

## **Self-Compassion and Informal Carers of Dementia Patients**

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Research has shown that self-compassion can play an important role in mental health and wellbeing. The purpose of this questionnaire based study was to explore the relationships between features of the informal dementia caregiving role that potentially influence perceived carer stress and burden, together with relationships between caregiver stress and burden and the well-being sources of mindfulness and self-compassion. While the sample was small, generally it seemed that carers who self-reported stress and burden in relation to their caregiving role, also reported lower levels of self-compassion, mindfulness, social connectedness, happiness, and life satisfaction, and higher levels of stress, anxiety and depression. Whilst firm conclusions cannot be made, it does suggest that future research should be conducted to further examine the role of self-compassion in the wellbeing and mental health of informal caregivers of individuals with dementia.