1667	47.29	27.44
Sole parent	338	50.17	22.54	345	43.87	27.00	345	51.88	26.76
Partner & Children	897	57.16	20.18	908	39.11	26.77	912	54.17	26.63
Parents	395	56.66	22.01	406	39.72	28.24	399	51.05	29.14
Other adults	226	56.57	22.07	226	38.96	28.36	229	50.55	28.31
Total	3824	58.54	21.11	3874	38.20	26.89	3871	49.48	27.66
ANOVA each column	<i>Household: F(5,3818) = 19.179, p=.000</i>			<i>Household: F(5,3868) = 5.395, p=.000</i>			<i>Household: F(5,3865) = 12.879, p=.000</i>		
Post-hocs Tukey	<i>alone&gt;children, p=.000 partner&gt;children, p=.000 partner&gt;partner &amp; children, p=.000 partner&gt;parents, p=.001 partner&gt;other, p=.017 Partner &amp; children&gt;children, p=.000 parents&gt;children, p=.000 other&gt;children, p=.005</i>			<i>children&gt;alone, p=.001 children&gt;partner, p=.000</i>			<i>partner&gt;alone, p=.025 children&gt;alone, p=.000 Partner &amp; children&gt;alone, p=.000 Partner &amp; children&gt;children, p=.000 parents&gt;alone, p=.000 other&gt;children, p=.005</i>		

Table A2.4: Marital Status x PWI, Depression and Stress

Marital Status	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
Married	2674	60.24	20.38	2705	37.30	26.36	2706	49.47	27.44
De-facto	123	57.93	20.42	122	40.52	28.15	119	51.50	27.04
Never Married	280	53.66	22.39	284	38.81	28.56	280	49.04	28.79
Separated	122	49.66	22.92	128	45.74	29.14	126	53.64	26.48
Divorced	362	52.53	21.48	366	41.72	26.77	365	51.62	26.84
Widowed	255	59.35	22.64	261	36.28	27.67	265	43.15	29.37
ANOVA each column	<i>Relation: F(5,3810)=17.089, p=.000</i>			<i>Relation: F(5,3860) = 4.370, p=.001</i>			<i>Relation: F(5,3855) = 3.935, p=.001</i>		
Post-hocs Tukey	<i>Married&gt;never p = .000 Married&gt;separated, p = .000 Married&gt;divorced, p = .000 De facto&gt;separated, p = .024 Widowed&gt;never, p = .021 Widowed&gt;separated, p = .000 Widowed&gt;divorced, p = .001</i>			<i>Separated&gt;married, p=.007 Separated&gt;widowed, p=.014 Divorced&gt;married, p=.037</i>			<i>Married&gt;widowed, p=.005 Separated&gt;widowed, p=.006 Divorced&gt;widowed, p=.002</i>		

Table A2.5: Employment Status x PWI, Depression and Stress

Employment Status	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
FT Paid	301	59.94	20.71	303	36.29	25.75	304	51.53	27.42
FT Study	24	64.35	19.79	24	21.79	20.92	26	42.64	21.33
Retired	1613	62.14	20.18	1640	35.99	26.60	1635	45.10	27.90
PT Paid	641	57.42	20.75	646	37.15	26.43	651	52.61	26.21
PT Study	69	52.63	20.92	68	40.90	24.45	70	53.41	24.09
PT Volunteer	290	60.08	21.01	291	34.01	25.42	291	46.09	27.12
Unemployed	761	51.54	21.46	776	45.62	27.39	768	56.44	27.00
TOTAL	3699	58.64	21.06	3748	38.05	26.81	3745	49.47	27.60
ANOVA each column	<i>F(6,3692) = 24.754, p=.000</i>			<i>F(6,3741) = 15.322, p=.000</i>			<i>F(6,3738) = 18.411, p=.000</i>		
Post-hocs Tukey	<i>FT paid &gt;unemployed, p = .000 FT study &gt;unemployed, p = .045 FT retired &gt;PT paid, p = .000 FT retired &gt;PT study, p = .003 FT retired &gt;unemployed, p = .000 PT paid&gt;unemployed, p = .000 PT volunteer &gt;unemployed, p = .000</i>			<i>PT Study &gt;FT Study, p = .039 Unemployed &gt;FT paid, p = .000 Unemployed &gt;FT study, p = .000 Unemployed &gt;FT retired, p = .000 Unemployed &gt;PT paid, p = .000 Unemployed &gt;PT volunteer, p=.000</i>			<i>FT paid &gt;FT retired, p = .003 PT paid&gt;FT Retired, p = .000 PT paid&gt;PT Volunteer, p = .012 Unemployed &gt;FT retired, p = .000 Unemployed &gt;PT volunteer, p=.000</i>		

Table A2.6: Worry About Losing Job x PWI, Depression and Stress

Worry	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
0	228	63.34	21.20	228	26.47	25.10	230	42.64	29.63
10	110	63.40	17.45	116	30.60	24.28	116	46.42	26.97
20	84	63.86	20.55	86	30.17	24.00	90	45.03	25.22
30	72	55.14	19.71	71	39.78	23.52	72	55.22	24.51
40	55	58.49	19.48	53	39.25	23.35	54	56.14	25.37
50	122	55.37	19.48	124	40.77	24.90	127	53.46	22.71
60	68	57.27	19.86	68	37.27	24.29	67	51.88	24.77
70	80	56.50	18.98	80	39.11	25.27	79	50.38	25.51
80	92	55.51	20.46	97	41.78	23.50	92	60.89	22.12
90	46	45.00	22.96	45	48.73	26.57	46	64.66	22.21
100	92	49.39	22.11	92	51.41	28.57	92	63.09	25.28
Total	1049	58.02	20.83	1060	36.58	26.00	1065	51.53	26.64
ANOVA each column	$F(10, 1038) = 7.176, p=.000$			$F(10, 1049) = 10.360, p=.000$			$F(10, 1054) = 8.442, p=.000$		
Post-hocs Tukey	0>50, p = .020 0>90, p = .000 0>100, p = .000 10>90, p = .000 10>100, p = .000 20>90, p = .000 20>100, p = .000 40>90, p = .036			30>0, p = .004 40>0, p = .033 50>0, p = .000 70>0, p = .005 80>0, p = .000 80>10, p = .045 90>0, p = .000 90>10, p = .002 90>20, p = .003 100>0, p = .000 100>10, p = .000 100>20, p = .000 100>60, p = .018 100>70, p = .049			30>0, p = .014 40>0, p = .023 50>0, p = .007 80>0, p = .000 80>10, p = .003 80>20, p = .002 90>0, p = .000 90>10, p = .003 90>20, p = .001 100>0, p = .000 100>10, p = .000 100>20, p = .000		

Table A2.7: Worry About Getting Another Job x PWI, Depression and Stress

Worry	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
0	131	64.78	22.91	132	24.73	25.53	133	42.33	30.28
10	54	62.43	18.27	55	25.14	22.08	57	42.51	26.58
20	44	64.38	19.40	44	25.49	21.94	46	42.24	23.79
30	44	59.61	17.96	43	28.31	21.81	44	46.33	26.17
40	47	61.70	20.94	48	33.93	18.63	49	46.41	23.71
50	104	60.49	18.39	106	34.76	23.61	103	50.19	25.91
60	49	60.26	18.04	50	31.29	25.32	50	48.09	26.96
70	75	57.05	19.70	75	35.24	23.45	75	51.33	26.21
80	104	57.94	18.43	104	37.09	21.75	104	53.70	23.33
90	114	53.83	21.66	117	42.36	25.52	115	54.17	25.19
100	263	52.89	21.68	265	46.70	28.00	269	60.28	25.49
Total	1029	58.12	20.83	1039	36.28	25.93	1045	51.45	26.71
ANOVA each column	$F(10, 1018) = 4.636, p=.000$			$F(10, 1028) = 10.967, p=.000$			$F(10, 1034) = 6.646, p=.000$		
Post-hocs Tukey	0>90, p = .002 0>100, p = .000 20>100, p = .025			80>0, p = .007 90>0, p = .000 90>10, p = .001 90>20, p = .006 100>0, p = .000 100>10, p = .000 100>20, p = .000 100>30, p = .000 100>40, p = .042 100>50, p = .001 100>60, p = .003 100>70, p = .018 100>80, p = .034			80>0, p = .035 90>0, p = .016 100>0, p = .000 100>10, p = .000 100>20, p = .001 100>30, p = .040 100>40, p = .026 100>50, p = .035		

Table A2.8: Flexible Working Hours x PWI, Depression and Stress

Flex. hrs	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
Yes	684	59.33	20.63	685	34.84	26.11	690	49.91	27.48
No	348	55.72	20.91	358	39.05	25.40	359	54.24	24.97
Total	1032	58.11	20.79	1043	36.28	25.94	1049	51.39	26.72
ANOVA each column	$F(1,1030) = 7.019, p=.008$			$F(1,1041) = 6.232, p=.013$			$F(1,1047) = 6.231, p=.013$		
Post-hocs Tukey	No post-hocs performed (<3 groups)			No post-hocs performed (<3 groups)			No post-hocs performed (<3 groups)		

Table A2.9: Access to Carer Leave x PWI, Depression and Stress

Flex. hrs	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
Yes	470	59.59	20.57	476	34.68	25.63	475	50.26	26.97
No	371	57.05	21.17	374	37.77	26.15	379	52.51	26.49
Don't Know	185	56.88	20.53	188	37.86	26.23	189	51.99	26.44
Total	1026	58.18	20.80	1038	36.37	25.95	1043	51.39	26.70
ANOVA each column	$F(2,1023) = 1.995, p=.137$			$F(2,1035) = 1.874, p=.154$			$F(2,1040) = .807, p=.446$		
Post-hocs Tukey	No Significant post-hocs			No Significant post-hocs			No Significant post-hocs		

Table A2.10: Comparison by State/Territory

State/Territory	Abbreviation	Postcode range
New South Wales	NSW	1000—1999 (LVRs and PO Boxes only) 2000—2599 2620—2898 2921—2999
Australian Capital Territory	ACT	0200—0299 (LVRs and PO Boxes only) 2600—2619 2900—2920
Victoria	VIC	3000—3999 8000—8999 (LVRs and PO Boxes only)
Queensland	QLD	4000—4999 9000—9999 (LVRs and PO Boxes only)
South Australia	SA	5000—5799 5800—5999 (LVRs and PO Boxes only)
Western Australia	WA	6000—6797 6800—6999 (LVRs and PO Boxes only)
Tasmania	TAS	7000—7799 7800—7999 (LVRs and PO Boxes only)
Northern Territory	NT	0800—0899 0900—0999 (LVRs and PO Boxes only)

Table A2.11: State/Territory x PWI, Depression and Stress

State/Territory	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
QLD	441	59.01	21.48	450	41.14	27.77	455	51.30	27.75
TAS	34	62.56	21.77	35	29.51	24.83	36	46.43	27.04
NT	122	59.57	20.18	126	33.67	25.70	123	43.43	28.43
NSW	646	56.97	21.89	649	38.67	26.57	651	51.06	26.89
VIC	744	58.60	21.00	751	38.48	26.88	742	50.02	27.53
SA	560	60.19	21.57	562	37.28	27.27	563	46.83	28.62
ACT	497	59.08	20.18	505	36.60	25.83	507	49.29	26.25
WA	651	57.58	20.35	669	38.82	26.98	664	49.90	28.03
Total	3695	58.56	21.07	3747	38.21	26.85	3741	49.51	27.60
ANOVA each column	F(7,3687) = 1.496, p = .164			F(7,3739) = 2.255, p = .027			F(7,3733) = 2.311, p = .024		
Post-hocs Tukey	<i>No significant post-hocs</i>			<i>No significant post-hocs</i>			<i>No significant post-hocs</i>		

## Appendix 3: Carer Challenges

Table A3.1: Physical Pain Experienced Daily x PWI, Depression and Stress

Pain Strength	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
0	515	65.50	20.34	517	29.02	26.52	516	40.08	29.30
10	442	63.69	20.01	449	29.10	24.79	446	42.18	27.67
20	506	61.81	20.17	511	33.42	25.17	518	45.25	26.79
30	442	59.04	19.87	448	34.39	24.86	443	45.62	25.48
40	298	57.04	20.37	303	37.43	25.11	301	50.03	26.82
50	459	56.18	20.71	469	41.36	26.29	468	51.23	26.15
60	371	53.90	20.67	376	44.24	25.36	375	56.51	25.55
70	382	53.08	20.75	378	47.24	25.57	379	58.20	25.29
80	248	52.23	22.17	252	52.07	25.75	256	61.79	25.13
90	81	54.06	23.30	87	47.08	30.16	84	55.90	27.78
100	63	49.73	24.54	65	61.54	28.88	64	70.40	25.63
Total	3807	58.52	21.10	3855	38.13	26.84	3850	49.47	27.60
ANOVA each column	<i>F(10,3796) = 19.109, p=.000</i>			<i>F(10,3844) = 36.216, p=.000</i>			<i>F(10,3839) = 28.747, p=.000</i>		
Post-hocs Tukey	<i>0&gt;30, p = 000</i> <i>0&gt;40, p = 000</i> <i>0&gt;50, p = 000</i> <i>0&gt;60, p = 000</i> <i>0&gt;70, p = 000</i> <i>0&gt;80, p = 000</i> <i>0&gt;90, p = 000</i> <i>0&gt;100, p = 000</i> <i>10&gt;30, p = 033</i> <i>10&gt;40, p = 001</i> <i>10&gt;50, p = 000</i> <i>10&gt;60, p = 000</i> <i>10&gt;70, p = 000</i> <i>10&gt;80, p = 000</i> <i>10&gt;90, p = 005</i> <i>10&gt;100, p = 000</i> <i>20&gt;50, p = 001</i> <i>20&gt;60, p = 000</i> <i>20&gt;70, p = 000</i> <i>20&gt;80, p = 000</i> <i>20&gt;100, p = 001</i> <i>30&gt;60, p = 018</i> <i>30&gt;70, p = 002</i> <i>30&gt;80, p = 002</i> <i>30&gt;100, p = 033</i>			<i>30&gt;0, p = 048</i> <i>40&gt;0, p = 000</i> <i>50&gt;0, p = 000</i> <i>60&gt;0, p = 000</i> <i>70&gt;0, p = 000</i> <i>80&gt;0, p = 000</i> <i>90&gt;0, p = 000</i> <i>100&gt;0, p = 000</i> <i>40&gt;10, p = 001</i> <i>50&gt;10, p = 000</i> <i>60&gt;10, p = 000</i> <i>70&gt;10, p = 000</i> <i>80&gt;10, p = 000</i> <i>90&gt;10, p = 000</i> <i>100&gt;10, p = 000</i> <i>50&gt;20, p = 000</i> <i>60&gt;20, p = 000</i> <i>70&gt;20, p = 000</i> <i>80&gt;20, p = 000</i> <i>90&gt;20, p = 000</i> <i>100&gt;20, p = 000</i> <i>50&gt;30, p = 002</i> <i>60&gt;30, p = 000</i> <i>70&gt;30, p = 000</i> <i>80&gt;30, p = 000</i> <i>90&gt;30, p = 001</i> <i>100&gt;30, p = 000</i> <i>60&gt;40, p = 025</i> <i>70&gt;40, p = 000</i> <i>80&gt;40, p = 000</i> <i>100&gt;40, p = 000</i> <i>70&gt;50, p = 038</i> <i>80&gt;50, p = 000</i> <i>100&gt;50, p = 000</i> <i>80&gt;60, p = 008</i> <i>100&gt;60, p = 000</i> <i>100&gt;70, p = 002</i> <i>100&gt;90, p = 025</i>			<i>40&gt;0, p = 000</i> <i>50&gt;0, p = 000</i> <i>60&gt;0, p = 000</i> <i>70&gt;0, p = 000</i> <i>80&gt;0, p = 000</i> <i>90&gt;0, p = 000</i> <i>100&gt;0, p = 000</i> <i>40&gt;10, p = 004</i> <i>50&gt;10, p = 009</i> <i>60&gt;10, p = 000</i> <i>70&gt;10, p = 000</i> <i>80&gt;10, p = 000</i> <i>90&gt;10, p = 001</i> <i>100&gt;10, p = 000</i> <i>50&gt;20, p = 019</i> <i>60&gt;20, p = 000</i> <i>70&gt;20, p = 000</i> <i>80&gt;20, p = 000</i> <i>90&gt;20, p = 029</i> <i>100&gt;20, p = 000</i> <i>60&gt;30, p = 000</i> <i>70&gt;30, p = 000</i> <i>80&gt;30, p = 000</i> <i>90&gt;30, p = 047</i> <i>100&gt;30, p = 000</i> <i>70&gt;40, p = 004</i> <i>80&gt;40, p = 000</i> <i>100&gt;40, p = 000</i> <i>70&gt;50, p = 007</i> <i>80&gt;50, p = 000</i> <i>100&gt;50, p = 000</i> <i>100&gt;60, p = 006</i> <i>100&gt;70, p = 030</i> <i>100&gt;90, p = 042</i>		

Table A3.2: Injury Caused by Caring x PWI, Depression and Stress

How Often	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
0	1334	64.58	20.17	1347	30.29	26.54	1347	40.67	28.58
10	475	59.47	20.63	473	34.67	25.43	470	47.12	26.12
20	411	58.79	19.12	421	36.59	24.30	421	48.18	24.79
30	297	57.71	19.84	305	39.72	24.56	312	51.99	25.28
40	166	55.32	19.16	172	42.22	24.00	168	53.92	23.27
50	287	54.76	19.93	284	45.15	24.85	290	56.19	23.88
60	174	51.04	19.03	180	48.89	22.40	175	60.24	22.32
70	181	52.08	22.03	184	49.61	26.60	177	61.84	25.35
80	160	48.71	21.73	161	50.40	25.26	161	61.29	23.77
90	77	44.68	24.42	78	53.75	28.15	80	63.45	27.40
100	214	50.68	23.39	217	48.20	29.65	222	61.91	28.56
Total	3776	58.52	21.14	3822	38.07	26.82	3823	49.43	27.58
ANOVA each column	$F(10,3765) = 27.792, p=.000$			$F(10,3811) = 32.768, p=.000$			$F(10,3812) = 35.207, p=.000$		
Post-hocs Tukey	<i>0&gt;10, p = 000</i> <i>0&gt;20, p = 000</i> <i>0&gt;30, p = 000</i> <i>0&gt;40, p = 000</i> <i>0&gt;50, p = 000</i> <i>0&gt;60, p = 000</i> <i>0&gt;70, p = 000</i> <i>0&gt;80, p = 000</i> <i>0&gt;90, p = 000</i> <i>0&gt;100, p = 000</i> <i>10&gt;60, p = 000</i> <i>10&gt;70, p = 002</i> <i>10&gt;80, p = 000</i> <i>10&gt;90, p = 000</i> <i>10&gt;100, p = 000</i> <i>20&gt;60, p = 001</i> <i>20&gt;70, p = 010</i> <i>20&gt;80, p = 000</i> <i>20&gt;90, p = 000</i> <i>20&gt;100, p = 000</i> <i>30&gt;60, p = 027</i> <i>30&gt;80, p = 000</i> <i>30&gt;90, p = 000</i> <i>30&gt;100, p = 006</i> <i>40&gt;90, p = 007</i> <i>50&gt;90, p = 006</i>			<i>20&gt;0, p = 001</i> <i>30&gt;0, p = 000</i> <i>40&gt;0, p = 000</i> <i>50&gt;0, p = 000</i> <i>60&gt;0, p = 000</i> <i>70&gt;0, p = 000</i> <i>80&gt;0, p = 000</i> <i>90&gt;0, p = 000</i> <i>100&gt;0, p = 000</i> <i>40&gt;10, p = 040</i> <i>50&gt;10, p = 000</i> <i>60&gt;10, p = 000</i> <i>70&gt;10, p = 000</i> <i>80&gt;10, p = 000</i> <i>90&gt;10, p = 000</i> <i>100&gt;10, p = 000</i> <i>50&gt;20, p = 001</i> <i>60&gt;20, p = 009</i> <i>70&gt;20, p = 000</i> <i>80&gt;20, p = 000</i> <i>90&gt;20, p = 000</i> <i>100&gt;20, p = 000</i> <i>60&gt;30, p = 007</i> <i>70&gt;30, p = 002</i> <i>80&gt;30, p = 001</i> <i>90&gt;30, p = 002</i> <i>100&gt;30, p = 010</i> <i>90&gt;40, p = 042</i>			<i>10&gt;0, p = 000</i> <i>20&gt;0, p = 000</i> <i>30&gt;0, p = 000</i> <i>40&gt;0, p = 000</i> <i>50&gt;0, p = 000</i> <i>60&gt;0, p = 000</i> <i>70&gt;0, p = 000</i> <i>80&gt;0, p = 000</i> <i>90&gt;0, p = 000</i> <i>100&gt;0, p = 000</i> <i>50&gt;10, p = 000</i> <i>60&gt;10, p = 000</i> <i>70&gt;10, p = 000</i> <i>80&gt;10, p = 000</i> <i>90&gt;10, p = 000</i> <i>100&gt;10, p = 000</i> <i>50&gt;20, p = 004</i> <i>60&gt;20, p = 000</i> <i>70&gt;20, p = 000</i> <i>80&gt;20, p = 000</i> <i>90&gt;20, p = 000</i> <i>100&gt;20, p = 000</i> <i>60&gt;30, p = 039</i> <i>70&gt;30, p = 004</i> <i>80&gt;30, p = 013</i> <i>90&gt;30, p = 023</i> <i>100&gt;30, p = 001</i>		

Table A3.3: Medical Condition x PWI, Depression and Stress

Visit Doctor on Regular Basis	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
Yes	2629	56.91	21.17	2675	41.04	26.80	2671	51.64	27.37
No	1187	62.11	20.59	1192	31.80	26.00	1191	44.57	27.71
Total	3816	58.53	21.13	3867	38.20	26.89	3862	49.46	27.67
ANOVA each column	$F(1,3814) = 50.188, p=.000$			$F(1,3865) = 99.850, p=.000$			$F(1,3860) = 54.639, p=.000$		
Post-hocs Tukey	No post-hocs performed (<3 groups)			No post-hocs performed (<3 groups)			No post-hocs performed (<3 groups)		

Table A3.4: Type of Medical Condition x PWI, Depression and Stress

Type	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
No Medical Condition	867	63.91	20.43	864	32.28	26.32	866	45.19	27.91
Arthritis	161	62.63	19.52	161	32.90	26.50	159	42.21	26.60
Asthma	40	52.61	22.62	41	36.97	22.58	41	46.72	25.57
Cancer	46	61.83	21.49	51	30.48	22.84	51	41.04	24.55
Anxiety	68	55.76	21.59	67	45.63	24.97	69	60.93	23.58
Depression	118	55.77	20.12	125	51.36	25.39	122	58.99	24.02
Diabetes	43	64.98	20.43	44	31.20	26.36	43	34.82	27.75
Heart Problems	56	65.59	17.99	62	32.28	24.85	61	45.11	28.41
Blood Pressure	194	63.77	19.46	203	31.41	24.94	200	42.71	27.21
Other Conditions	461	57.48	20.90	467	38.97	26.32	470	51.49	27.08
Multiple Conditions	1197	54.18	21.18	1208	44.06	26.74	1207	54.41	27.05
Total	3251	58.75	21.13	3293	38.54	26.86	3289	49.84	27.59
ANOVA each column	$F(10,3240) = 14.959, p=.000$			$F(10,3282) = 17.200, p=.000$			$F(10,3278) = 13.458, p=.000$		
Post-hocs Tukey	<p><i>no medical condition&gt;asthma, p = 031</i></p> <p><i>no medical condition&gt;depression, p = 003</i></p> <p><i>no medical condition&gt;other conditions, p = 000</i></p> <p><i>no medical condition&gt;multiple conditions, p = 000</i></p> <p><i>arthritis&gt;multiple conditions, p = 000</i></p> <p><i>blood pressure&gt;depression, p = 038</i></p> <p><i>diabetes&gt;multiple conditions, p = 032</i></p> <p><i>heart problems&gt;multiple conditions, p = 003</i></p> <p><i>blood pressure&gt;other conditions, p = 017</i></p> <p><i>blood pressure&gt;multiple conditions, p = 000</i></p>			<p><i>anxiety&gt;no medical condition, p = 003</i></p> <p><i>depression&gt;no medical condition, p = 000</i></p> <p><i>other conditions&gt;no medical condition, p = 000</i></p> <p><i>multiple conditions&gt;no medical condition, p = 000</i></p> <p><i>anxiety&gt;arthritis, p = 035</i></p> <p><i>depression&gt;arthritis, p = 000</i></p> <p><i>multiple conditions&gt;arthritis, p = 000</i></p> <p><i>depression&gt;cancer, p = 000</i></p> <p><i>multiple conditions&gt;cancer, p = 013</i></p> <p><i>anxiety&gt;blood pressure, p = 006</i></p> <p><i>depression&gt;diabetes, p = 001</i></p> <p><i>depression&gt;heart problems, p = 000</i></p> <p><i>depression&gt;blood pressure, p = 000</i></p> <p><i>depression&gt;other conditions, p = 000</i></p> <p><i>multiple conditions&gt;heart problems, p = 024</i></p> <p><i>other condition&gt;blood pressure, p = 026</i></p> <p><i>multiple conditions&gt;blood pressure, p = 000</i></p> <p><i>multiple conditions&gt;other conditions, p = 017</i></p>			<p><i>anxiety&gt;no medical condition, p = 000</i></p> <p><i>depression&gt;no medical condition, p = 000</i></p> <p><i>other conditions&gt;no medical condition, p = 002</i></p> <p><i>multiple conditions&gt;no medical condition, p = 000</i></p> <p><i>anxiety&gt;arthritis, p = 000</i></p> <p><i>depression&gt;arthritis, p = 000</i></p> <p><i>other conditions&gt;arthritis, p = 009</i></p> <p><i>multiple conditions&gt;arthritis, p = 000</i></p> <p><i>anxiety&gt;cancer, p = 003</i></p> <p><i>depression&gt;cancer, p = 003</i></p> <p><i>multiple conditions&gt;cancer, p = 024</i></p> <p><i>anxiety&gt;diabetes, p = 000</i></p> <p><i>anxiety&gt;heart problems, p = 036</i></p> <p><i>anxiety&gt;blood pressure, p = 000</i></p> <p><i>depression&gt;diabetes, p = 000</i></p> <p><i>depression&gt;heart problems, p = 043</i></p> <p><i>depression&gt;blood pressure, p = 000</i></p> <p><i>other conditions&gt;diabetes, p = 005</i></p> <p><i>Other conditions&gt;blood pressure, p = 006</i></p> <p><i>multiple conditions&gt;diabetes, p = 000</i></p> <p><i>multiple conditions&gt;blood pressure, p = 000</i></p>		

Table A3.5: Duration of Illness x PWI, Depression and Stress

Duration of Illness (Years/Weeks)	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
0	1624	60.86	20.96	1640	34.70	26.86	1640	46.68	28.08
0.01-0.5/1-26	60	62.88	20.97	64	34.98	26.31	65	44.79	27.12
0.51-1/27-52	85	59.76	19.77	90	40.70	25.28	87	51.38	27.20
1.1-2/53-104	171	55.96	21.25	180	42.31	24.98	181	54.70	25.74
2.1-3/105-156	131	56.50	20.98	130	42.55	27.77	128	51.24	29.15
3.1-4/157-208	108	57.10	19.65	106	40.22	27.10	105	51.05	26.32
4.1-5/209-260	214	56.74	21.25	218	39.26	26.48	216	51.34	26.85
5.1-6/261-312	117	54.02	20.05	120	40.89	25.13	118	52.36	26.09
6.1-7/313-364	92	54.75	22.82	93	40.81	28.62	93	53.59	25.79
7.1-8/365-416	78	58.55	18.27	79	42.48	26.02	76	54.51	27.24
8.1-10/417-520	369	54.74	21.81	378	43.76	27.15	378	53.40	27.55
10.1-20/521-1040	484	57.71	21.19	478	40.59	27.18	486	50.78	27.81
20.1-30/1041-1560	158	58.77	21.74	163	38.12	25.49	162	49.71	27.26
30.1+/1561+	143	56.85	19.81	146	37.09	26.20	146	47.64	26.04
Total	3834	58.54	21.10	3885	38.20	26.88	3881	49.48	27.64
ANOVA each column	$F(13,3820) = 3.901, p=.000$			$F(13,3871) = 4.856, p=.000$			$F(13,3867) = 3.304, p=.000$		
Post-hocs Tukey	$0>5.1-6/261-312, p = 043$ $0>8.1-10/417-520, p = 000$			$1.1-2/53-104>0, p = 020$ $8.1-10/417-520>0, p = 000$ $10.1-20/521-1040>0, p = 002$			$1.1-2/53-104>0, p = 015$ $8.1-10/417-520, p = 002$		

Table A3.6: Treatment for Medical Condition x PWI, Depression and Stress

Treatment	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
Yes	1961	59.62	20.18	1987	37.48	25.86	1989	47.64	27.19
No	630	48.85	22.03	648	51.20	26.60	642	63.41	24.55
Total	2591	57.00	21.15	2635	40.85	26.70	2631	51.49	27.41
ANOVA each column	$F(1,2589) = 129.625, p=.000$			$F(1,2633) = 135.778, p=.000$			$F(1,2629) = 170.959, p=.000$		
Post-hocs Tukey	No post-hocs performed (<3 groups)			No post-hocs performed (<3 groups)			No post-hocs performed (<3 groups)		

Table A3.7: Reasons for No Treatment x PWI, Depression and Stress

Reasons	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
No Time for Treatment	152	46.54	21.19	156	51.07	23.93	158	64.85	21.65
Transport Difficulties	18	49.84	19.38	18	56.90	25.87	18	71.11	22.51
Treatment Unavailable	24	53.93	23.33	22	64.16	23.63	26	64.67	24.37
Treatment Unaffordable	99	51.34	21.35	102	51.23	24.56	102	63.22	21.52
Other Reasons	136	52.39	21.36	145	45.30	27.75	140	57.07	26.99
Multiple Reasons	130	39.10	20.70	133	56.99	26.58	130	69.08	22.48
Total	559	47.51	21.72	576	51.70	26.06	574	63.81	23.69
ANOVA each column	$F(5,553) = 6.739, p=.00$			$F(5,570) = 4.128, p=.001$			$F(5,568) = 4.081, p=.001$		
Post-hocs Tukey	<i>no time for treatment&gt;multiple reasons, p = 040 treatment unavailable&gt;multiple reasons, p = 021 treatment unaffordable&gt;multiple reasons, p = 000 other reasons&gt;multiple reasons, p = 000</i>			<i>treatment unavailable&gt;other reasons, p = 018 multiple reasons&gt;other reasons, p = 002</i>			<i>no time for treatment&gt;other reasons, p = 049 multiple reasons&gt;other reasons, p = 004</i>		

Table A3.8: Height x PWI, Depression and Stress

Height (m)	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
<1.40	11	63.51	16.57	12	37.50	18.43	12	45.60	13.67
1.41-1.49	35	58.08	16.24	37	47.30	28.42	37	58.34	28.30
1.50-1.59	855	56.95	22.01	866	38.67	27.49	845	50.52	27.87
1.60-1.69	1532	58.20	20.66	1552	38.59	26.94	1557	50.01	27.67
1.70-1.79	833	59.13	20.94	842	37.57	25.92	844	48.22	27.32
1.80-1.89	229	61.92	20.93	235	33.38	27.14	239	45.69	27.97
1.90-1.99	25	59.49	20.60	25	42.97	28.37	26	55.55	26.56
>2.00	14	64.49	17.48	12	39.29	26.35	13	49.01	23.94
Total	3534	58.40	21.04	3581	38.15	26.88	3573	49.53	27.63
ANOVA each column	$F(7,3526) = 1.933, p=.060$			$F(7,3573) = 1.995, p=.057$			$F(7,3565) = 1.909, p=.065$		
Post-hocs Tukey	<i>1.80-1.89&gt;1.50-1.59, p = .032</i>			<i>No Significant Post-hocs</i>			<i>No Significant Post-hocs</i>		

Table A3.9: Weight x PWI, Depression and Stress

Weight (kg)	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
50-59	481	59.27	20.94	495	36.97	27.63	489	49.45	27.88
60-69	894	59.67	20.48	910	35.96	26.04	902	48.86	27.43
70-79	827	59.84	21.45	827	37.07	26.63	831	48.59	27.89
80-89	624	57.25	21.42	621	39.05	26.66	630	49.54	27.76
90-99	342	58.17	20.59	353	40.82	27.35	351	49.67	26.84
100+	285	55.13	22.19	295	42.36	27.33	293	51.46	27.29
Total	3453	58.69	21.14	3501	37.94	26.82	3496	49.30	27.58
ANOVA each column	$F(5,3447) = 3.195, p=.020$			$F(5,3495) = 3.946, p=.001$			$F(5,3490) = .540, p=.746$		
Post-hocs Tukey	60-69>100+, $p = .016$ 70-79>100+, $p = .015$			90-99>60-69, $p = .044$ 100+>60-69, $p = .005$ 100+>70-79, $p = .042$					

Table A3.10: BMI x PWI, Depression and Stress

BMI	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
15-19.9	191	57.75	20.98	189	39.23	28.35	192	50.42	27.74
20-24.9	1112	61.23	20.09	1132	35.61	26.24	1130	48.49	27.70
25-29.9	1123	57.93	21.19	1143	36.83	26.31	1130	48.48	27.26
30-34.9	603	56.70	21.16	605	41.05	27.08	612	51.16	27.86
35-39.9	235	54.22	22.16	243	44.83	27.73	241	52.50	27.78
> 40	95	55.04	22.61	95	44.63	27.11	94	54.03	25.76
Total	3359	58.45	21.03	3407	38.09	26.81	3399	49.51	27.56
ANOVA each column	$F(5,3353) = 7.374, p=.000$			$F(5,3401) = 8.285, p=.000$			$F(5,3393) = 2.186, p=.053$		
Post-hocs Tukey	20-24.9>25-29.9, $p = .003$ 20-24.9>30-34.9, $p = .000$ 20-24.9>35-39.9, $p = .000$			30-34.9>20-24.9, $p = .001$ 30-34.9>25-29.9, $p = .020$ 35-39.9>20-24.9, $p = .000$ 35-39.9>25-29.9, $p = .000$ >40>20-24.9, $p = .019$			No Significant Post-hocs		

Table A3.11: Age x BMI

	15-19.9	20-24.9	25-29.9	30-34.9	35-39.9	> 40	Total
18-35 (N)	11	34	29	20	12	7	113
36-45 (N)	28	154	123	60	33	15	413
46-55 (N)	48	221	211	149	59	30	718
56-65 (N)	47	308	367	211	85	31	1049
66-75 (N)	34	232	288	129	44	11	738
76+ (N)	28	200	158	50	10	1	447
Total	196	1149	1176	619	243	95	3478

## Appendix 4: Carer Resources

Table A4.1: Perceived Support (Partner) x Three DVs.

Level of Support	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
0	823	52.54	21.87	852	43.39	27.36	846	52.13	27.76
10	228	53.35	22.06	228	44.03	27.22	223	53.63	26.90
20	255	55.12	20.55	263	44.86	25.42	262	56.14	24.54
30	235	55.19	20.17	232	42.78	23.98	238	54.92	23.31
40	145	56.98	19.82	147	37.17	24.40	146	50.18	26.64
50	306	58.58	19.21	307	39.15	27.20	306	51.87	27.38
60	169	59.51	18.19	163	40.39	24.77	167	54.06	23.78
70	191	59.16	17.90	197	38.03	24.03	196	51.50	26.28
80	279	64.86	19.29	279	32.63	24.96	285	45.86	26.39
90	233	65.02	18.87	231	32.31	25.68	231	44.71	27.11
100	559	65.91	20.66	571	28.66	27.04	572	42.72	30.50
Total	3423	58.45	21.00	3470	38.39	26.80	3472	50.12	27.50
ANOVA	p= .000			p= .000			p= .000		
Post-hocs	50>0, p=.001			0>80, p=.000			0>80, p=.032		
Tukey	60>0, p=.003			0>90, p=.000			0>90, p=.011		
	70>0, p=.003			0>100, p=.000			0>100, p=.000		
	80>0, p=.000			10>80, p=.000			10>90, p=.021		
	80>10, p=.000			10>90, p=.000			10>100, p=.000		
	80>20, p=.000			10>100, p=.000			20>80, p=.001		
	80>30, p=.000			20>80, p=.000			20>90, p=.000		
	80>40, p=.007			20>90, p=.000			20>100, p=.000		
	80>50, p=.009			20>100, p=.000			30>80, p=.007		
	90>0, p=.000			30>80, p=.001			30>90, p=.002		
	90>10, p=.000			30>90, p=.001			30>100, p=.000		
	90>20, p=.000			30>100, p=.000			50>100, p=.000		
	90>30, p=.000			40>100, p=.019			60>90, p=.029		
	90>40, p=.009			50>100, p=.000			60>100, p=.000		
	90>50, p=.013			60>100, p=.000			70>100, p=.005		
	100>0, p=.000			70>100, p=.001					
	100>10, p=.000								
	100>20, p=.000								
	100>30, p=.000								
	100>40, p=.000								
	100>50, p=.000								
	100>60, p=.015								
	100>70, p=.004								

Table A4.2: Perceived Support (Family) x Three DVs.

Level of Support	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
0	666	52.11	23.16	664	44.58	28.86	671	55.02	28.21
10	309	53.19	20.53	319	42.55	26.13	317	54.94	24.89
20	369	54.29	20.62	381	43.33	26.09	370	54.00	25.37
30	316	53.87	20.43	325	43.12	25.05	322	52.24	24.82
40	238	56.55	17.76	237	39.66	22.90	240	52.22	25.74
50	445	59.02	19.60	442	39.26	26.05	449	50.78	26.97
60	231	60.54	19.95	235	37.22	25.35	238	50.95	26.67
70	303	63.57	17.48	307	34.60	24.50	310	46.45	24.94
80	383	64.12	19.70	387	31.11	24.86	381	43.66	27.15
90	168	68.21	18.80	168	28.02	25.55	169	35.41	28.65
100	348	68.59	20.38	358	26.04	27.92	356	37.87	31.36
Total	3776	58.54	21.08	3823	38.16	26.87	3823	49.46	27.62
ANOVA	p= .000			p= .000			p= .000		
Post-hocs Tukey	<p>50&gt;0, p=.000 50&gt;10, p=.005 50&gt;20, p=.038 50&gt;30, p=.024</p> <p>60&gt;0, p=.000 60&gt;10, p=.002 60&gt;20, p=.011 60&gt;30, p=.007</p> <p>70&gt;0, p=.000 70&gt;10, p=.000 70&gt;20, p=.000 70&gt;30, p=.000 70&gt;40, p=.003</p> <p>80&gt;0, p=.000 80&gt;10, p=.000 80&gt;20, p=.000 80&gt;30, p=.000 80&gt;40, p=.000 80&gt;50, p=.014</p> <p>90&gt;0, p=.000 90&gt;10, p=.000 90&gt;20, p=.000 90&gt;30, p=.000 90&gt;40, p=.000 90&gt;50, p=.000 90&gt;60, p=.009</p> <p>100&gt;0, p=.000 100&gt;10, p=.000 100&gt;20, p=.000 100&gt;30, p=.000 100&gt;40, p=.000 100&gt;50, p=.000 100&gt;60, p=.000</p>			<p>0&gt;50, p=.038 0&gt;60, p=.010 0&gt;70, p=.000 0&gt;80, p=.000 0&gt;90, p=.000 0&gt;100, p=.000</p> <p>10&gt;70, p=.007 10&gt;80, p=.000 10&gt;90, p=.000 10&gt;100, p=.000</p> <p>20&gt;70, p=.001 20&gt;80, p=.000 20&gt;90, p=.000 20&gt;100, p=.000</p> <p>30&gt;70, p=.002 30&gt;80, p=.000 30&gt;90, p=.000 30&gt;100, p=.000</p> <p>40&gt;80, p=.004 40&gt;90, p=.001 40&gt;100, p=.000</p> <p>50&gt;80, p=.000 50&gt;90, p=.000 50&gt;100, p=.000</p> <p>60&gt;90, p=.022 60&gt;100, p=.000</p> <p>70&gt;100, p=.001</p>			<p>0&gt;70, p=.000 0&gt;80, p=.000 0&gt;90, p=.000 0&gt;100, p=.000</p> <p>10&gt;70, p=.004 10&gt;80, p=.000 10&gt;90, p=.000 10&gt;100, p=.000</p> <p>20&gt;70, p=.013 20&gt;80, p=.000 20&gt;90, p=.000 20&gt;100, p=.000</p> <p>30&gt;80, p=.001 30&gt;90, p=.000 30&gt;100, p=.000</p> <p>40&gt;80, p=.006 40&gt;90, p=.000 40&gt;100, p=.000</p> <p>50&gt;80, p=.007 50&gt;90, p=.000 50&gt;100, p=.000</p> <p>60&gt;80, p=.043 60&gt;90, p=.000 60&gt;100, p=.000</p> <p>70&gt;90, p=.001 70&gt;100, p=.002</p> <p>80&gt;90, p=.038</p>		

Table A4.3: Perceived Support (Friends) x Three DVs.

Level of Support	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
0	639	49.64	22.86	648	47.09	29.04	645	57.29	29.08
10	357	56.03	21.04	358	41.76	27.15	351	53.39	26.10
20	380	54.15	21.40	383	42.76	25.00	382	53.25	24.75
30	342	56.38	19.78	353	41.54	23.58	351	51.73	24.99
40	282	54.78	19.60	286	41.00	24.81	290	53.11	24.30
50	521	59.96	19.22	534	36.53	25.58	527	48.47	26.38
60	283	62.20	17.97	283	35.50	25.72	285	48.68	26.02
70	314	63.22	17.95	320	33.76	25.60	318	45.14	28.03
80	325	66.59	18.61	327	28.10	24.82	329	41.08	27.84
90	137	69.56	18.68	140	27.05	24.75	141	38.51	28.12
100	201	71.50	20.49	201	23.30	27.25	208	33.39	30.80
Total	3781	58.52	21.10	3833	38.16	26.90	3827	49.45	27.68
ANOVA	p= .000			p= .000			p= .000		
Post-hocs	10>0, p=.000	80>0, p=.000		0>40, p=.040	30>70, p=.005		0>50, p=.000	40>70, p=.012	
Tukey	20>0, p=.024	80>10, p=.000		0>50, p=.000	30>80, p=.000		0>60, p=.000	40>80, p=.000	
	30>0, p=.000	80>20, p=.000		0>60, p=.000	30>90, p=.000		0>70, p=.000	40>90, p=.000	
	40>0, p=.016	80>30, p=.000		0>70, p=.000	30>100, p=.000		0>80, p=.000	40>100, p=.000	
	50>0, p=.000	80>40, p=.000		0>80, p=.000			0>90, p=.000		
	50>20, p=.001	80>50, p=.000		0>90, p=.000	40>70, p=.027		0>100, p=.000	50>80, p=.005	
	50>40, p=.022	90>0, p=.000		0>100, p=.000	40>80, p=.000			50>90, p=.005	
	60>0, p=.000	90>10, p=.000			40>90, p=.000		10>70, p=.004	50>100, p=.000	
	60>10, p=.006	90>20, p=.000		10>70, p=.003	40>100, p=.000		10>80, p=.000		
	60>20, p=.000	90>30, p=.000		10>80, p=.000			10>90, p=.000	60>80, p=.021	
	60>30, p=.015	90>40, p=.000		10>90, p=.000	50>80, p=.000		10>100, p=.000	60>90, p=.011	
	60>40, p=.001	90>50, p=.000		10>100, p=.000	50>90, p=.006			60>100, p=.000	
	70>0, p=.000	90>60, p=.020		20>50, p=.016	50>100, p=.000		20>70, p=.004		
	70>10, p=.000	100>0, p=.000		20>60, p=.017			20>80, p=.000	70>100, p=.000	
	70>20, p=.000	100>10, p=.000		20>70, p=.000	60>80, p=.021		20>90, p=.000		
	70>30, p=.001	100>20, p=.000		20>80, p=.000	60>100, p=.000		20>100, p=.000		
	70>40, p=.000	100>30, p=.000		20>90, p=.000	70>100, p=.000			30>80, p=.000	
		100>40, p=.000		20>100, p=.000				30>90, p=.000	
		100>50, p=.000						30>100, p=.000	
		100>60, p=.000							
		100>70, p=.004							

Table A4.4: Perceived Support (Counsellors/ Professionals) x Three DVs.

Level of Support	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
0	919	57.28	21.97	934	38.34	28.56	931	50.29	29.13
10	336	54.96	21.06	342	41.23	25.98	338	53.39	25.49
20	298	55.10	21.84	298	42.86	26.78	296	53.28	26.64
30	280	54.08	19.34	280	40.89	24.16	287	53.11	25.19
40	191	56.10	18.69	197	41.03	24.01	200	52.31	25.11
50	452	56.24	20.12	463	40.60	25.48	462	50.97	25.05
60	220	60.29	19.35	215	39.68	26.02	210	50.66	25.60
70	263	59.52	18.86	265	39.33	25.85	268	49.70	26.93
80	316	61.98	20.19	323	34.10	26.40	323	47.77	27.68
90	183	66.17	20.95	183	31.18	26.01	177	40.56	29.06
100	266	67.58	22.15	276	28.19	27.92	280	39.13	30.68
Total	3724	58.38	21.09	3776	38.26	26.85	3772	49.69	27.56
ANOVA	p= .000			p= .000			p= .000		
Post-hocs Tukey	<p>60&gt;30, p=.037</p> <p>80&gt;0, p=.023</p> <p>80&gt;10, p=.001</p> <p>80&gt;20, p=.002</p> <p>80&gt;30, p=.000</p> <p>80&gt;50, p=.008</p> <p>90&gt;0, p=.000</p> <p>90&gt;10, p=.000</p> <p>90&gt;20, p=.000</p> <p>90&gt;30, p=.000</p> <p>90&gt;40, p=.000</p> <p>90&gt;50, p=.000</p> <p>90&gt;70, p=.036</p> <p>100&gt;0, p=.000</p> <p>100&gt;10, p=.000</p> <p>100&gt;20, p=.000</p> <p>100&gt;30, p=.000</p> <p>100&gt;40, p=.000</p> <p>100&gt;50, p=.000</p> <p>100&gt;60, p=.006</p> <p>100&gt;70, p=.000</p> <p>100&gt;80, p=.046</p>			<p>0&gt;90, p=.035</p> <p>0&gt;100, p=.000</p> <p>10&gt;80, p=.024</p> <p>10&gt;90, p=.002</p> <p>10&gt;100, p=.000</p> <p>20&gt;80, p=.002</p> <p>20&gt;90, p=.000</p> <p>20&gt;100, p=.000</p> <p>30&gt;90, p=.006</p> <p>30&gt;100, p=.000</p> <p>40&gt;90, p=.014</p> <p>40&gt;100, p=.000</p> <p>50&gt;80, p=.031</p> <p>50&gt;90, p=.002</p> <p>50&gt;100, p=.000</p> <p>60&gt;100, p=.000</p> <p>70&gt;100, p=.000</p>			<p>0&gt;90, p=.001</p> <p>0&gt;100, p=.000</p> <p>10&gt;90, p=.000</p> <p>10&gt;100, p=.000</p> <p>20&gt;90, p=.000</p> <p>20&gt;100, p=.000</p> <p>30&gt;90, p=.000</p> <p>30&gt;100, p=.000</p> <p>40&gt;90, p=.002</p> <p>40&gt;100, p=.000</p> <p>50&gt;90, p=.001</p> <p>50&gt;100, p=.000</p> <p>60&gt;90, p=.013</p> <p>60&gt;100, p=.000</p> <p>70&gt;90, p=.024</p> <p>70&gt;100, p=.000</p> <p>80&gt;100, p=.005</p>		

Table A4.5: Ability to pay for household essentials x Three DVs.

Ability to pay for household items	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
0	165	41.35	23.84	168	52.21	31.30	167	64.20	28.20
10	144	44.70	22.88	147	52.83	27.10	147	63.31	25.24
20	212	47.49	20.49	213	47.59	24.33	211	59.36	22.96
30	268	50.94	20.04	270	46.08	24.70	275	56.40	24.58
40	268	53.16	19.23	273	45.55	23.93	270	55.66	23.73
50	799	56.51	20.37	803	40.48	27.00	812	51.03	27.66
60	231	57.68	18.45	236	39.15	24.10	231	48.63	25.42
70	309	61.42	16.43	314	33.44	23.76	310	46.91	24.97
80	468	64.00	18.28	485	34.21	24.63	480	46.87	26.69
90	325	66.62	18.68	327	30.62	25.81	324	41.40	26.47
100	572	69.71	19.30	579	26.98	26.17	586	38.91	29.73
Total	3761	58.54	21.10	3815	38.28	26.83	3813	49.57	27.59
ANOVA	p= .000			p= .000			p= .000		
Post-hocs	30>0, p=.000			0>50, p=.000			0>40, p=.045		
Tukey	80>0, p=.000			40>70, p=.001			40>70, p=.004		
	80>10, p=.000			0>60, p=.000			0>50, p=.000		
	80>20, p=.000			40>80, p=.000			40>80, p=.001		
	80>30, p=.000			0>70, p=.000			0>60, p=.000		
	80>40, p=.000			40>90, p=.000			40>90, p=.000		
	80>50, p=.000			0>80, p=.000			0>70, p=.000		
	80>60, p=.003			40>100, p=.000			0>80, p=.000		
	90>0, p=.000			0>90, p=.000			0>90, p=.000		
	90>10, p=.000			0>100, p=.000			50>90, p=.000		
	90>20, p=.000			50>70, p=.002			0>100, p=.000		
	90>30, p=.000			50>80, p=.001			50>100, p=.000		
	90>40, p=.000			50>90, p=.000			10>50, p=.000		
	90>50, p=.000			10>50, p=.000			60>100, p=.000		
	90>60, p=.000			10>60, p=.000			10>60, p=.000		
	90>70, p=.034			10>70, p=.000			10>70, p=.000		
	100>0, p=.000			10>80, p=.000			10>70, p=.000		
	100>10, p=.000			10>90, p=.000			10>80, p=.000		
	100>20, p=.000			10>100, p=.000			10>90, p=.000		
	100>30, p=.000			20>50, p=.015			80>100, p=.000		
	100>40, p=.000			20>60, p=.023			20>50, p=.003		
	100>50, p=.000			20>70, p=.000			20>60, p=.001		
	100>60, p=.000			20>80, p=.000			20>70, p=.000		
	100>70, p=.000			20>90, p=.000			20>80, p=.000		
	100>80, p=.000			20>100, p=.000			20>90, p=.000		
				30>70, p=.000			20>100, p=.000		
				30>80, p=.000			30>60, p=.043		
				30>90, p=.000			30>70, p=.001		
				30>100, p=.000			30>80, p=.000		
							30>90, p=.000		
							30>100, p=.000		

Table A4.6: Ability to afford things you would like x Three DVs.

Ability to afford things you would like	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
0	321	42.51	22.59	325	51.91	29.03	326	62.39	27.29
10	248	45.03	20.03	249	51.85	25.37	249	61.15	23.71
20	354	51.68	19.85	364	45.87	25.07	359	58.35	24.29
30	373	54.88	19.16	373	41.50	24.21	381	53.27	23.99
40	287	55.60	19.60	286	41.02	23.77	283	50.85	25.34
50	643	58.76	19.93	653	36.25	27.39	667	47.72	28.40
60	260	62.43	17.68	268	35.96	23.43	267	46.31	24.53
70	304	64.14	17.24	312	32.74	24.54	302	44.76	26.13
80	419	66.95	18.22	426	31.72	25.39	427	43.90	27.94
90	222	68.75	18.25	223	28.83	25.84	217	40.30	28.08
100	337	71.46	19.05	341	25.84	25.78	342	37.21	29.31
Total	3768	58.50	21.13	3820	38.21	26.83	3820	49.51	27.59
ANOVA	p= .000			p= .000			p= .000		
Post-hocs	20>0, p=.000	80>0, p=.000		0>30, p=.000	30>70, p=.000		0>30, p=.000	30>50, p=.045	
Tukey	20>10, p=.002	80>10, p=.000		0>40, p=.000	30>80, p=.000		0>40, p=.000	30>60, p=.042	
		80>20, p=.000		0>50, p=.000	30>90, p=.000		0>50, p=.000	30>70, p=.002	
	30>0, p=.000	80>30, p=.000		0>60, p=.000	30>100, p=.000		0>60, p=.000	30>80, p=.000	
	30>10, p=.000	80>40, p=.000		0>70, p=.000			0>70, p=.000	30>90, p=.000	
		80>50, p=.000		0>80, p=.000	40>70, p=.004		0>80, p=.000	30>100, p=.000	
	40>0, p=.000			0>90, p=.000	40>80, p=.000		0>90, p=.000		
	40>10, p=.000	90>0, p=.000		0>100, p=.000	40>90, p=.000		0>100, p=.000	40>80, p=.028	
		90>10, p=.000			40>100, p=.000			40>90, p=.001	
	50>0, p=.000	90>20, p=.000		10>30, p=.001			10>30, p=.013	40>100, p=.000	
	50>10, p=.000	90>30, p=.000		10>40, p=.003	50>90, p=.009		10>40, p=.000		
	50>20, p=.000	90>40, p=.000		10>50, p=.000	50>100, p=.000		10>50, p=.000	50>90, p=.016	
		90>50, p=.000		10>60, p=.000			10>60, p=.000	50>100, p=.000	
	60>0, p=.000	90>60, p=.016		10>70, p=.000	60>100, p=.000		10>70, p=.000		
	60>10, p=.000			10>80, p=.000			10>80, p=.000	60>100, p=.001	
	60>20, p=.000	100>0, p=.000		10>90, p=.000	70>100, p=.026		10>90, p=.000		
	60>30, p=.000	100>10, p=.000		10>100, p=.000			10>100, p=.000	70>100, p=.014	
	60>40, p=.002	100>20, p=.000							
		100>30, p=.000		20>50, p=.000			20>40, p=.017	80>100, p=.022	
	70>0, p=.000	100>40, p=.000		20>60, p=.001			20>50, p=.000		
	70>10, p=.000	100>50, p=.000		20>70, p=.000			20>60, p=.000		
	70>20, p=.000	100>60, p=.000		20>80, p=.000			20>70, p=.000		
	70>30, p=.000	100>70, p=.000		20>90, p=.000			20>80, p=.000		
	70>40, p=.000			20>100, p=.000			20>90, p=.000		
	70>50, p=.003						20>100, p=.000		

Table A4.7: Ability to save money x Three DVs.

Ability to save money	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
0	471	47.02	22.90	484	47.88	29.05	487	59.39	27.35
10	308	50.42	20.56	310	46.29	26.15	313	56.65	26.70
20	362	53.41	19.09	366	44.24	24.64	361	55.96	23.72
30	329	55.42	18.92	340	42.26	23.92	333	53.18	24.55
40	271	58.57	20.08	266	35.99	25.84	270	47.77	26.89
50	645	59.97	19.96	652	37.46	26.43	663	47.27	27.62
60	241	62.30	17.27	239	34.04	24.06	244	46.61	25.27
70	239	63.73	18.83	242	33.22	25.22	242	44.97	25.72
80	333	64.69	18.89	338	32.54	25.55	331	44.48	26.95
90	203	67.80	18.47	204	29.33	24.75	197	40.58	27.77
100	362	69.18	21.37	373	27.84	27.32	369	40.40	31.10
Total	3764	58.55	21.11	3814	38.18	26.82	3810	49.52	27.59
ANOVA	p= .000			p= .000			p= .000		
Post-hocs	20>0, p=.000	80>0, p=.000	0>40, p=.000	30>60, p=.009	0>30, p=.046	30>50, p=.043			
Tukey	80>10, p=.000	0>50, p=.000	30>70, p=.002	0>40, p=.000	30>70, p=.014				
	30>0, p=.000	80>20, p=.000	0>60, p=.000	0>50, p=.000	30>80, p=.002				
	80>30, p=.000	0>70, p=.000	30>80, p=.000	0>60, p=.000	30>90, p=.000				
	40>0, p=.000	80>40, p=.008	0>80, p=.000	0>70, p=.000	30>100, p=.000				
	40>10, p=.000	80>50, p=.020	0>90, p=.000	0>80, p=.000					
			0>100, p=.000	0>90, p=.000	40>100, p=.027				
	50>0, p=.000	90>0, p=.000	40>100, p=.005	0>100, p=.000					
	50>10, p=.000	90>10, p=.000			50>100, p=.004				
	50>20, p=.000	90>20, p=.000	10>40, p=.000	50>90, p=.005					
	50>30, p=.033	90>30, p=.000	10>50, p=.000	50>100, p=.000	10>40, p=.003				
		90>40, p=.000	10>60, p=.000		10>50, p=.000				
	60>0, p=.000	90>50, p=.000	10>70, p=.000		10>70, p=.001				
	60>10, p=.000		10>80, p=.000		10>80, p=.000				
	60>20, p=.000	100>0, p=.000	10>90, p=.000		10>90, p=.000				
	60>30, p=.002	100>10, p=.000	10>100, p=.000		10>100, p=.000				
		100>20, p=.000			20>40, p=.007				
	70>0, p=.000	100>30, p=.000	20>40, p=.004		20>50, p=.000				
	70>10, p=.000	100>40, p=.000	20>60, p=.003		20>60, p=.001				
	70>20, p=.000	100>50, p=.000	20>70, p=.000		20>70, p=.000				
	70>30, p=.000	100>60, p=.002	20>80, p=.000		20>80, p=.000				
		100>70, p=.042	20>90, p=.000		20>90, p=.000				
			20>100, p=.000		20>100, p=.000				

Table A4.8: Savings and investments x Three DVs.

Savings and Investments	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
0	537	47.28	23.12	541	47.73	28.69	549	59.40	27.81
10	348	49.86	19.92	360	45.67	25.56	354	57.03	25.34
20	317	52.85	19.72	321	42.37	24.79	318	53.72	25.43
30	314	56.11	18.82	315	41.07	25.13	315	53.39	24.78
40	226	57.34	18.72	228	40.66	25.20	229	52.76	25.41
50	648	59.48	19.74	656	37.63	26.77	664	47.58	27.17
60	225	61.99	17.67	228	36.97	24.52	228	47.99	24.64
70	221	62.13	16.71	227	32.17	23.99	227	42.55	25.74
80	362	67.17	18.23	365	31.22	25.34	361	43.83	27.01
90	228	68.77	18.61	228	28.60	25.47	221	40.83	27.67
100	328	71.17	20.41	339	27.01	26.34	337	37.74	30.60
Total	3754	58.51	21.10	3808	38.23	26.82	3803	49.58	27.59
ANOVA	p= .000			p= .000			p= .000		
Post-hocs	20>0, p=.003			0>30, p=.014			0>50, p=.000		
Tukey	90>0, p=.000			40>70, p=.022			40>70, p=.002		
	90>10, p=.000			0>40, p=.025			0>60, p=.000		
	90>20, p=.000			40>80, p=.001			40>80, p=.004		
	30>0, p=.000			0>50, p=.000			0>70, p=.000		
	30>10, p=.002			40>90, p=.000			40>90, p=.000		
	90>30, p=.000			0>60, p=.000			0>80, p=.000		
	90>40, p=.000			40>100, p=.000			40>100, p=.000		
	90>50, p=.000			0>70, p=.000			0>90, p=.000		
	90>60, p=.012			0>80, p=.000			0>100, p=.000		
	90>70, p=.016			50>80, p=.008			50>90, p=.046		
	50>0, p=.000			0>90, p=.000			50>100, p=.000		
	50>10, p=.000			50>100, p=.000			10>50, p=.000		
	50>20, p=.000			10>50, p=.000			10>60, p=.003		
	100>0, p=.000			60>90, p=.025			10>70, p=.000		
	100>10, p=.000			10>60, p=.004			10>80, p=.000		
	100>20, p=.000			60>100, p=.000			10>90, p=.000		
	100>30, p=.000			10>70, p=.000			10>100, p=.000		
	100>40, p=.000			10>80, p=.000			20>50, p=.032		
	100>50, p=.000			10>90, p=.000			20>70, p=.000		
	100>60, p=.000			10>100, p=.000			20>80, p=.000		
	100>70, p=.000			20>70, p=.000			20>90, p=.000		
				20>80, p=.000			20>100, p=.000		
				20>90, p=.000			30>70, p=.021		
				20>100, p=.000			30>80, p=.002		
				30>70, p=.004			30>90, p=.000		
				30>80, p=.000			30>100, p=.000		
				30>90, p=.000					
				30>100, p=.000					
	80>0, p=.000								
	80>10, p=.000								
	80>20, p=.000								
	80>30, p=.000								
	80>40, p=.032								
	80>50, p=.000								

Table A4.9: Financial security within control x Three DVs.

Control of financial security	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
0	487	45.15	22.20	495	49.80	28.26	494	61.30	27.15
10	286	48.75	19.81	286	46.87	26.23	287	58.62	25.22
20	320	52.10	19.43	330	46.05	24.34	323	56.48	23.55
30	298	54.50	19.57	302	40.93	24.79	302	52.87	25.58
40	243	57.27	18.61	242	39.04	23.22	246	51.78	24.43
50	600	57.90	19.78	608	38.35	26.78	611	48.15	27.07
60	226	63.51	17.85	225	35.23	24.13	229	47.01	24.97
70	269	63.38	17.36	274	32.95	23.36	272	45.10	26.13
80	372	66.64	18.36	380	31.31	26.13	381	42.71	26.95
90	266	68.63	17.59	268	29.98	25.48	258	41.21	27.34
100	395	70.92	20.01	401	25.56	26.18	406	37.40	30.37
Total	3762	58.47	21.12	3811	38.18	26.83	3809	49.51	27.59
ANOVA	p= .000			p= .000			p= .000		
Post-hocs	20>0, p=.000			0>30, p=.000			0>30, p=.001		
Tukey	80>0, p=.000			30>70, p=.009			30>70, p=.021		
	80>10, p=.000			0>40, p=.000			0>40, p=.000		
	30>0, p=.000			30>80, p=.000			30>80, p=.000		
	80>20, p=.000			0>50, p=.000			0>50, p=.000		
	30>10, p=.016			30>90, p=.000			30>90, p=.000		
	80>30, p=.000			0>60, p=.000			0>60, p=.000		
	80>40, p=.000			30>100, p=.000			30>100, p=.000		
	40>0, p=.000			0>70, p=.000			0>70, p=.000		
	80>50, p=.000			0>80, p=.000			0>80, p=.000		
	40>10, p=.000			40>80, p=.012			40>80, p=.002		
	90>0, p=.000			0>90, p=.000			0>90, p=.000		
	90>10, p=.000			40>90, p=.004			40>90, p=.000		
	50>0, p=.000			0>100, p=.000			0>100, p=.000		
	90>20, p=.000			40>100, p=.000			40>100, p=.000		
	50>10, p=.000			10>40, p=.022			10>50, p=.000		
	50>20, p=.001			10>50, p=.000			50>90, p=.019		
	90>30, p=.000			10>60, p=.000			10>60, p=.000		
	90>40, p=.000			10>70, p=.000			10>70, p=.000		
	90>50, p=.000			10>80, p=.000			10>80, p=.000		
	60>0, p=.000			10>90, p=.000			10>90, p=.000		
	60>10, p=.000			10>100, p=.000			10>100, p=.000		
	60>20, p=.000			70>100, p=.012			70>100, p=.010		
	60>30, p=.000								
	60>40, p=.022								
	60>50, p=.010								
	100>0, p=.000								
	100>10, p=.000								
	100>20, p=.000								
	100>30, p=.000								
	100>40, p=.000								
	100>50, p=.000								
	100>60, p=.000								
	100>70, p=.000								
	70>0, p=.000								
	70>10, p=.000								
	70>20, p=.000								
	70>30, p=.000								
	70>40, p=.017								
	70>50, p=.006								

Table A4.10: Financial situation improving x Three DVs.

Financial situation improving	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
0	727	48.19	22.61	739	46.64	29.34	739	56.56	28.39
10	359	52.20	20.14	362	44.55	25.21	353	55.47	25.78
20	358	53.29	19.61	366	44.99	24.62	368	55.34	25.60
30	305	58.21	18.33	304	40.49	23.62	302	52.16	24.36
40	250	57.89	18.98	256	37.18	23.68	257	49.26	24.56
50	788	61.89	19.85	804	34.77	25.82	807	46.15	27.23
60	225	64.15	16.34	229	33.51	24.30	230	46.11	26.36
70	195	66.40	17.20	196	30.23	24.85	193	45.48	26.65
80	228	69.34	17.74	233	28.27	25.63	234	40.85	27.79
90	132	70.54	17.90	129	27.77	25.57	128	37.15	28.02
100	195	69.89	21.79	196	25.75	27.02	198	38.74	30.37
Total	3762	58.47	21.13	3814	38.19	26.84	3809	49.56	27.57
ANOVA	p= .000			p= .000			p= .000		
Post-hocs	20>0, p=.003			0>40, p=.000			0>40, p=.009		
Tukey	80>0, p=.000			30>50, p=.043			30>50, p=.039		
	80>10, p=.000			0>50, p=.000			0>50, p=.000		
	80>20, p=.000			30>70, p=.001			30>80, p=.000		
	30>0, p=.000			0>60, p=.000			0>60, p=.000		
	80>30, p=.000			30>80, p=.000			30>90, p=.000		
	30>10, p=.005			0>70, p=.000			0>70, p=.000		
	80>40, p=.000			30>90, p=.000			30>100, p=.000		
	80>50, p=.000			0>80, p=.000			0>80, p=.000		
	90>0, p=.000			30>100, p=.000			0>90, p=.000		
	90>10, p=.000			0>90, p=.000			40>80, p=.024		
	90>20, p=.000			0>100, p=.000			40>90, p=.002		
	10>50, p=.000			40>80, p=.007			40>100, p=.002		
	10>60, p=.000			40>90, p=.033			40>100, p=.002		
	10>70, p=.000			40>100, p=.000			10>50, p=.000		
	10>80, p=.000			50>80, p=.032			10>60, p=.002		
	10>90, p=.000			50>100, p=.001			10>70, p=.002		
	100>0, p=.000			10>80, p=.000			10>80, p=.000		
	100>10, p=.000			10>90, p=.000			10>90, p=.000		
	100>20, p=.000			10>100, p=.000			10>100, p=.000		
	100>30, p=.000			20>40, p=.010			20>50, p=.000		
	100>40, p=.000			20>50, p=.000			20>60, p=.002		
	100>50, p=.000			20>60, p=.000			20>70, p=.002		
	70>0, p=.000			20>70, p=.000			20>80, p=.000		
	70>10, p=.000			20>80, p=.000			20>90, p=.000		
	70>20, p=.000			20>90, p=.000			20>100, p=.000		
	70>30, p=.000			20>100, p=.000					
	70>40, p=.000								

Table A4.11: Income Enough to Cover Expenses and Bills x Three DV's

Income enough to cover expenses & bills	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
Yes	2304	54.32	21.10	2324	43.06	26.83	2322	54.48	26.55
No	1478	65.24	19.30	1506	30.68	25.22	1508	41.84	27.48
t-test	t= -16.363, p= <b>.000</b>			t=14.469, p= <b>.000</b>			t=14.098, p= <b>.000</b>		

Table A4.12: Do you receive a Centrelink payment?

Centrelink payment recipient	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
Yes	3175	58.17	21.30	3211	38.97	26.94	3208	50.06	27.71
No	626	60.47	20.21	639	34.26	26.28	638	46.57	27.19
t-test	t=-2.492, p= <b>.013</b>			t=4.053, p= <b>.000</b>			t=2.912, p= <b>.004</b>		

Table A4.12.1: Do you receive a Centrelink payment? YES/ NO

Income	Centrelink payment recipient																	
	Yes									No								
	PWI			Depression			Stress			PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD
<\$15000	706	55.18	22.77	700	42.35	28.78	697	50.30	28.87	26	58.19	21.72	28	40.36	28.86	27	44.81	29.50
\$15000-\$30000	1136	57.84	21.51	1148	38.57	26.50	1147	48.49	27.43	103	57.61	22.49	108	36.59	28.21	111	47.12	26.98
\$31000-\$60000	734	59.58	20.54	738	38.53	25.90	739	51.51	27.32	233	59.72	19.56	240	35.61	27.15	238	47.94	28.17
\$61000-\$90000	229	60.09	19.86	235	37.37	26.90	238	51.66	27.41	116	62.94	18.76	117	31.72	22.42	116	44.29	26.66
\$91000-\$120000	106	59.18	20.85	109	35.37	24.76	109	54.60	26.37	64	60.87	20.00	65	29.56	23.64	63	44.22	24.93
\$121000-\$150000	43	63.62	18.31	43	38.17	27.12	42	54.25	25.67	35	57.96	19.49	35	36.53	26.93	33	54.03	24.68
\$151000+	25	72.86	10.27	25	23.94	18.14	25	46.23	28.22	17	66.64	25.02	17	17.48	17.35	17	40.25	26.02

Table A4.13: Is this the main source of income?

Centrelink main source of income	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
Yes	1608	56.27	21.67	1630	40.32	27.26	1620	49.80	28.02
No	1544	60.26	20.55	1560	37.67	26.51	1565	50.58	27.29
t-test	t=-5.312, p= <b>.000</b>			t=2.780, p= <b>.005</b>			t=-0.795, p= .426		

Table A4.14: Carer Services (Importance of respite) x Three DVs.

Importance of respite	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
0	496	63.06	21.41	498	30.42	27.41	501	39.07	28.42
10	110	61.10	18.56	115	34.32	24.23	113	45.08	24.64
20	99	58.48	23.11	100	31.97	24.39	92	43.28	26.46
30	107	62.10	18.77	107	32.70	24.24	110	45.01	25.66
40	61	60.23	17.13	60	35.64	22.40	60	40.43	22.18
50	321	56.03	20.95	322	38.87	26.67	324	47.80	25.81
60	104	59.88	18.12	107	36.84	23.29	109	47.01	25.78
70	178	58.16	18.07	179	40.06	23.29	181	47.92	24.68
80	319	58.45	19.52	322	38.03	24.22	327	50.80	24.35
90	282	58.55	21.42	280	40.84	24.64	277	50.97	26.43
100	1586	57.01	21.89	1623	40.92	28.02	1621	54.35	28.08
Total	3663	58.49	21.11	3713	38.15	26.76	3715	49.57	27.48
ANOVA	p= .000			p= .000			p= .000		
Post-hocs	0>50, p=.000			50>0, p=.001			50>0, p=.000		
Tukey	0>100, p=.000			70>0, p=.000			70>0, p=.005		
				80>0, p=.002			80>0, p=.000		
				90>0, p=.000			90>0, p=.000		
				100>0, p=.000			100>0, p=.000		
				100>20, p=.032			100>10, p=.011		
							100>20, p=.010		
							100>30, p=.019		
							100>40, p=.001		
							100>50, p=.003		

Table A4.15: Carer Services (Importance of community care services) x Three DVs.

Importance of community care services	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
0	672	61.98	21.03	676	31.38	26.85	682	42.94	28.80
10	136	58.55	20.10	138	37.90	23.44	137	50.72	25.75
20	144	58.27	19.74	150	37.82	24.74	150	47.21	26.09
30	106	61.85	19.24	104	36.96	24.12	105	46.83	24.98
40	72	51.31	20.05	74	42.70	23.52	74	52.90	23.50
50	357	57.03	20.73	365	40.76	27.08	368	50.45	26.19
60	133	54.97	19.98	138	42.84	23.91	139	54.08	24.37
70	187	58.79	20.13	192	37.31	24.71	192	48.34	25.70
80	314	61.03	18.56	318	39.17	24.25	313	50.40	25.05
90	283	58.91	21.11	290	39.04	25.59	287	49.26	26.85
100	1258	56.78	22.26	1265	40.16	28.38	1266	52.42	28.61
Total	3662	58.49	21.12	3710	38.18	26.75	3713	49.50	27.49
ANOVA	p= .000			p= .000			p= .000		
Post-hocs	0>40, p=.003			40>0, p=.011			50>0, p=.001		
Tukey	0>50, p=.017			50>0, p=.000			60>0, p=.000		
	0>60, p=.018			60>0, p=.000			80>0, p=.002		
	0>100, p=.000			80>0, p=.000			100>0, p=.000		
	30>40, p=.033			90>0, p=.002					
	80>40, p=.015			100>0, p=.000					
	80>100, p=.029								

Table A4.16: Carer Services (Importance of carer counselling) x Three DVs.

Importance of carer counselling	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
0	556	62.61	21.76	553	29.04	27.01	556	38.01	28.79
10	139	61.55	19.57	145	33.00	22.80	142	44.00	24.89
20	180	62.11	19.54	183	31.10	24.31	180	43.18	26.02
30	135	61.58	19.35	136	32.59	23.52	136	42.85	25.73
40	106	60.13	21.11	108	37.69	25.17	108	51.23	26.65
50	536	58.68	20.51	542	37.71	25.70	548	48.49	26.18
60	200	57.08	19.49	207	41.55	24.74	209	50.31	24.88
70	221	55.23	20.30	222	40.57	24.42	223	51.77	23.60
80	380	59.44	19.51	382	39.91	24.36	376	52.62	24.61
90	252	58.63	19.46	253	41.12	25.99	254	52.45	25.76
100	943	55.02	22.73	966	43.54	28.87	965	56.69	28.70
Total	3648	58.54	21.12	3697	38.08	26.74	3697	49.49	27.52
ANOVA	p= .000			p= .000			p= .000		
Post-hocs	0>60, p=.050			50>0, p=.000			40>0, p=.000		
Tukey	0>70, p=.001			60>0, p=.000			50>0, p=.000		
	0>100, p=.000			60>10, p=.050			60>0, p=.000		
	10>100, p=.022			60>20, p=.002			60>0, p=.000		
	20>70, p=.034			60>30, p=.044			70>0, p=.000		
	20>100, p=.001			70>0, p=.000			70>20, p=.036		
	30>100, p=.022			70>20, p=.006			80>0, p=.000		
				80>0, p=.000			80>10, p=.027		
				80>20, p=.004			80>20, p=.003		
				90>0, p=.000			80>30, p=.009		
				90>20, p=.002			90>0, p=.000		
				100>0, p=.000			90>20, p=.015		
				100>10, p=.000			90>30, p=.028		
				100>20, p=.000			100>0, p=.000		
				100>30, p=.000			100>10, p=.000		
				100>50, p=.003			100>20, p=.000		
							100>30, p=.000		
							100>50, p=.000		

Table A4.17: Carer Services (Importance of carer education & training) x Three DVs.

Importance of carer education & training	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
0	562	60.94	21.80	557	31.64	27.19	560	41.15	28.96
10	154	62.94	18.64	158	30.99	24.05	157	42.06	26.80
20	167	59.67	19.76	165	34.90	25.65	166	45.74	26.67
30	142	59.06	20.20	145	34.52	25.96	143	46.31	27.56
40	115	58.41	20.96	115	37.95	24.89	116	51.12	24.66
50	512	59.58	20.84	520	38.61	26.43	526	49.01	26.75
60	184	59.43	19.49	190	38.38	24.86	191	46.42	24.38
70	256	57.28	19.06	262	40.09	23.79	259	51.60	23.54
80	401	58.82	19.89	402	39.86	24.33	400	52.10	25.43
90	269	58.37	20.74	273	40.38	27.21	271	52.08	27.25
100	880	55.08	22.86	904	42.03	28.68	906	55.36	28.49
Total	3642	58.45	21.14	3691	38.08	26.74	3695	49.50	27.49
ANOVA	p= .000			p= .000			p= .000		
Post-hocs	0>100, p=.000			50>0, p=.001			40>0, p=.009		
Tukey	10>100, p=.000			50>10, p=.040			50>0, p=.000		
	50>100, p=.010			70>0, p=.000			70>0, p=.000		
				70>10, p=.010			70>10, p=.015		
				80>0, p=.000			80>0, p=.000		
				80>10, p=.006			80>10, p=.004		
				90>0, p=.001			90>0, p=.000		
				90>10, p=.013			90>10, p=.013		
				100>0, p=.000			100>0, p=.000		
				100>10, p=.000			100>10, p=.000		
							100>20, p=.002		
							100>30, p=.020		
							100>50, p=.001		
							100>60, p=.001		

Table A4.17.1: Income x Three DVs.

Income	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
<\$15000	739	55.25	22.67	735	42.39	28.79	731	50.12	28.92
\$15000-\$30000	1247	57.84	21.56	1265	38.39	26.61	1269	48.30	27.34
\$31000-\$60000	977	59.61	20.24	989	37.81	26.24	988	50.65	27.54
\$61000-\$90000	348	60.99	19.47	355	35.44	25.55	356	49.23	27.27
\$91000-\$120000	171	59.63	20.57	175	33.40	24.52	173	51.00	26.32
\$121000-\$150000	78	61.08	18.94	78	37.44	26.87	75	54.15	25.07
>\$151000	43	70.10	17.62	43	21.36	17.69	43	45.02	28.00
Total	3603	58.39	21.21	3640	38.29	26.84	3635	49.61	27.64
ANOVA	p= .000			p= .000			p= .222		
Post-hocs Tukey	\$31000-\$60000><\$15000, p=.000			<\$15000>\$15000-\$30000, p=.022					
	\$61000-\$90000><\$15000, p=.001			<\$15000>\$31000-\$60000, p=.008					
	\$151000+><\$15000, p=.000			<\$15000>\$61000-\$90000, p=.001					
	\$151000+>\$15000-\$30000, p=.003			<\$15000>\$91000-\$120000, p=.001					
	\$151000+>\$31000-\$60000, p=.024			<\$15000>\$151000+, p=.000					
				\$15000-\$30000>\$151000+, p=.001					
				\$31000-\$60000>\$151000+, p=.002					
				\$61000-\$90000>\$151000+, p=.019					

Table A4.18: Mean Values of Carers

Variable	N	Mean	SD
Level of support from partner	3601	46.01	37.69
Level of support from family	3977	44.40	33.21
Level of support from friends	3976	41.35	30.72
Level of support from counsellors/ professionals	3915	39.82	33.76
Satisfaction to pay for essentials	3965	59.48	28.94
Satisfaction to afford the things you would like	3970	50.03	30.13
Satisfaction with ability to save money	3966	46.63	31.72
Satisfaction with savings/investments	3953	45.81	32.28
Satisfaction with financial security is under your control	3963	48.87	32.63
Satisfaction that your financial situation is improving	3958	38.75	30.03
Worry that income will not meet expenses	3989	.39	.49
Importance of respite	3847	69.30	36.91
Importance of community care services	3847	61.84	38.85
Importance of carer counseling	3831	59.26	36.06
Importance of education and training	3821	58.74	36.01

Table A4.19: Mean Income Estimations

		N	Mean	SD	Combined Surveys 7-17		
					N	Mean	SD
Gender	Male	793	37973	29314	7446	62840	39117
	Female	2927	40196	29779	7214	55495	37407
	Total	3720	39722	29691	14660	59226	38460
Age	18-25	122	45369	31832	1234	63385	39468
	26-35				2196	69477	35864
	36-45	457	54469	36740	3052	71764	37826
	46-55	773	46523	34723	3082	68498	38885
	56-65	1103	36596	26025	2500	50781	35463
	66-75	771	30788	20183	1558	31550	23233
	76+	489	34739	25361	944	26862	20821
	Total	3715	39699	29656	14566	59206	38436
Household Structure	Live Alone	320	31031	24290	2609	34760	26461
	Live with Partner	1621	37176	26597	4428	57807	38105
	Sole Parent	341	27999	20727	1056	45866	31786
	Live with Partner & Children	895	56179	35431	4714	75430	36727
	Live with Parents	376	34528	25708	946	67207	40199
	Live with Other Adults	220	30409	23929	848	60142	39936
	Total	3773	39675	29707	14601	59259	38475
Relationship Status	Married	2638	43942	31650	8376	66377	38391
	De facto or Living Together	116	38728	23384	1163	72330	38344
	Never Married	274	32190	23554	2341	56139	37620
	Separated but not Divorced	124	27278	16602	492	41951	30260
	Divorced	366	26947	19512	1133	38281	28115
	Widowed	253	28073	21734	1094	27361	21103
	Total	3771	39666	29692	14599	59282	38466
Work Status	FT Paid	307	70261	33926	6363	77521	36176
	FT Study	23	35870	28149	3173	30626	23034
	Retired	1592	32520	21929	325	51946	36191
	PT Paid	649	50593	34155	69	41196	33309
	PT Study	69	42174	32338	1180	55919	36704
	PT Volunteer	275	38809	32760	558	55511	39572
	Unemployed	740	33932	25755	462	36688	29505
	TOTAL	3655	39862	29673	12130	59693	38936

Mean income

Mean income has been calculated for the demographic groups by the following means:

- (a) Incomes <\$15,000 = \$15,000
- (b) Income ranges = range mid-point
- (c) Incomes >\$150,000 = \$150,000

## Appendix 5: Intensity of Carer Role

Table A5.1: Hours of Caring Each Day x Three DV's

Hours of Daily Caring	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
Less than 1 hr	143	66.40	18.46	142	24.16	20.81	142	34.09	24.89
1-2 hrs	256	62.87	19.49	256	28.73	23.71	259	38.94	25.63
3-6 hrs	633	60.30	19.76	636	33.69	25.07	640	44.76	26.02
7-12 hrs	565	58.99	20.71	567	38.53	26.45	573	50.09	25.99
12* hrs	560	57.71	21.72	567	39.07	26.69	565	52.90	27.66
Almost all the time	1568	56.28	21.63	1605	42.59	27.65	1595	53.72	27.96
ANOVA each column	p= .000			p= .000			p= .000		
Post-hocs	Dunnet T3 Less than 1hr >3-6 hrs, p=.008 Less than 1hr >7-12 hrs, p=.001 Less than 1hr >12* hrs, p=.000 Less than 1hr >Almost all the time, p=.000  1-2 hrs >12* hrs, p=.012 1-2 hrs >Almost all the time, p=.000  3-6 hrs >Almost all the time, p=.000			Dunnet T3 3-6 hrs >Less than 1hr, p=.000  7-12 hrs >Less than 1hr, p=.000 7-12 hrs >1-2 hrs, p=.000 7-12 hrs >3-6 hrs, p=.018  12* hrs >Less than 1hr, p=.000 12* hrs >1-2 hrs, p=.000 12* hrs >3-6 hrs, p=.005  Almost all the time > Less than 1hr, p=.000 Almost all the time >1-2 hrs, p=.000 Almost all the time >3-6 hrs, p=.000 Almost all the time >7-12 hrs, p=.029			Tukey 3-6 hrs >Less than 1hr, p=.000 3-6 hrs >1-2 hrs, p=.041  7-12 hrs >Less than 1hr, p=.000 7-12 hrs >1-2 hrs, p=.000 7-12 hrs >3-6 hrs, p=.008  12* hrs >Less than 1hr, p=.000 12* hrs >1-2 hrs, p=.000 12* hrs >3-6 hrs, p=.000  Almost all the time >Less than 1hr, p=.000 Almost all the time >1-2 hrs, p=.000 Almost all the time >3-6 hrs, p=.000		

Table A5.1.1: Hours of Caring Each Day x 7 PWI Domains

PWI Domains		Less that 1 hr	1-2 hrs	3-6 hrs	7-12 hrs	12* hrs	Almost all the time
1. Standard of living	(N)	147	269	660	581	583	1657
	(Mean)	75.37	70.59	67.73	62.84	61.51	61.75
	(SD)	18.88	20.81	22.18	24.38	24.60	25.59
2. Health	(N)	147	268	657	580	580	1659
	(Mean)	65.58	58.69	59.57	55.55	52.57	51.74
	(SD)	22.58	22.24	23.20	24.04	25.14	24.91
3. Achieving in life	(N)	145	265	653	578	583	1646
	(Mean)	65.45	59.36	56.36	52.72	51.05	48.61
	(SD)	22.30	22.91	23.51	24.76	25.91	26.65
4. Personal relationships	(N)	147	265	653	580	585	1644
	(Mean)	66.46	64.08	61.29	58.16	58.09	56.03
	(SD)	25.15	25.48	27.11	27.51	29.30	30.52
5. How safe you feel	(N)	147	265	655	580	584	1644
	(Mean)	75.99	72.75	71.66	68.36	65.84	64.39
	(SD)	19.29	21.54	23.10	25.20	25.71	27.23
6. Community connectedness	(N)	147	265	649	581	582	1638
	(Mean)	71.77	66.04	60.97	57.02	54.78	52.34
	(SD)	21.09	22.76	24.41	26.72	27.55	28.46
7. Future security	(N)	145	268	658	580	585	1654
	(Mean)	64.97	65.30	59.74	54.71	51.78	51.89
	(SD)	25.36	24.56	25.85	27.99	28.76	29.90

Table A5.2: Respondent as Primary Caregiver x Three DV's

Primary Caregiver	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
Yes	3447	58.21	21.13	3499	38.80	26.89	3493	50.32	27.53
No	295	61.25	20.41	291	32.31	26.28	294	41.95	27.37
Independent t-test each column	t(350.15) = -2.45, p= <b>.015</b> , two-tailed			t(342.50) = 4.04, p= <b>.000</b> , two-tailed			t(344.83) = 5.03, p= <b>.000</b> , two-tailed		

Table A5.2.1: Male Respondents as Primary Caregiver x Three DV's

Primary Caregiver	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
Yes	667	60.76	21.15	677	35.85	26.48	683	45.59	28.43
No	94	62.46	18.91	96	31.89	25.77	97	42.37	26.84
Independent t-test each column	t(128.15) = -0.80, p= <b>.423</b> , two-tailed			t(125.18) = 1.40, p= <b>.163</b> , two-tailed			t(128.58) = 1.10, p= <b>.275</b> , two-tailed		

Table A5.2.2: Female Respondents as Primary Caregiver x Three DV's

Primary Caregiver	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
Yes	2723	57.57	21.10	2764	39.56	26.98	2754	51.60	27.17
No	193	60.61	20.84	188	32.40	26.65	189	41.93	27.51
Independent t-test each column	t(220.83) = -1.96, p= <b>.051</b> , two-tailed			t(213.90) = 3.56, p= <b>.000</b> , two-tailed			t(213.95) = 4.68, p= <b>.000</b> , two-tailed		

Table A5.3: Period of Time Carer has Provided Care x Three DV's

Period of Time	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
Less than 6 mths	33	56.41	19.50	32	36.38	29.92	34	42.48	33.13
6 mths-2 yrs	320	62.44	20.39	330	35.30	25.96	327	46.84	27.33
3-9 yrs	1497	59.12	20.85	1500	37.75	26.13	1506	49.03	27.15
10-19 yrs	1088	56.71	21.02	1120	40.19	27.23	1116	51.56	27.53
20+ yrs	756	58.19	21.84	765	38.52	27.96	756	49.47	28.38
ANOVA each column	p= <b>.000</b>			p= <b>.034</b>			p= <b>.019</b>		
Post-hocs	Tukey 6 mths-2 yrs >10-19 yrs, p=.000 6 mths-2 yrs >20+ yrs, p=.021 3-9 yrs >10-19 yrs, p=.033			Dunnett T3 10-19 yrs >6 mths-2 yrs, p=.030			Dunnett T3		

Table A5.4: Status of Care Recipient/s x Three DV's

Recipient/s	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
One parent or parent-in-law	506	57.27	21.46	506	38.45	27.42	504	50.11	27.95
2-3 parents or parents-in-law	26	61.92	21.37	30	37.29	31.16	30	55.95	27.41
Spouse	1584	60.82	20.57	1602	37.22	26.14	1596	47.49	27.28
Child under 18	482	54.38	21.19	486	41.11	26.44	492	55.39	26.08
2-3 Children under 18	76	54.92	20.85	78	45.92	25.35	77	62.28	23.92
Child over 18	772	57.59	21.04	785	38.32	27.56	781	49.45	27.72
2-4 Children over 18	38	52.41	23.51	39	38.68	29.26	40	49.29	33.05
1-4 Grandchildren	56	56.94	19.56	60	36.29	24.83	62	52.21	28.31
1-3 Neighbours or Friends	104	58.41	20.92	103	34.95	27.93	107	44.26	28.12
1-2 Other relatives	142	57.96	23.16	145	38.31	29.16	143	48.29	29.69
ANOVA each column	p= .000			p= .063			p= .000		
Post-hocs	Tukey <i>Spouse &gt;One parent or parent-in-law, p=.032</i> <i>Spouse &gt;Child under 18, p=.000</i> <i>Spouse &gt;Child over 18, p=.017</i>			Tukey			Dunnet T3 <i>Child under 18 &gt;Spouse, p=.000</i> <i>Child under 18 &gt;Child over 18, p=.005</i> <i>Child under 18 &gt;1-3 Neighbours or Friends, p=.011</i>  <i>2-3 Children under 18 &gt;One parent or parent-in-law, p=.004</i> <i>2-3 Children under 18 &gt;Spouse, p=.000</i> <i>2-3 Children under 18 &gt;Child over 18, p=.001</i> <i>2-3 Children under 18 &gt;1-3 Neighbours or Friends, p=.000</i> <i>2-3 Children under 18 &gt;1-2 Other relatives, p=.009</i>		

This table involves the following combinations:

"2-3 parents or parents-in-law" came from combining 2 parents (N=39) and 3 parents (N=2)

"2-3 Children under 18" came from combining 2 children under 18 (N=67) and 3 children under 18 (N=17)

"2-4 children over 18" came from combining 2 children over 18 (N=39), 3 children over 18 (N=4) and 4 children over 18 (N=1)

"1-4 Grandchildren" came from combining 1 grandchild (N=62), 2 grandchildren (N=3), 3 grandchildren (N=2) and 4 grandchildren (N=1)

"1-3 Neighbours or Friends" came from combining 1 neighbour or friend (N=106), 2 neighbours or friends (N=5) and 3 neighbours or friends (N=1)

"1-2 Other relatives" came from combining 1 Other relative (N=149) and 2 other relatives (N=2)

Table A5.5: Accommodation for Care Recipient x Three DV's

Accommodation	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
With Carer	3049	58.43	21.12	3094	38.67	26.90	3088	50.27	27.54
Alone	135	59.11	20.98	141	33.87	25.81	139	46.18	26.60
Another Household	130	59.29	20.32	129	33.93	27.21	130	46.67	29.31
Residential Aged Care Facility	142	63.96	19.17	144	34.59	23.83	144	41.30	24.22
Supported Accommodation (assisted living)	49	63.41	20.87	49	29.94	28.87	50	37.34	28.44
Combination of Options	141	55.58	21.45	138	41.35	26.13	137	51.21	25.84
Other	27	62.22	20.61	27	47.94	31.72	26	57.25	31.53
ANOVA each column	p= .015			p= .002			p= .000		
Post-hocs	Tukey <i>Residential Aged Care Facility &gt;With Carer, p=.036</i> <i>Residential Aged Care Facility &gt;Combination of Options, p=.014</i>			Tukey			Dunnett T3 <i>With Carer &gt;Residential Aged Care Facility, p=.001</i> <i>With Carer &gt;Supported Accommodation (assisted living), p=.048</i>  <i>Combination of Options &gt;Residential Aged Care Facility, p=.022</i>		

The variable "Combination of Options" is made up of participants who chose two of the offered options, eg "Lives with Carer and Lives Alone", or "Lives with Carer and in Another Household", etc.

Table A5.6: Major Medical Conditions of Care Recipient x Three DV's

Medical Conditions	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
Chronic Condition	294	61.51	20.21	306	37.27	27.04	294	47.62	28.17
Mental Illness	468	58.53	21.37	464	39.68	25.99	464	50.14	26.60
Disability	1077	59.55	20.50	1082	35.92	26.72	1100	48.74	27.64
Aged and Frail	329	60.37	21.11	327	34.05	26.14	332	44.41	27.58
Two+ Conditions	1154	56.73	21.37	1180	40.88	27.32	1168	51.88	27.60
ANOVA each column	p= .000			p= .000			p= .000		
Post-hocs	<i>Chronic Condition &gt;Two+ Conditions, p=.004</i>			<i>Mental Illness &gt;Aged and Frail, p=.030</i>			<i>Mental Illness &gt;Aged and Frail, p=.031</i>		
Tukey	<i>Disability &gt;Two+ Conditions, p=.013</i>			<i>Two+ Conditions &gt;Disability, p=.000</i> <i>Two+ Conditions &gt;Aged and Frail, p=.000</i>			<i>Two+ Conditions &gt;Aged and Frail, p=.000</i>		
	<i>Aged and Frail &gt;Two+ Conditions, p=.043</i>								

## Appendix 6: Satisfaction with Caring and Leisure

Table A6.1: Satisfaction Hours Caring x PWI, Depression and Stress

Satisfaction	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
0	214	46.18	23.41	218	52.58	30.81	220	66.40	28.59
1	152	47.41	22.44	152	53.76	25.69	153	64.46	25.39
2	228	52.09	21.22	233	46.10	25.50	225	60.90	25.11
3	288	53.87	20.68	296	46.96	25.88	297	60.25	23.86
4	273	53.95	18.92	274	44.11	23.56	273	56.30	23.80
5	805	54.99	20.07	824	41.47	25.30	829	52.77	25.20
6	219	59.41	17.48	220	38.01	22.62	222	50.12	23.18
7	329	62.77	18.48	332	32.72	23.63	332	44.32	24.87
8	424	65.59	17.72	425	32.94	25.16	425	43.85	25.53
9	263	65.25	19.72	259	29.58	25.49	255	38.05	25.96
10	556	67.75	21.09	570	23.87	26.02	565	33.23	28.93
Total	3751	58.59	21.09	3803	38.13	26.88	3796	49.56	27.63
ANOVA each column	$F(10,3740) = 42.234, p=.000$			$F(10,3792) = 45.728, p=.000$			$F(10,3785) = 58.455, p=.000$		
Post-hocs Tukey	<p>3&gt;0, <math>p = .001</math>            3&gt;1, <math>p = .050</math>            4&gt;0, <math>p = .001</math>            4&gt;1, <math>p = .049</math>            5&gt;0, <math>p = .000</math>            5&gt;1, <math>p = .000</math>            6&gt;0, <math>p = .000</math>            6&gt;1, <math>p = .000</math>            6&gt;2, <math>p = .005</math>            7&gt;0, <math>p = .000</math>            7&gt;1, <math>p = .000</math>            7&gt;2, <math>p = .000</math>            7&gt;3, <math>p = .000</math>            7&gt;4, <math>p = .000</math>            7&gt;5, <math>p = .000</math>            8&gt;0, <math>p = .000</math>            8&gt;1, <math>p = .000</math>            8&gt;2, <math>p = .000</math>            8&gt;3, <math>p = .000</math>            8&gt;4, <math>p = .000</math>            8&gt;5, <math>p = .000</math>            8&gt;6, <math>p = .010</math>            9&gt;0, <math>p = .000</math>            9&gt;1, <math>p = .000</math>            9&gt;2, <math>p = .000</math>            9&gt;3, <math>p = .000</math>            9&gt;4, <math>p = .000</math>            9&gt;5, <math>p = .000</math>            10&gt;0, <math>p = .000</math>            10&gt;1, <math>p = .000</math>            10&gt;2, <math>p = .000</math>            10&gt;3, <math>p = .000</math>            10&gt;4, <math>p = .000</math>            10&gt;5, <math>p = .000</math>            10&gt;6, <math>p = .000</math>            10&gt;7, <math>p = .016</math></p>			<p>0&gt;4, <math>p = .011</math>            0&gt;5, <math>p = .000</math>            0&gt;6, <math>p = .000</math>            0&gt;7, <math>p = .000</math>            0&gt;8, <math>p = .000</math>            0&gt;9, <math>p = .000</math>            0&gt;10, <math>p = .000</math>            1&gt;4, <math>p = .008</math>            1&gt;5, <math>p = .000</math>            1&gt;6, <math>p = .000</math>            1&gt;7, <math>p = .000</math>            1&gt;8, <math>p = .000</math>            1&gt;9, <math>p = .000</math>            1&gt;10, <math>p = .000</math>            2&gt;6, <math>p = .030</math>            2&gt;7, <math>p = .000</math>            2&gt;8, <math>p = .000</math>            2&gt;9, <math>p = .000</math>            2&gt;10, <math>p = .000</math>            3&gt;6, <math>p = .004</math>            3&gt;7, <math>p = .000</math>            3&gt;8, <math>p = .000</math>            3&gt;9, <math>p = .000</math>            3&gt;10, <math>p = .000</math>            4&gt;7, <math>p = .000</math>            4&gt;8, <math>p = .000</math>            4&gt;9, <math>p = .000</math>            4&gt;10, <math>p = .000</math>            5&gt;7, <math>p = .000</math>            5&gt;8, <math>p = .000</math>            5&gt;9, <math>p = .000</math>            5&gt;10, <math>p = .000</math>            6&gt;9, <math>p = .013</math>            6&gt;10, <math>p = .000</math>            7&gt;10, <math>p = .000</math>            8&gt;10, <math>p = .000</math></p>			<p>0&gt;4, <math>p = .001</math>            0&gt;5, <math>p = .000</math>            0&gt;6, <math>p = .000</math>            0&gt;7, <math>p = .000</math>            0&gt;8, <math>p = .000</math>            0&gt;9, <math>p = .000</math>            0&gt;10, <math>p = .000</math>            1&gt;5, <math>p = .000</math>            1&gt;6, <math>p = .000</math>            1&gt;7, <math>p = .000</math>            1&gt;8, <math>p = .000</math>            1&gt;9, <math>p = .000</math>            1&gt;10, <math>p = .000</math>            2&gt;5, <math>p = .001</math>            2&gt;6, <math>p = .001</math>            2&gt;7, <math>p = .000</math>            2&gt;8, <math>p = .000</math>            2&gt;9, <math>p = .000</math>            2&gt;10, <math>p = .000</math>            3&gt;5, <math>p = .001</math>            3&gt;6, <math>p = .000</math>            3&gt;7, <math>p = .000</math>            3&gt;8, <math>p = .000</math>            3&gt;9, <math>p = .000</math>            3&gt;10, <math>p = .000</math>            4&gt;7, <math>p = .000</math>            4&gt;8, <math>p = .000</math>            4&gt;9, <math>p = .000</math>            4&gt;10, <math>p = .000</math>            5&gt;7, <math>p = .000</math>            5&gt;8, <math>p = .000</math>            5&gt;9, <math>p = .000</math>            5&gt;10, <math>p = .000</math>            6&gt;9, <math>p = .000</math>            6&gt;10, <math>p = .000</math>            7&gt;10, <math>p = .000</math>            8&gt;10, <math>p = .000</math></p>		

Table A6.1.1: Satisfaction Hours Caring x PWI

Satisfaction	PWI		
	N	Mean	SD
10-9	819	66.95	20.68
8-6	972	63.24	18.07
5-2	1594	54.20	20.17
1-0	366	46.69	22.99
Total	3751	58.59	21.09
ANOVA each column	$F(3,3747) = 133.262, p=.000$		
Post-hocs Tukey	$10-9 > 8-6, p = .001$ $10-9 > 2-5, p = .000$ $10-9 > 0-1, p = .000$ $8-6 > 2-5, p = .001$ $8-6 > 0-1, p = .000$ $5-2 > 1-0, p = .000$		

Table A6.1.2: Satisfaction Hours Caring x Gender (PWI)

	10-9	8-6	5-2	1-0	Total	p
Male (N)	245	205	256	58	764	
(Mean)	68.82	63.97	54.61	47.68	61.15	.000
(SD)	21.31	16.99	19.51	23.32	20.96	
Female (N)	558	748	1315	302	2923	
(Mean)	66.12	63.16	54.04	46.23	57.87	.000
(SD)	20.37	18.30	20.29	23.01	21.10	
Total	803	953	1571	360	3687	
p	.089	.569	.677	.661		

Table A6.1.3: Satisfaction Hours Caring x Age (PWI)

Age	10-9	8-6	5-2	1-0	Total	p
18-35 (N)	22	31	56	15	124	
(Mean)	60.00	59.77	50.69	48.38	54.33	.139
(SD)	23.24	17.41	24.65	24.27	22.99	
36-45 (N)	58	95	234	58	445	
(Mean)	61.72	62.00	52.93	40.10	54.34	.000
(SD)	22.15	18.12	19.94	22.18	21.25	
46-55 (N)	119	183	385	97	784	
(Mean)	62.16	61.07	51.93	47.32	55.04	.000
(SD)	20.26	19.25	20.30	22.18	20.95	
56-65 (N)	218	296	473	99	1086	
(Mean)	65.42	62.36	53.96	48.56	58.05	.000
(SD)	21.07	18.22	19.78	25.11	20.92	
66-75 (N)	215	211	275	63	764	
(Mean)	68.83	65.17	55.72	46.87	61.29	.000
(SD)	20.12	16.76	20.41	22.90	20.78	
76+ (N)	173	136	139	31	479	
(Mean)	72.17	67.57	62.66	51.61	66.78	.000
(SD)	19.38	17.03	17.02	18.17	18.76	
Total	805	952	1562	363	3682	
p	.000	.009	.000	.222		

Table A6.1.4: Satisfaction Hours Caring x Income (PWI)

Income	10-9	8-6	5-2	1-0	Total	p
<15K (N)	197	166	261	82	706	
(Mean)	62.78	61.74	49.27	44.51	55.42	.000
(SD)	23.08	17.83	20.65	25.96	22.57	
15-30K (N)	312	323	472	120	1227	
(Mean)	68.59	61.41	51.47	44.01	57.71	.000
(SD)	20.19	18.62	20.29	21.84	21.59	
31-60K (N)	150	269	469	76	964	
(Mean)	66.77	64.93	56.42	47.03	59.66	.000
(SD)	21.05	17.78	19.17	23.55	20.29	
61-90K (N)	59	86	166	31	342	
(Mean)	69.42	63.99	58.70	48.39	60.94	.000
(SD)	16.01	14.82	20.97	20.77	19.51	
91-120K (N)	20	40	90	20	170	
(Mean)	72.29	68.50	55.90	46.43	59.68	.000
(SD)	19.15	17.42	19.45	20.86	20.62	
121-150K (N)	12	22	35	7	76	
(Mean)	72.62	61.62	58.33	52.45	61.00	.087
(SD)	14.30	22.31	18.22	14.23	19.18	
150K+ (N)	8	9	22	3	42	
(Mean)	70.36	71.11	69.42	66.19	69.73	.981
(SD)	13.50	26.38	16.33	11.90	17.66	
Total	758	915	1515	339	3527	
p	.041	.058	.000	.604		

Table A6.2: Satisfaction with Amount of Leisure Time x PWI, Depression and Stress

Satisfaction	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
0	475	46.38	22.49	480	52.55	28.91	486	66.83	25.66
1	366	49.17	20.61	374	49.01	26.19	370	61.99	24.36
2	491	54.08	20.57	500	42.71	24.32	496	55.27	23.92
3	435	58.96	18.56	445	40.31	23.76	437	53.75	23.09
4	278	58.21	19.25	283	39.21	22.74	281	50.09	23.87
5	584	58.95	19.24	592	37.22	24.56	604	48.18	25.06
6	224	64.07	16.70	223	32.91	24.69	228	44.42	25.52
7	264	66.66	17.76	268	28.38	23.76	266	38.86	24.98
8	261	67.84	18.36	258	28.41	26.88	256	37.09	28.12
9	160	68.98	18.75	155	22.43	23.90	155	26.55	24.48
10	259	72.84	19.66	270	19.12	24.84	263	25.38	27.14
Total	3797	58.57	21.09	3848	38.17	26.88	3842	49.52	27.63
ANOVA each column	$F(10,3786) = 59.581, p=.000$			$F(10,3837) = 55.129, p=.000$			$F(10,3831) = 86.364, p=.000$		
Post-hocs Tukey	2>0, $p = .000$ 2>1, $p = .013$ 3>0, $p = .000$ 3>1, $p = .000$ 3>2, $p = .008$ 4>0, $p = .000$ 4>1, $p = .000$ 5>0, $p = .000$ 5>1, $p = .000$ 5>2, $p = .003$ 6>0, $p = .000$ 6>1, $p = .000$ 6>2, $p = .000$ 6>4, $p = .036$ 6>5, $p = .037$ 7>0, $p = .000$ 7>1, $p = .000$ 7>2, $p = .000$ 7>3, $p = .000$ 7>4, $p = .000$ 7>5, $p = .000$ 8>0, $p = .000$ 8>1, $p = .000$ 8>2, $p = .000$ 8>3, $p = .000$ 8>4, $p = .000$ 8>5, $p = .000$ 9>0, $p = .000$ 9>1, $p = .000$ 9>2, $p = .000$ 9>3, $p = .000$ 9>4, $p = .000$ 9>5, $p = .000$ 10>0, $p = .000$ 10>1, $p = .000$ 10>2, $p = .000$ 10>3, $p = .000$ 10>4, $p = .000$ 10>5, $p = .000$ 10>6, $p = .000$ 10>7, $p = .014$			0>2, $p = .000$ 0>3, $p = .000$ 0>4, $p = .000$ 0>5, $p = .000$ 0>6, $p = .000$ 0>7, $p = .000$ 0>8, $p = .000$ 0>9, $p = .000$ 0>10, $p = .000$ 1>2, $p = .012$ 1>3, $p = .000$ 1>4, $p = .001$ 1>5, $p = .000$ 1>6, $p = .000$ 1>7, $p = .000$ 1>8, $p = .000$ 1>9, $p = .000$ 1>10, $p = .000$ 2>5, $p = .015$ 2>6, $p = .001$ 2>7, $p = .000$ 2>8, $p = .000$ 2>9, $p = .000$ 2>10, $p = .000$ 3>6, $p = .015$ 3>7, $p = .000$ 3>8, $p = .000$ 3>9, $p = .000$ 3>10, $p = .000$ 4>7, $p = .000$ 4>8, $p = .000$ 4>9, $p = .000$ 4>10, $p = .000$ 5>7, $p = .000$ 5>8, $p = .000$ 5>9, $p = .000$ 5>10, $p = .000$ 6>9, $p = .003$ 6>10, $p = .000$ 7>10, $p = .001$ 8>10, $p = .001$			0>2, $p = .000$ 0>3, $p = .000$ 0>4, $p = .000$ 0>5, $p = .000$ 0>6, $p = .000$ 0>7, $p = .000$ 0>8, $p = .000$ 0>9, $p = .000$ 0>10, $p = .000$ 1>2, $p = .004$ 1>3, $p = .000$ 1>4, $p = .000$ 1>5, $p = .000$ 1>6, $p = .000$ 1>7, $p = .000$ 1>8, $p = .000$ 1>9, $p = .000$ 1>10, $p = .000$ 2>5, $p = .000$ 2>6, $p = .000$ 2>7, $p = .000$ 2>8, $p = .000$ 2>9, $p = .000$ 2>10, $p = .000$ 3>5, $p = .017$ 3>6, $p = .023$ 3>7, $p = .000$ 3>8, $p = .000$ 3>9, $p = .000$ 3>10, $p = .000$ 4>7, $p = .000$ 4>8, $p = .000$ 4>9, $p = .000$ 4>10, $p = .000$ 5>7, $p = .000$ 5>8, $p = .000$ 5>9, $p = .000$ 5>10, $p = .000$ 6>8, $p = .049$ 6>9, $p = .000$ 6>10, $p = .000$ 7>9, $p = .000$ 7>10, $p = .000$ 8>9, $p = .002$ 8>10, $p = .000$		

Table A6.2.1: Satisfaction with the Amount of Leisure Time x Gender (PWI)

Gender	10-9			8-6			5-2			1-0			Tot	P
	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD		
Male	120	74.14	18.28	175	70.25	16.87	343	57.05	19.26	139	49.00	21.21	777	.000
Female	291	70.16	19.70	559	65.11	17.72	1414	57.63	19.68	690	47.18	21.77	2954	.000
Total	411	71.32	19.36	734	66.34	17.65	1757	57.52	19.60	829	47.49	21.68	3731	
p	.058			.001			.621			.367				

Table A6.2.2: Satisfaction with the Amount of Leisure Time x Age (PWI)

Age	10-9			8-6			5-2			1-0			Tot	p
	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD		
18-35	10	69.00	17.83	14	60.92	18.25	55	54.81	24.37	45	48.44	22.07	124	.040
36-45	21	65.44	26.79	48	63.42	18.70	220	56.45	19.98	162	46.83	20.57	451	.000
46-55	51	66.08	18.10	113	63.24	18.58	386	56.37	19.85	237	46.46	21.09	787	.000
56-65	108	69.80	19.50	254	64.31	18.67	524	57.59	19.03	212	45.55	22.20	1098	.000
66-75	115	74.61	18.28	180	68.13	16.30	367	57.49	19.54	112	49.63	23.30	774	.000
76+	105	73.73	19.06	127	72.01	15.35	205	62.70	17.53	54	56.64	19.93	491	.000
Total	410	71.45	19.43	736	66.29	17.78	1757	57.67	19.53	822	47.51	21.68	3725	
p	.044			.000			.004			.021				

Table A6.2.3: Satisfaction with the Amount of Leisure Time x Income (PWI)

Income	10-9			8-6			5-2			1-0			Tot	p
	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD		
<15K	175	68.63	20.53	145	64.41	18.01	300	53.38	19.66	175	43.37	24.85	722	.000
15-30K	267	73.78	19.02	239	66.13	18.26	584	55.72	19.86	267	46.17	21.17	1240	.000
31-60K	205	73.20	19.59	197	65.96	18.05	489	58.97	18.56	205	49.57	21.37	971	.000
61-90K	88	68.75	16.53	65	67.74	15.95	162	62.06	19.03	88	50.99	19.85	347	.000
91-120K	45	73.14	21.75	23	66.40	19.52	98	62.00	20.35	45	49.52	18.06	171	.001
121-150K	18	68.29	12.63	14	69.29	20.64	40	60.96	18.98	18	52.94	17.15	77	.083
150K+	7	68.57	18.34	10	82.14	10.20	19	64.36	20.78	7	67.55	6.74	42	.072
Total	805	71.69	19.34	693	66.18	18.00	1692	57.43	19.59	805	47.48	21.82	3570	
p	.439			.116			.000			.004				

Table A6.3: Satisfaction Way to Spend Leisure Time x PWI, Depression and Stress

Satisfaction	PWI			Depression			Stress		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
0	383	45.03	23.15	384	55.63	29.03	388	67.01	25.79
1	327	46.22	20.36	334	51.89	26.79	328	62.35	25.93
2	389	53.98	20.03	395	44.98	24.46	390	58.39	23.59
3	392	55.07	18.09	406	43.72	22.56	400	56.09	22.13
4	273	55.69	18.26	273	41.03	23.42	273	53.68	23.66
5	545	58.95	18.28	549	36.12	24.07	564	46.75	24.30
6	275	61.46	17.51	275	35.00	23.51	283	46.31	25.09
7	308	64.46	17.95	312	32.21	23.37	303	43.64	25.07
8	372	68.50	19.00	370	26.68	24.40	372	38.46	27.24
9	194	70.73	18.62	198	23.28	24.90	196	32.66	28.29
10	322	72.37	19.30	333	19.70	23.88	328	28.53	27.64
Total	3780	58.61	21.05	3829	38.12	26.84	3825	49.43	27.59
ANOVA each column	$F(10,3769) = 74.088, p=.000$			$F(10,3818) = 71.585, p=.000$			$F(10,3814) = 76.963, p=.000$		
Post-hocs Tukey	$2>0, p = .000$ $2>1, p = .000$ $3>0, p = .000$ $3>1, p = .000$ $4>0, p = .000$ $4>1, p = .000$ $5>0, p = .000$ $5>1, p = .000$ $5>2, p = .005$ $6>0, p = .000$ $6>1, p = .000$ $6>2, p = .000$ $6>3, p = .001$ $6>4, p = .020$ $7>0, p = .000$ $7>1, p = .000$ $7>2, p = .000$ $7>3, p = .000$ $7>4, p = .000$ $7>5, p = .003$ $8>0, p = .000$ $8>1, p = .000$ $8>2, p = .000$ $8>3, p = .000$ $8>4, p = .000$ $8>5, p = .000$ $8>6, p = .000$ $9>0, p = .000$ $9>1, p = .000$ $9>2, p = .000$ $9>3, p = .000$ $9>4, p = .000$ $9>5, p = .000$ $9>6, p = .000$ $9>7, p = .017$ $10>0, p = .000$ $10>1, p = .000$ $10>2, p = .000$ $10>3, p = .000$ $10>4, p = .000$ $10>5, p = .000$ $10>6, p = .000$ $10>7, p = .000$			$0>2, p = .008$ $0>3, p = .000$ $0>4, p = .000$ $0>5, p = .000$ $0>6, p = .000$ $0>7, p = .000$ $0>8, p = .000$ $0>9, p = .000$ $0>10, p = .000$ $1>2, p = .008$ $1>3, p = .000$ $1>4, p = .000$ $1>5, p = .000$ $1>6, p = .000$ $1>7, p = .000$ $1>8, p = .000$ $1>9, p = .000$ $1>10, p = .000$ $2>5, p = .000$ $2>6, p = .000$ $2>7, p = .000$ $2>8, p = .000$ $2>9, p = .000$ $2>10, p = .000$ $3>5, p = .000$ $3>6, p = .000$ $3>7, p = .000$ $3>8, p = .000$ $3>9, p = .000$ $3>10, p = .000$ $4>7, p = .001$ $4>8, p = .000$ $4>9, p = .000$ $4>10, p = .000$ $5>8, p = .000$ $5>9, p = .000$ $5>10, p = .000$ $6>8, p = .001$ $6>9, p = .000$ $6>10, p = .000$ $7>9, p = .003$ $7>10, p = .000$ $8>10, p = .008$			$0>2, p = .000$ $0>3, p = .000$ $0>4, p = .000$ $0>5, p = .000$ $0>6, p = .000$ $0>7, p = .000$ $0>8, p = .000$ $0>9, p = .000$ $0>10, p = .000$ $1>3, p = .001$ $1>4, p = .000$ $1>5, p = .000$ $1>6, p = .000$ $1>7, p = .000$ $1>8, p = .000$ $1>9, p = .000$ $1>10, p = .000$ $2>5, p = .000$ $2>6, p = .000$ $2>7, p = .000$ $2>8, p = .000$ $2>9, p = .000$ $2>10, p = .000$ $3>5, p = .000$ $3>6, p = .000$ $3>7, p = .000$ $3>8, p = .000$ $3>9, p = .000$ $3>10, p = .000$ $4>5, p = .009$ $4>6, p = .024$ $4>7, p = .000$ $4>8, p = .000$ $4>9, p = .000$ $4>10, p = .000$ $5>8, p = .000$ $5>9, p = .000$ $5>10, p = .000$ $6>8, p = .004$ $6>9, p = .000$ $6>10, p = .000$ $7>9, p = .000$ $7>10, p = .010$ $8>10, p = .001$		

Table A6.3.1: Satisfaction with Way to Spend of Leisure Time x Gender (PWI)

Gender	10-9			8-6			5-2			1-0			Tot	P
	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD		
Male	148	74.97	17.37	213	66.44	18.24	300	56.96	18.43	116	44.91	21.39	777	.000
Female	355	70.50	19.50	727	64.77	18.55	1276	56.09	18.87	581	45.46	21.95	2939	.000
Total	503	71.81	18.99	940	65.15	18.49	1576	56.25	18.78	697	45.37	21.85	3716	
p	.016			.246			.470			.806				

Table A6.3.2: Satisfaction with Way to Spend Leisure Time x Age (PWI)

Age	10-9			8-6			5-2			1-0			Tot	p
	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD		
18-35	11	68.05	25.29	17	63.95	21.29	55	55.58	22.24	41	44.98	20.81	124	.002
36-45	36	66.83	24.84	74	65.66	18.48	207	53.71	19.14	131	45.53	20.22	448	.000
46-55	56	65.20	19.45	166	63.33	19.07	362	56.05	18.44	202	43.83	21.77	786	.000
56-65	145	70.98	18.75	308	62.58	19.22	467	55.87	18.46	174	44.47	23.00	1094	.000
66-75	142	73.89	17.90	223	67.09	17.46	300	56.08	18.58	104	47.25	23.28	769	.000
76+	117	75.25	17.22	156	69.64	16.57	171	61.70	17.89	47	54.41	19.32	491	.000
Total	507	71.78	19.10	944	65.21	18.49	1562	56.29	18.74	699	45.60	21.91	3712	
p	.009			.002			.002			.075				

Table A6.3.3: Satisfaction with Way to Spend Leisure Time x Income (PWI)

Income	10-9			8-6			5-2			1-0			Tot	p
	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD		
<15K	111	69.40	21.14	156	62.87	17.91	307	53.04	19.49	142	40.72	24.73	716	.000
15-30K	189	73.83	17.98	316	63.56	19.55	495	54.31	18.80	239	45.04	21.93	1239	.000
31-60K	108	70.15	20.88	255	66.54	18.04	433	58.06	17.72	173	46.95	21.19	969	.000
61-90K	38	73.53	16.91	89	66.65	17.02	147	59.76	18.84	69	49.81	18.37	343	.000
91-120K	14	74.39	16.07	35	69.92	16.80	94	57.45	19.73	28	46.73	20.10	171	.000
121-150K	6	77.38	8.87	25	65.89	19.92	30	60.71	15.81	16	48.13	19.31	77	.003
150K+	5	65.14	13.72	15	77.05	17.85	16	65.36	20.11	6	66.90	6.96	42	.261
Total	471	71.89	19.24	891	65.14	18.58	1522	56.08	18.81	673	45.45	22.01	3557	
p	.392			.018			.000			.012				



## Carer Health and Wellbeing

Thank you for your involvement in this survey. This is a confidential questionnaire so please ensure that you do not write your name, or any other comments that will make you identifiable. By completing the questionnaire you are consenting to take part in this research as explained in the Plain Language Statement enclosed.

Please read each question and response option carefully before answering the questions and make sure that you have provided an answer for every question.

### SECTION H YOUR CIRCUMSTANCES

- 55 Gender  Male/female  Age  57 Postcode
- 58 Who do you live with? Tick more than one if necessary.  
 No one, you live by yourself  One or more adults who are neither your partner nor your parent  
 Your partner  One or both of your parents  
 One or more children
- 59 What is your marital status at the present time?  
 Never married  Divorced  Married  
 Separated but not divorced  De facto or living together  Widowed
- 60 Your income. (Please indicate your household's total annual income before tax)  
 Less than \$15,000  \$15,000 – \$30,000  \$31,000 – \$60,000  \$61,000 – \$90,000  \$91,000 – \$120,000  \$121,000 – \$150,000  \$151,000+
- 61 What is your approximate height and weight? (Fill in the measures that you are familiar with)

Height in centimetres	<input type="text"/>	cm
Height in feet and inches	<input type="text"/>	ins
Weight in kilograms	<input type="text"/>	kg
Weight in pounds	<input type="text"/>	lbs
Weight in stones and pounds	<input type="text"/>	st & lb

### SECTION I YOUR ROLE AS A CARER

- Who do you care for?  
 62 Please tick the box for each person you provide care for. If you care for more than one person in the same group, tick the box twice (e.g. if you care for two children with disabilities).  
 Parent or parent-in-law  Child (under-18)  Grandchild  Other relative  
 Husband/wife/partner  Child (adult)  Neighbour or friend
- 63 Where does the person(s) you care for live?  
 With you  In another household  In supported accommodation (assisted living)  
 Alone  In a residential aged care facility  Other, please specify
- 64 Are you the person who provides most of the care?  
 Yes  No
- 65 How long have you been providing care?  
 Less than 6 months  3 – 6 years  6 months – 2 years  10 – 19 years  20 years or more
- 66 Which category best describes the main conditions of the person you care for? (Please don't tick more than two boxes per person that you care for)  
 Chronic condition  Mental illness  Disability  Aged and frail  
 Employment. Which of the following categories best describes your employment status at the present time (not counting your role as a carer as employment). Tick more than one if necessary. Are you in...  
 Full-time paid employment  Full-time study  Part-time volunteer  Full-time retired  
 Part-time paid employment  Part-time study  Unemployed
- 68 Open ended. If you have anything you would like to tell us about your caring experience, please attach a piece of paper with your comments.

Thank you for your time and participation in this survey

### SECTION A PERSONAL WELLBEING

Thinking about your life and personal circumstances, please circle the number that best represents how satisfied you feel with your life.

- How satisfied are you with...
- |   |   |   |   |   |   |   |   |   |   |   |    |                      |
|---|---|---|---|---|---|---|---|---|---|---|----|----------------------|
|   | Completely Dissatisfied                   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Completely Satisfied |
| 1 | your life as a whole?                     | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10                   |
| 2 | your standard of living?                  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10                   |
| 3 | your health?                              | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10                   |
| 4 | what you are currently achieving in life? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10                   |
| 5 | your personal relationships?              | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10                   |
| 6 | how safe you feel?                        | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10                   |
| 7 | feeling part of your community?           | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10                   |
| 8 | your future security?                     | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10                   |

### SECTION B OVER THE LAST WEEK

Over the past week, please indicate how each of the following describes your feelings when you think about your life in general.

- |    |  |   |   |   |   |   |   |   |   |   |    |       |
|----|--|---|---|---|---|---|---|---|---|---|----|-------|
|    | Not At All   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | A Lot |
| 9  | I felt down-hearted and blue.  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10    |
| 10 | I felt that I had nothing to look forward to.                                    | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10    |
| 11 | I felt that life was meaningless.  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10    |
| 12 | I felt I wasn't worth much as a person.  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10    |
| 13 | I was unable to become enthusiastic about anything.                              | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10    |
| 14 | I couldn't seem to experience any positive feeling at all.                       | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10    |
| 15 | I found it difficult to work up the initiative to do things.                     | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10    |
| 16 | I found it hard to wind down.  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10    |
| 17 | I found it difficult to relax.   | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10    |
| 18 | I felt that I was using a lot of nervous energy.                                 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10    |
| 19 | I found myself getting agitated.   | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10    |
| 20 | I tended to over-react to situations.  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10    |
| 21 | I felt that I was rather touchy.   | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10    |
| 22 | I was intolerant of anything that kept me from getting on with what I was doing. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9  | 10    |

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### SECTION C YOUR HEALTH

23 How much physical pain do you experience each day?  
 No Pain At All Extreme Pain  
 0 1 2 3 4 5 6 7 8 9 10

24 How often are you carrying an injury caused by your caregiving?  
 Never Always  
 0 1 2 3 4 5 6 7 8 9 10

25 Do you have a medical or psychological condition that makes you (or should make you) visit the doctor on a regular basis? Please put a "✓" in the box.  
 Yes  No (Go to item 29)

26 If "Yes", please indicate your major condition.  
 Arthritis  Cancer  Depression  Heart problems  
 Asthma  Anxiety  Diabetes  Blood pressure  
 Other, please specify \_\_\_\_\_

27 How long have you had this condition?  
 Number of weeks? \_\_\_\_\_  
 Number of months? \_\_\_\_\_  
 Number of years? \_\_\_\_\_

28 Are you receiving all the treatment that is required for this condition?  
 Yes (Go to item 29)  No (Why not? Tick all that apply below)  
 Not enough time to get to treatment  Appropriate treatment is unavailable where I live  
 Difficulty with transport  Cannot afford treatment  
 Other, please specify \_\_\_\_\_

### SECTION E FINANCIAL SECURITY

How much do you agree with the following statements?  
 Strongly Disagree Neutral Strongly Agree  
 0 1 2 3 4 5 6 7 8 9 10

37 How satisfied are you with your ability to pay for household essentials?  
 0 1 2 3 4 5 6 7 8 9 10

38 How satisfied are you with your ability to afford the things you would like to have?  
 0 1 2 3 4 5 6 7 8 9 10

39 How satisfied are you with your ability to save money?  
 0 1 2 3 4 5 6 7 8 9 10

40 How satisfied are you with your situation so far as savings and investments are concerned?  
 0 1 2 3 4 5 6 7 8 9 10

41 How satisfied are you that your financial security is within your control?  
 0 1 2 3 4 5 6 7 8 9 10

42 How satisfied are you that your financial situation is going to improve?  
 0 1 2 3 4 5 6 7 8 9 10

43 Do you ever worry that your household income will not be enough to meet your household expenses and bills?  
 Yes  No

44 Do you receive a Centrelink payment?  
 Yes  No (Go to item 47)

45 If Yes, which one(s)? \_\_\_\_\_

46 Is this the main source of your household income?  
 Yes  No

### SECTION D SOCIAL CONNECTEDNESS AND TIME

From 0 to 10, how much support do you receive from:  
 No Support at All Complete Support

29 Your partner? 0 1 2 3 4 5 6 7 8 9 10

30 From the rest of your family? 0 1 2 3 4 5 6 7 8 9 10

31 From your friends in general? 0 1 2 3 4 5 6 7 8 9 10

32 From counsellors or other professionals? 0 1 2 3 4 5 6 7 8 9 10

33 On average, how many hours each day do you have immediate caregiving responsibilities?  
 Less than 1  Between 3 – 6  More than 12  
 Between 1 – 2  Between 7 – 12  Almost all the time

34 How satisfied are you with the number of hours you spend on caregiving each week?  
 Completely Dissatisfied Completely Satisfied  
 0 1 2 3 4 5 6 7 8 9 10

35 How satisfied are you with the amount of leisure time you have?  
 0 1 2 3 4 5 6 7 8 9 10

36 How satisfied are you with the way you spend your leisure time?  
 0 1 2 3 4 5 6 7 8 9 10

### SECTION F JOB SECURITY

How important are the following services to you?  
 Not At All Important Extremely Important  
 0 1 2 3 4 5 6 7 8 9 10

47 If you earn money from the work that you do, how worried are you about losing your job or work? (Go to item 51 if not applicable)  
 Not at All Worried Extremely Worried  
 0 1 2 3 4 5 6 7 8 9 10

48 If you did lose your job or work, how worried would you be about getting another one that you wanted to do?  
 0 1 2 3 4 5 6 7 8 9 10

49 Do you have flexible working hours?  
 Yes  No

50 Do you have access to carer leave?  
 Yes  No  Don't Know

### SECTION G CARER SERVICES

How important are the following services to you?  
 Not At All Important Extremely Important  
 0 1 2 3 4 5 6 7 8 9 10

51 Respite 0 1 2 3 4 5 6 7 8 9 10

52 Community care services (such as home nursing, meal delivery, community transport, home help etc)  
0 1 2 3 4 5 6 7 8 9 10

53 Carer counselling 0 1 2 3 4 5 6 7 8 9 10

54 Carer education and training 0 1 2 3 4 5 6 7 8 9 10