

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) 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

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.

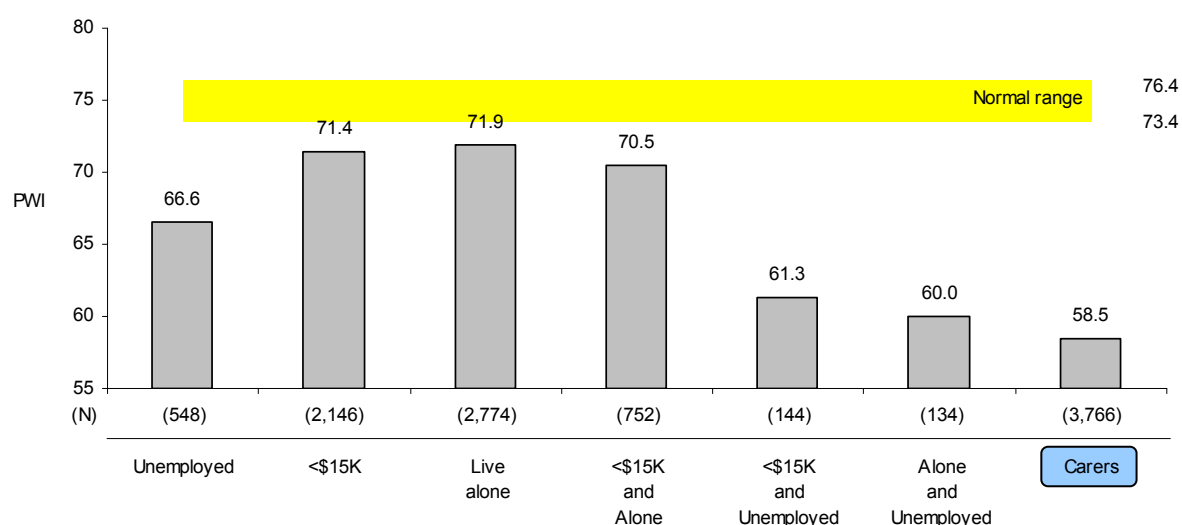


Figure 2.1.1: Carer Personal Wellbeing Index vs Other Low Wellbeing in Groups

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:

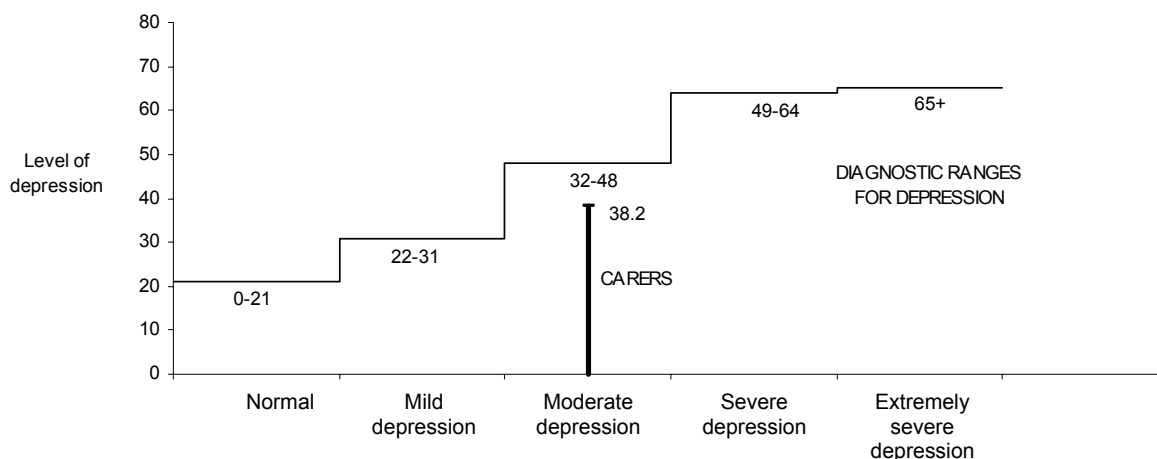


Figure 2.1.2: Carer level of depression in relation to the diagnostic range

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:

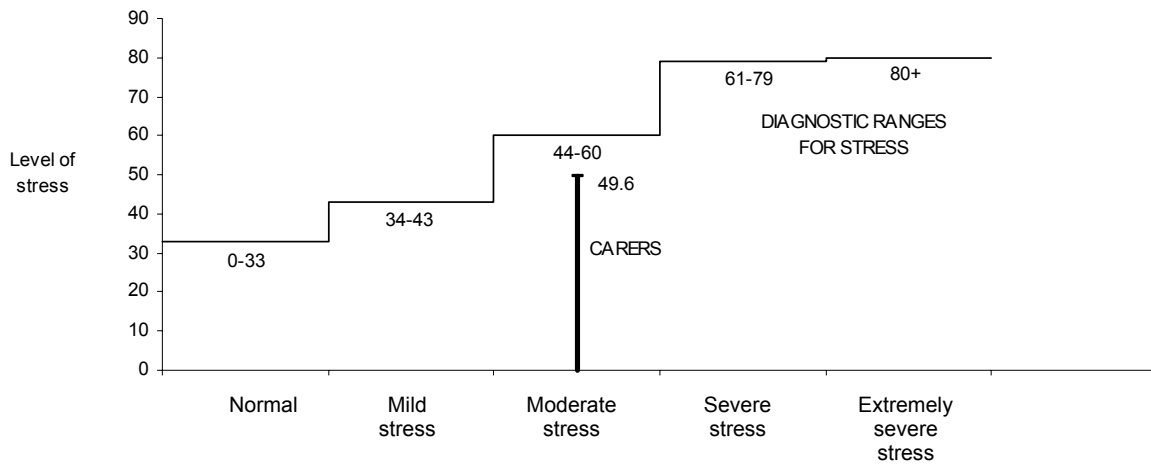


Figure 2.1.3: Carer levels of stress in relation to the diagnostic range.

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.

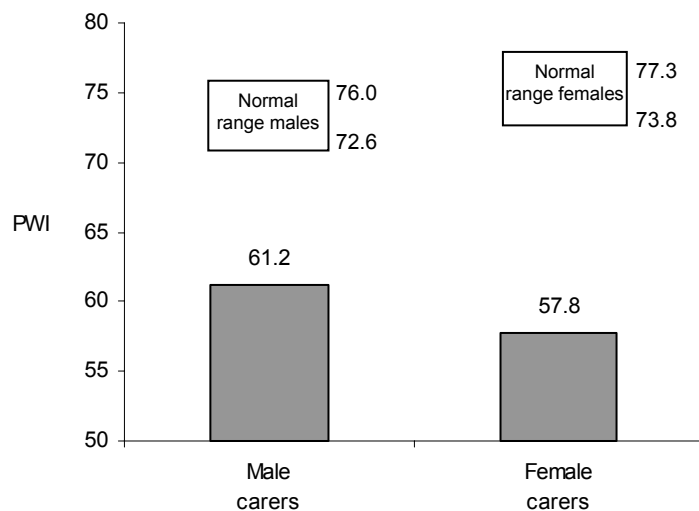


Figure 2.2: Personal Wellbeing Index x Gender

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

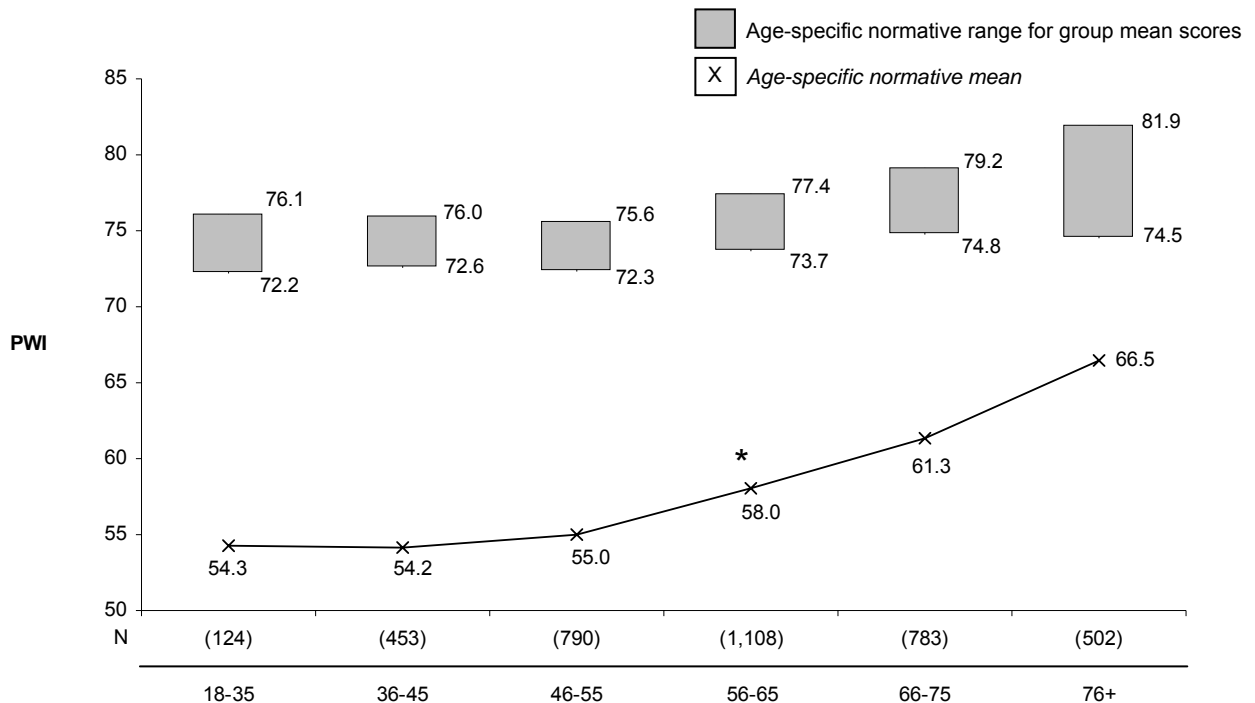


Figure 2.3.1: Personal Wellbeing Index x Age

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:

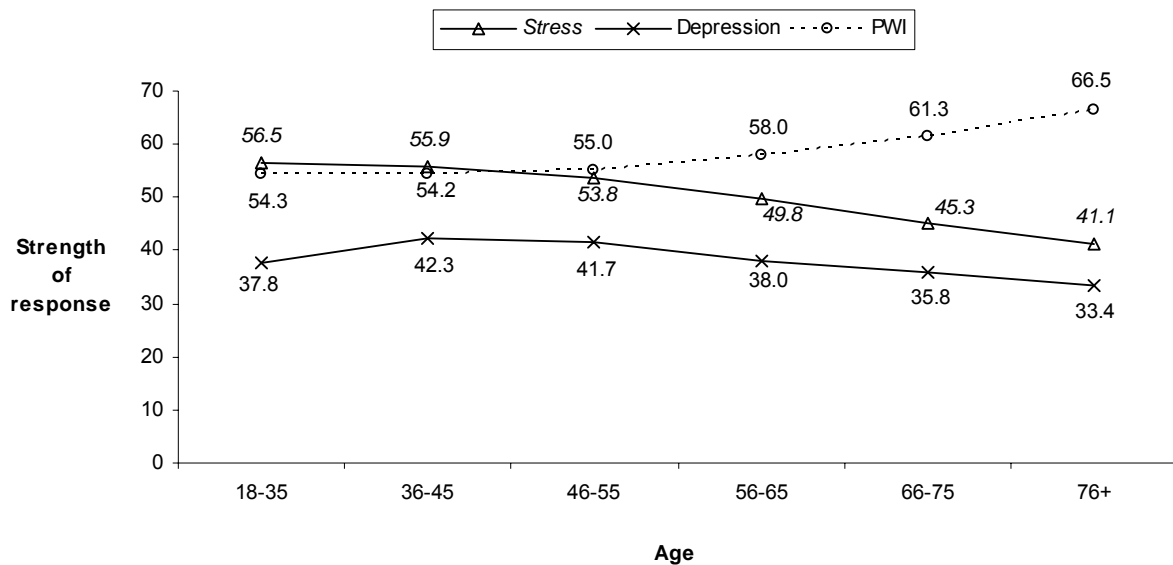


Figure 2.3.2: Age-related changes in personal wellbeing, depression and stress

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.

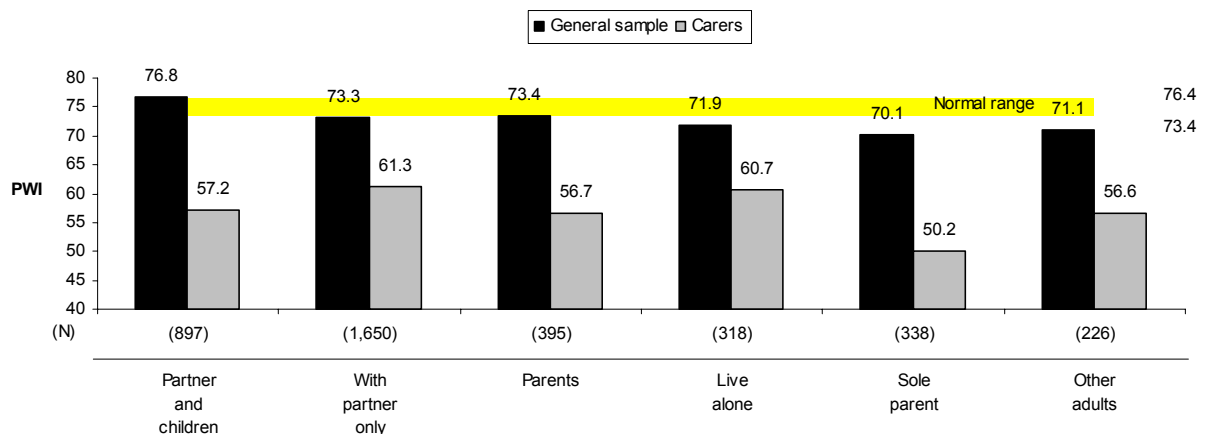


Figure 2.4: Personal Wellbeing Index x Household Composition

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.

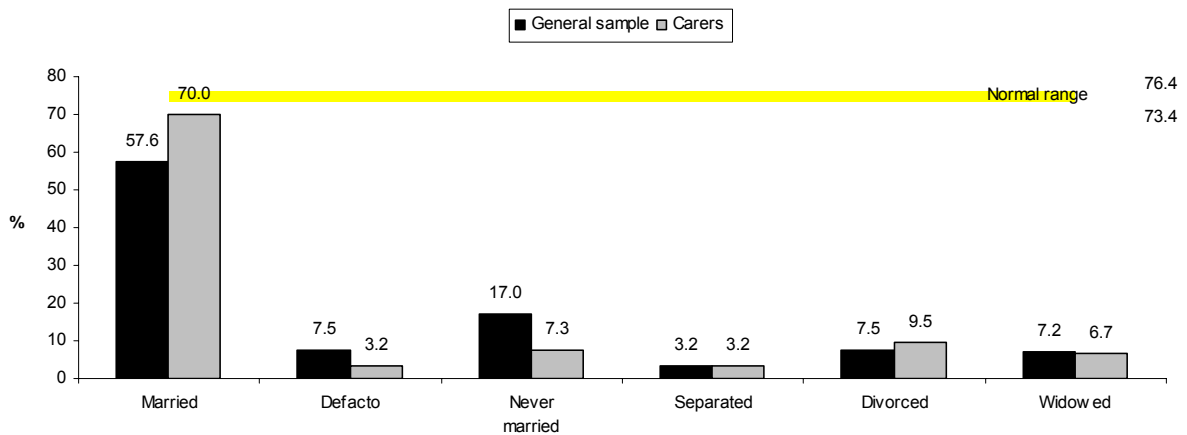


Figure 2.5.1: Percentage of People in Marital Status Groups

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.

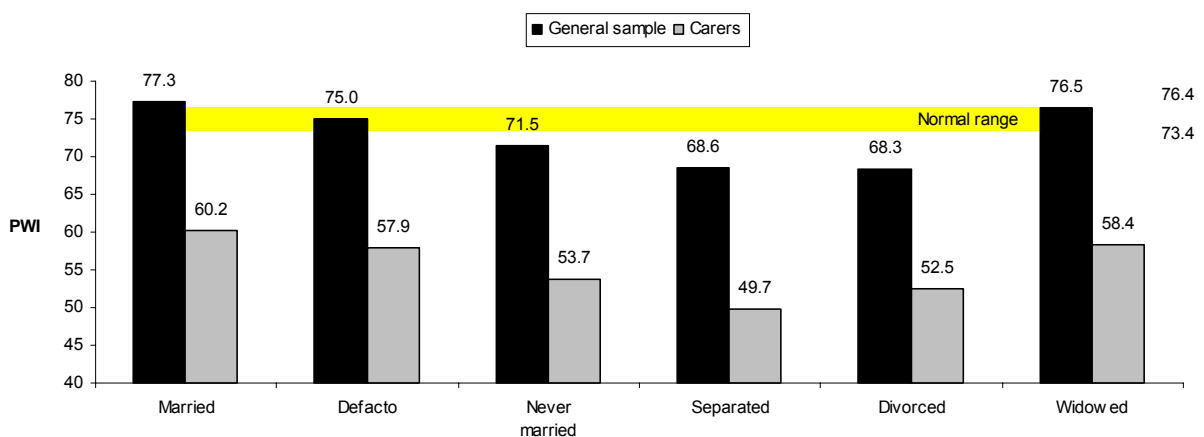


Figure 2.5.2: Personal Wellbeing Index x Marital Status

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.

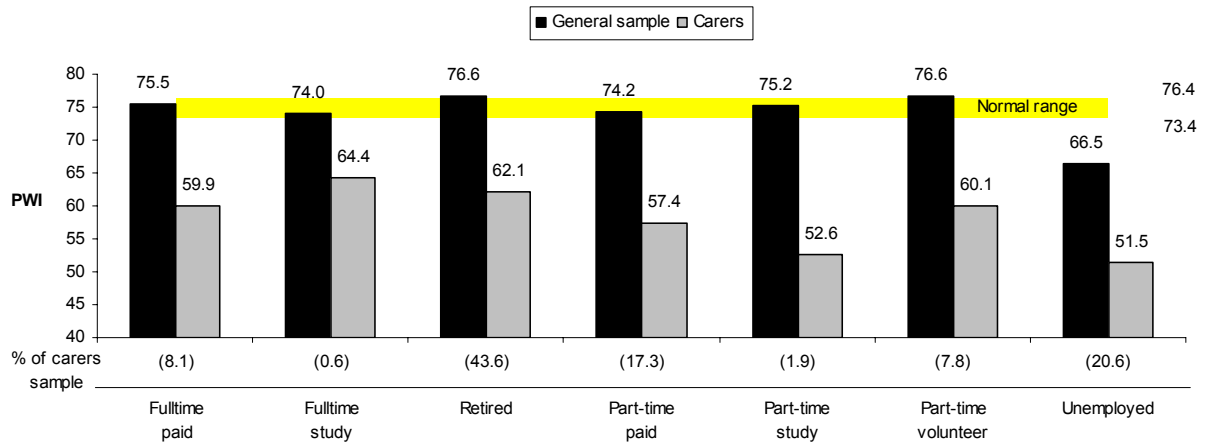


Figure 2.6: Employment Status x Personal Wellbeing Index

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

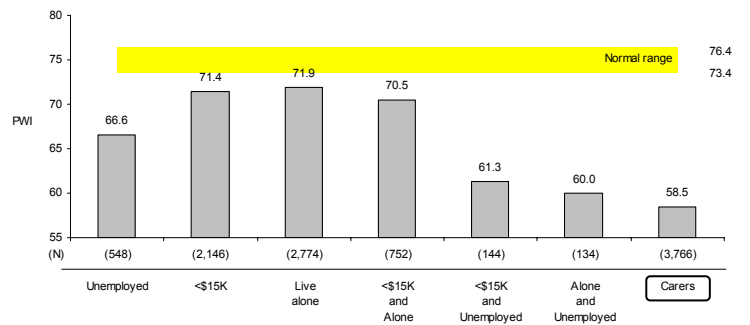
| | Number of questionnaires sent | Number of respondents | Return rate % |
|---------------------|-------------------------------|-----------------------|---------------|
| NSW | 2254 | 687 | 30.5 |
| ACT | 1441 | 535 | 37.1 |
| VIC | 1732 | 792 | 45.7 |
| QLD | 977 | 478 | 48.9 |
| SA | 1455 | 597 | 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

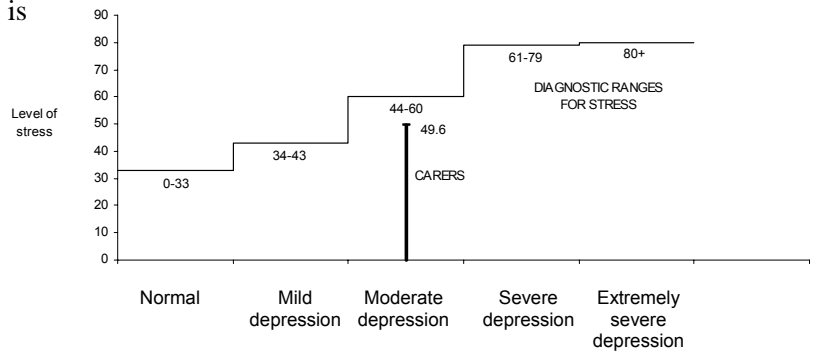
The return rates are fairly comparable between these regions, with the exception of NT which is very much lower.

2.11 Demographics and Employment - Dot Point Summary

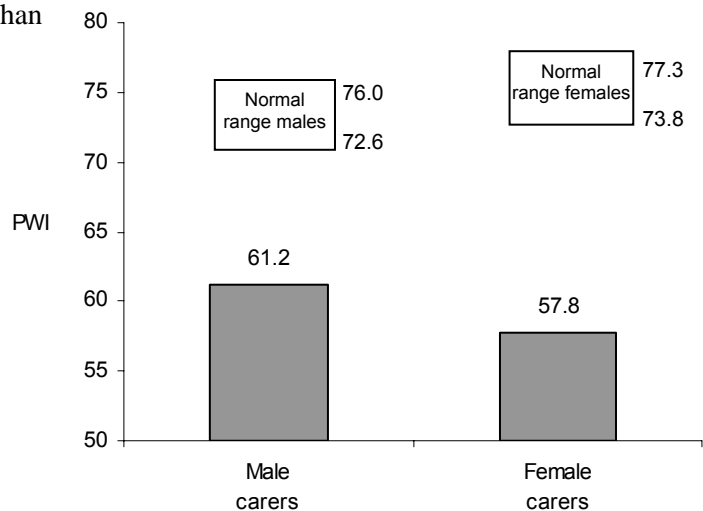
1. Carers have the lowest collective wellbeing of any group we have yet discovered.



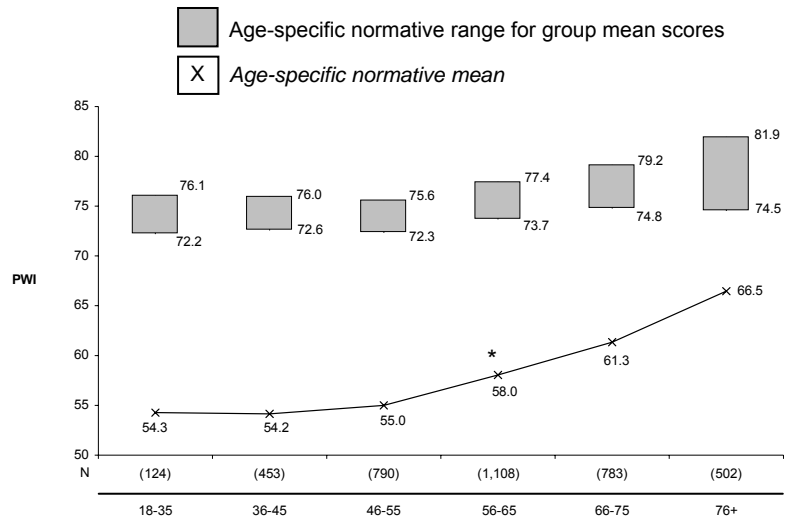
2. Carers have an average rating that is classified as moderate depression.



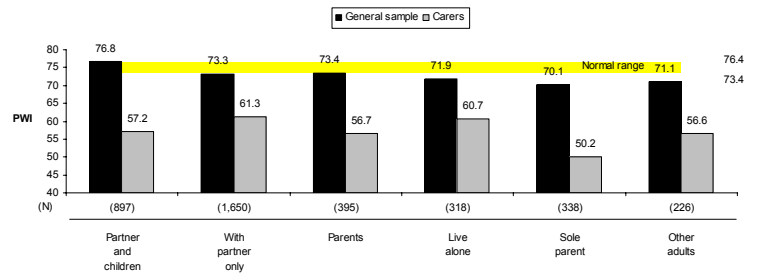
3. Female carers have lower wellbeing than male carers.



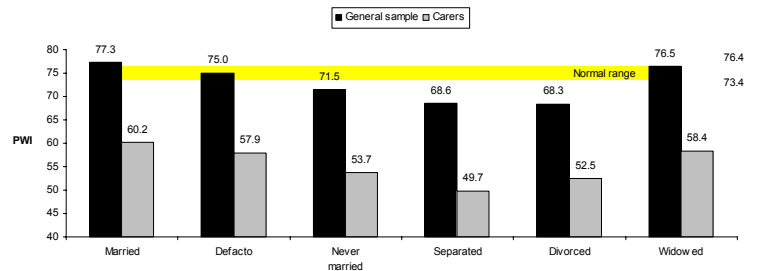
4. The wellbeing gap between the general population and carers narrows with age.



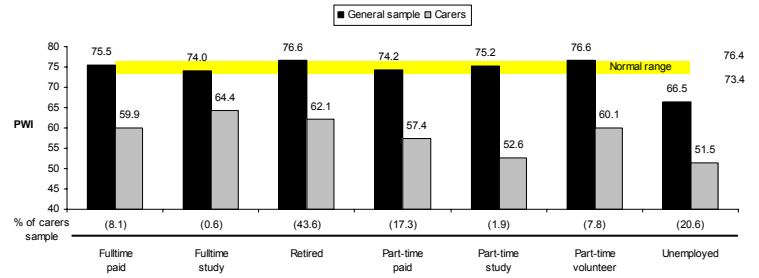
5. In terms of household composition, the most disadvantaged group is sole parents.



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?'

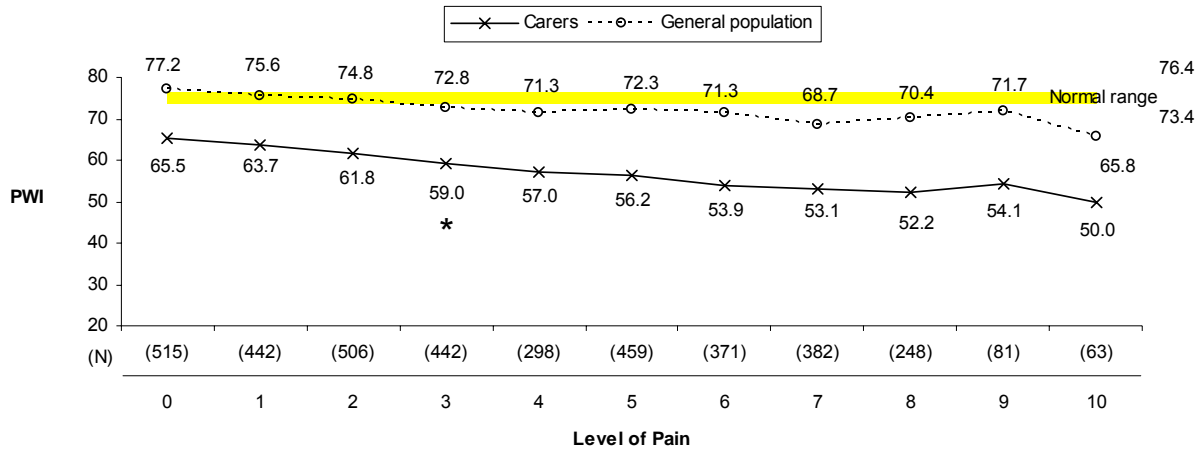


Figure 3.1: Physical Pain vs. Personal Wellbeing Index

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.

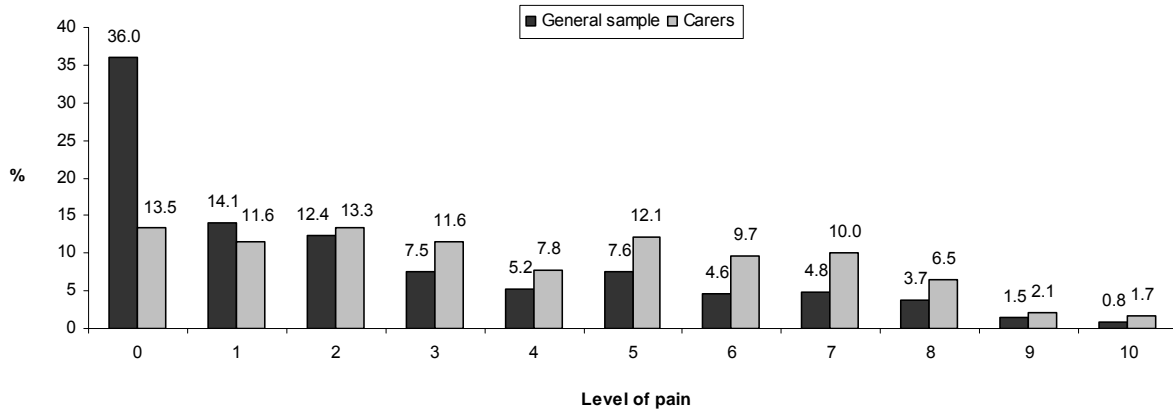


Figure 3.1.1: Proportion of the Sample with Various Levels of Pain

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?'

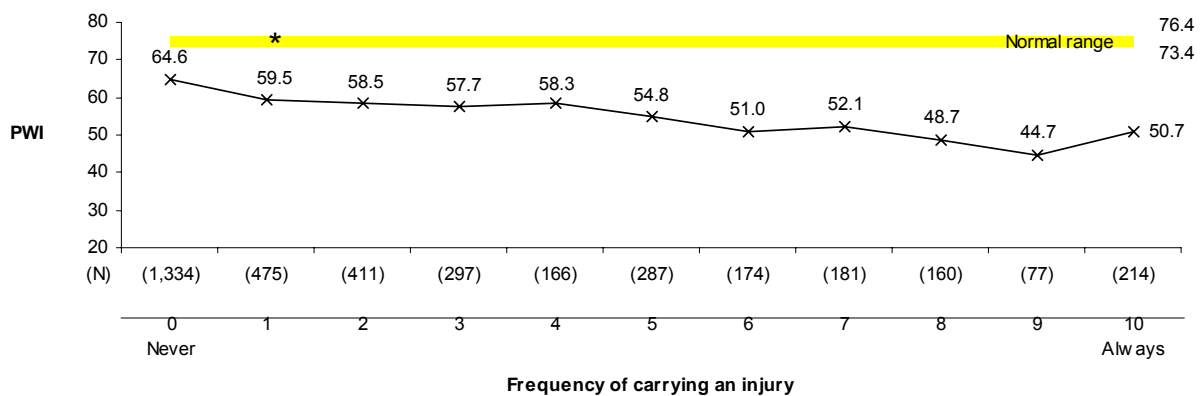


Figure 3.2: Frequency of Carrying an Injury x Personal Wellbeing Index

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?’

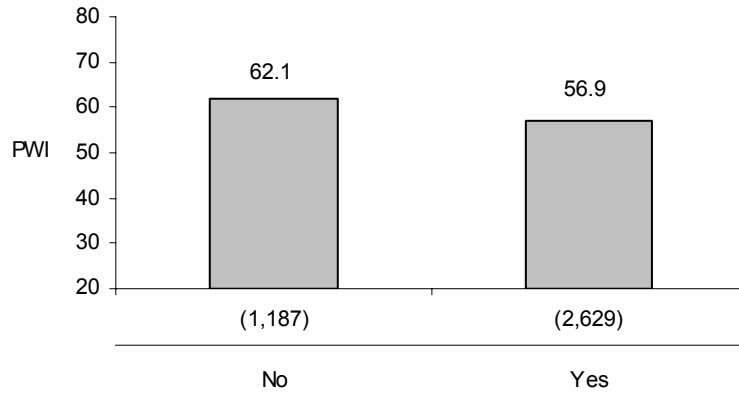


Figure 3.3: Medical or Psychological Condition x Personal Wellbeing Index

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].’

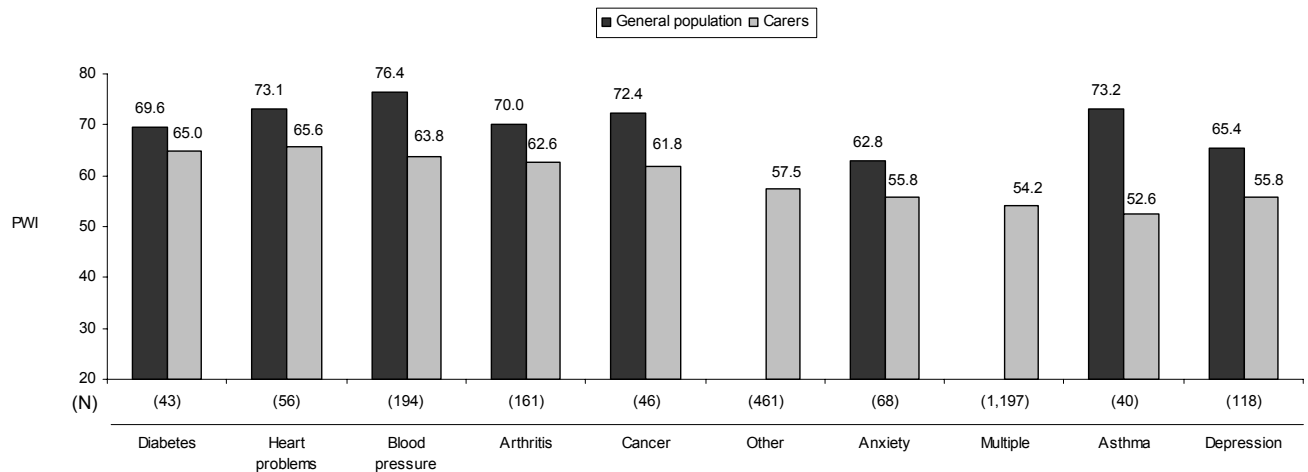


Figure 3.4: Type of Medical/Psychological Condition x Personal Wellbeing Index

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?'

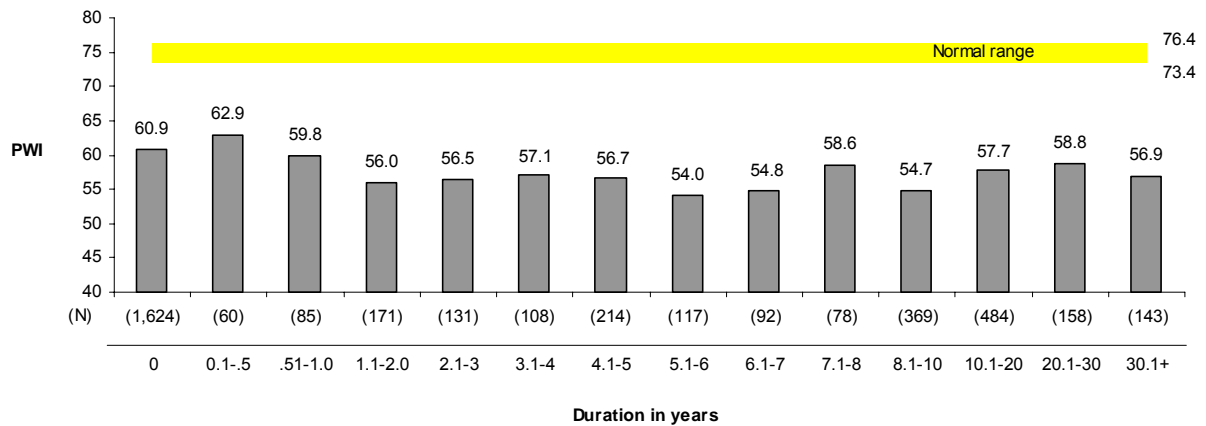


Figure 3.5: Duration of Illness x Personal Wellbeing Index

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?'

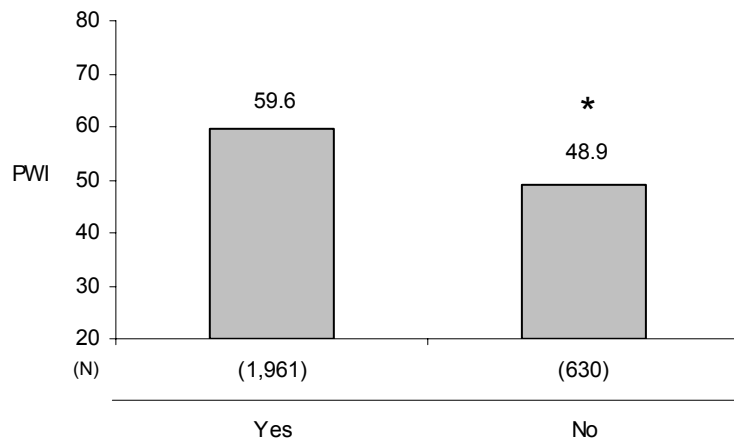


Figure 3.6: Treatment for Condition x Personal Wellbeing Index

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’.

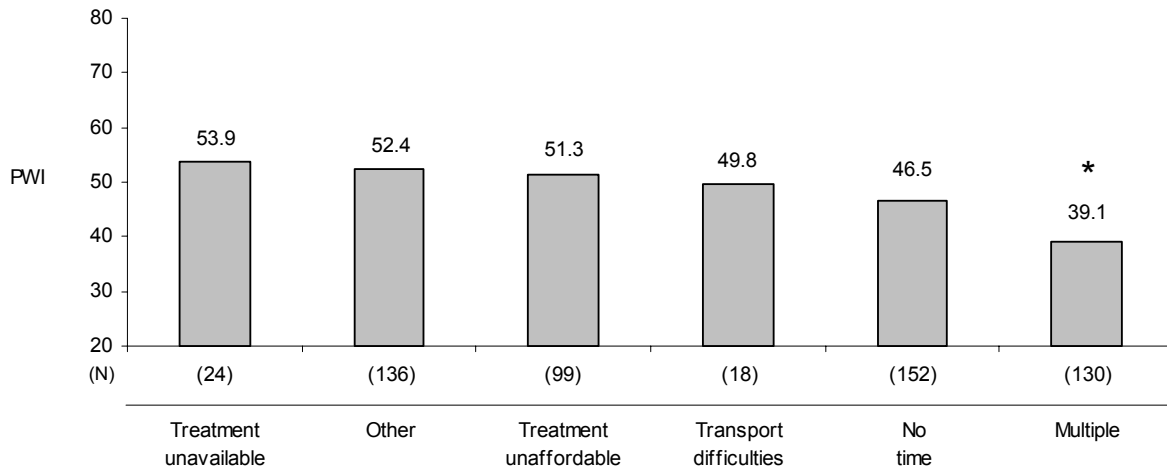


Figure 3.7: Reason for No Treatment x Personal Wellbeing Index

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).

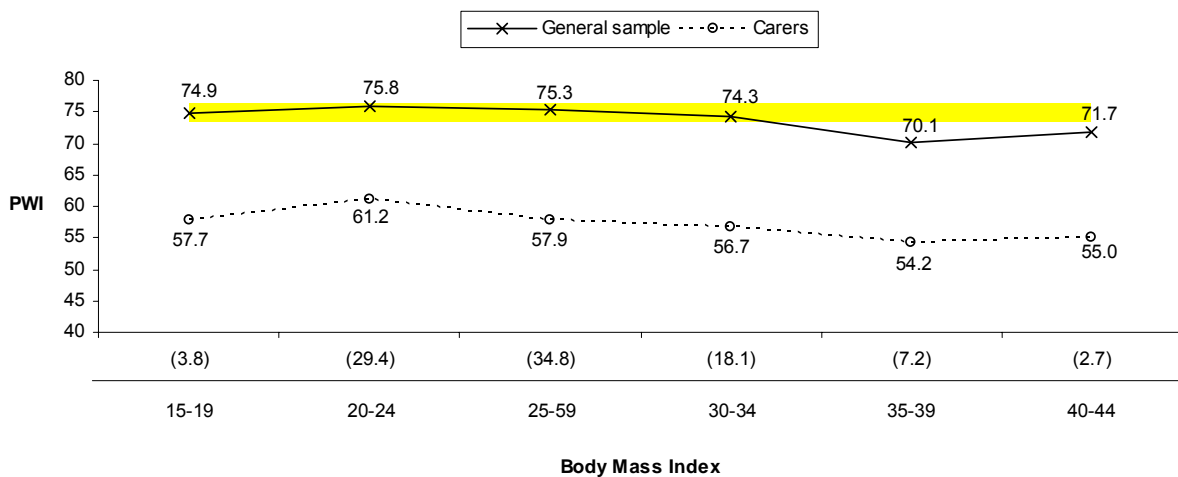


Figure 3.8: BMI x PWI

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.

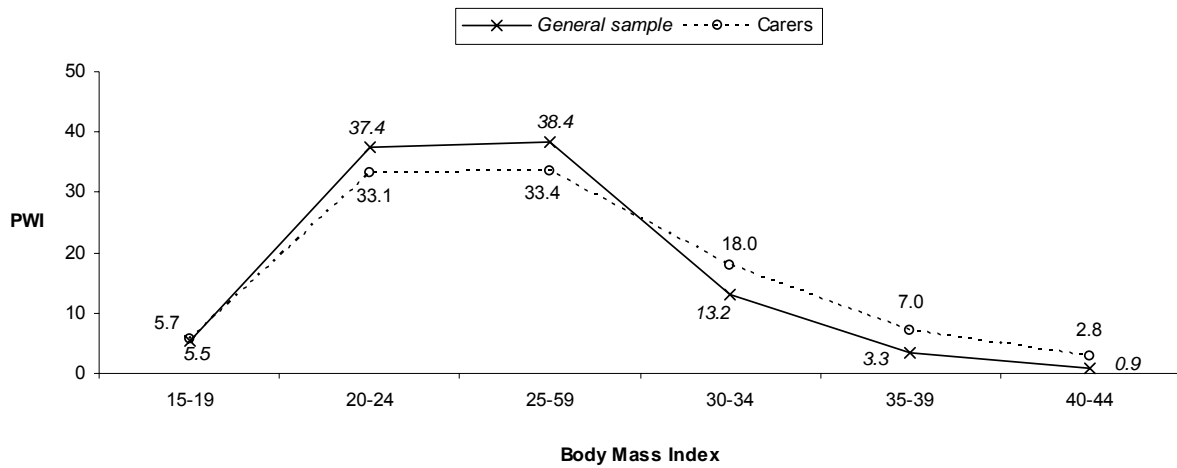
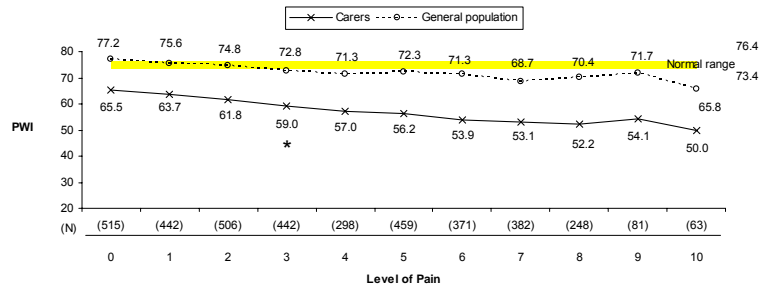


Figure 3.8.1: Proportion of each Sample in each BMI Category

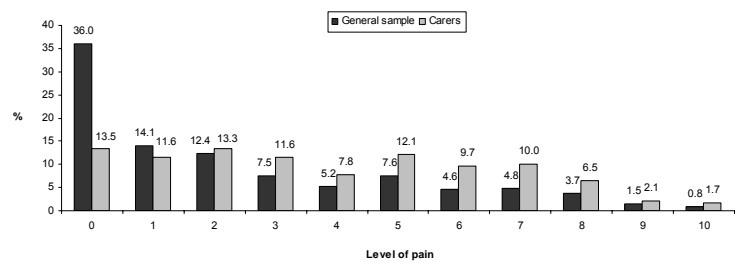
Relative to the normative sample, the carer sample has a lower proportion of people who are classified as normal weight and a higher proportion who are obese (30-34 BMI and above). Since the wellbeing of obese carers is less than those of normal weight (Figure 3.8), it is clear that there is an association 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

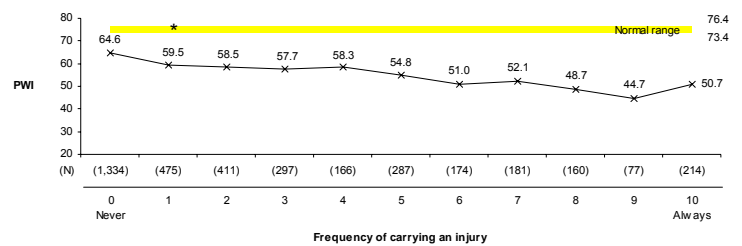
1. The wellbeing of carers is more vulnerable to pain than is normal.



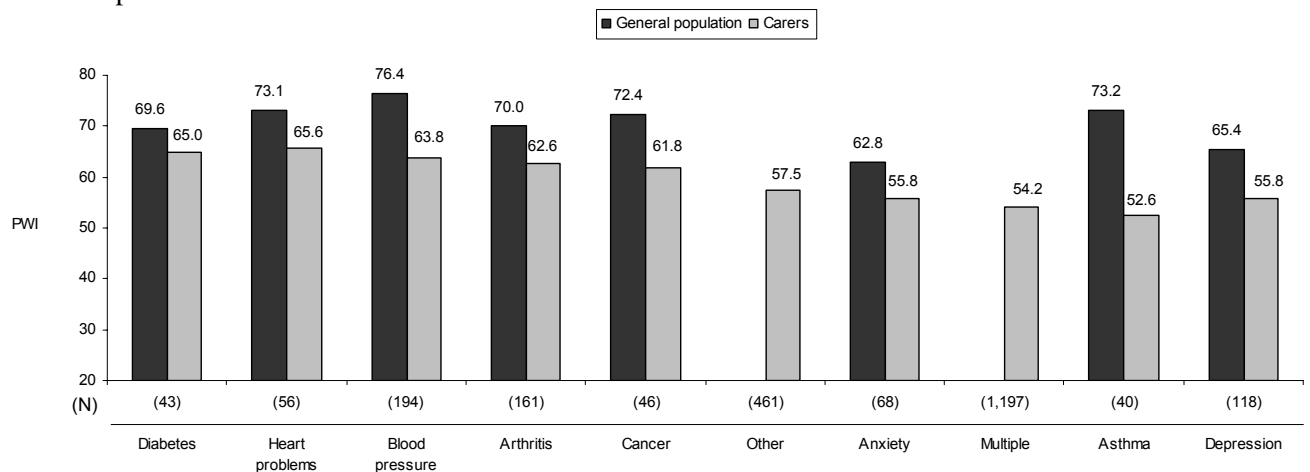
2. Carers are more likely than is normal to be experiencing chronic pain. Therefore, pain for carers is a double jeopardy.



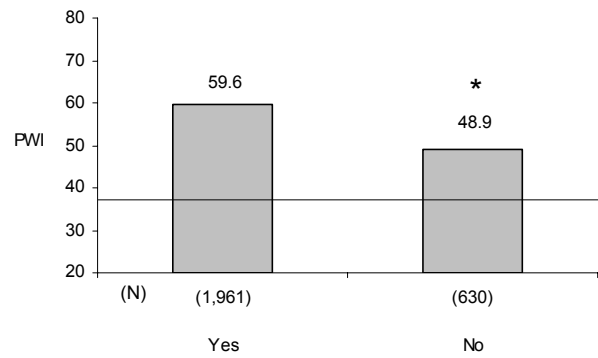
3. Carers are highly likely to be carrying an injury and this is associated with reduced wellbeing.



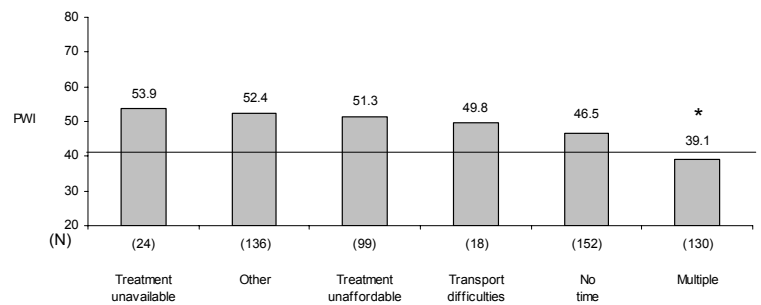
4. Having a significant medical or psychological condition is associated with lower wellbeing for carers than found within a normal population sample.



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?'

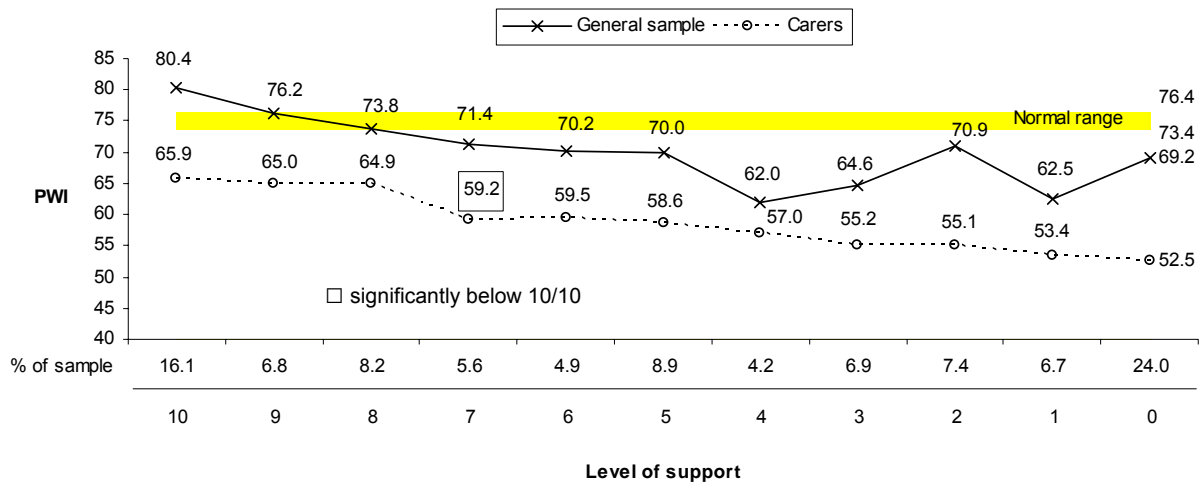


Figure 4.1.1: Level of Support from Partner

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.

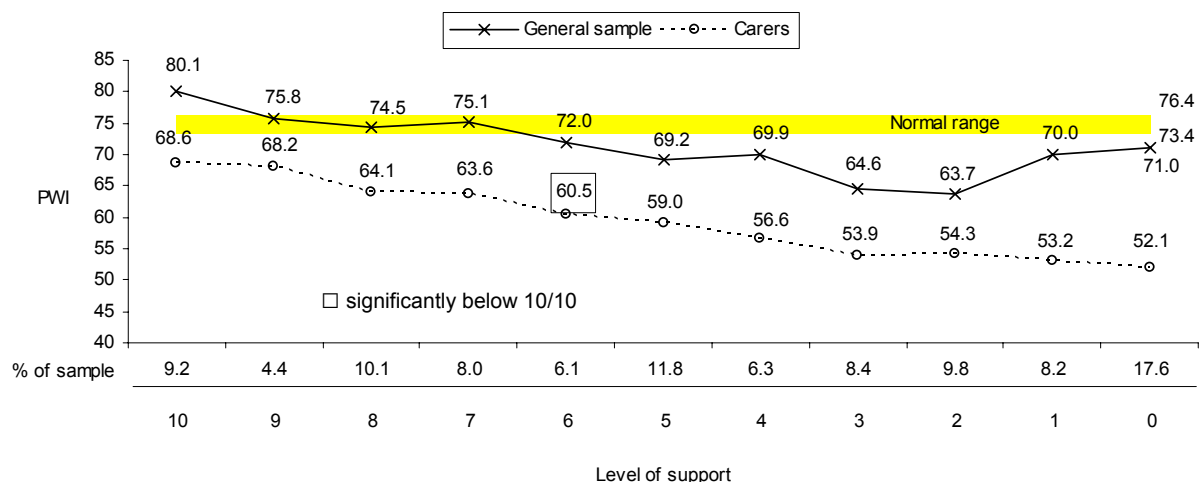


Figure 4.1.2: Level of Support from Family

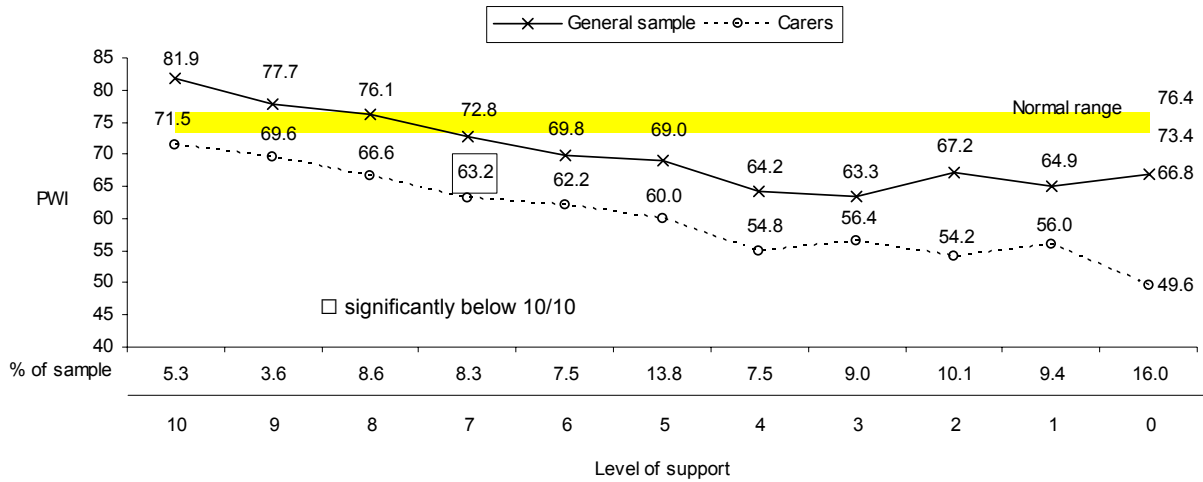


Figure 4.1.3: Level of Support from Friends

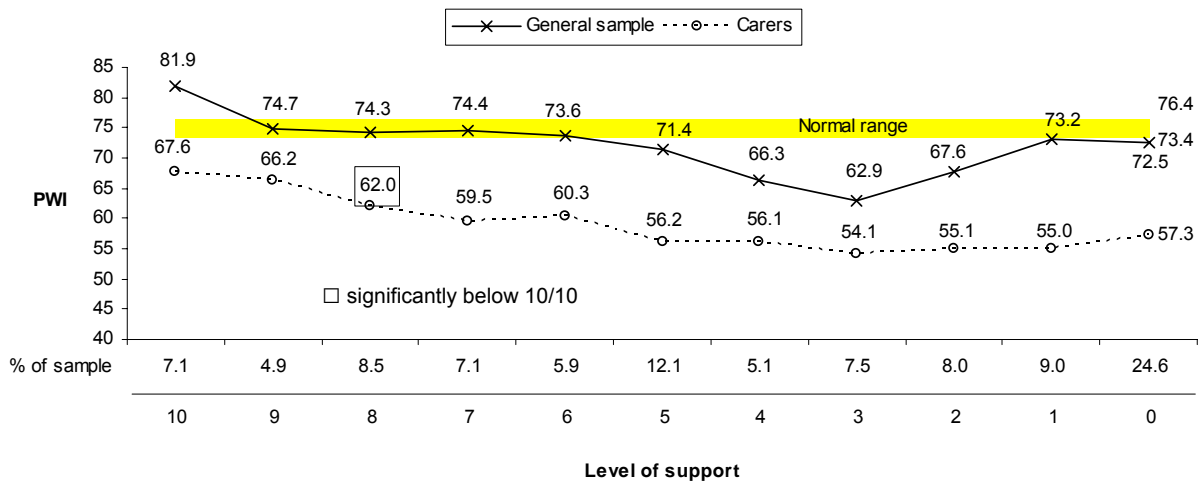


Figure 4.1.4: Level of Support from Counsellors or other Professionals

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?'

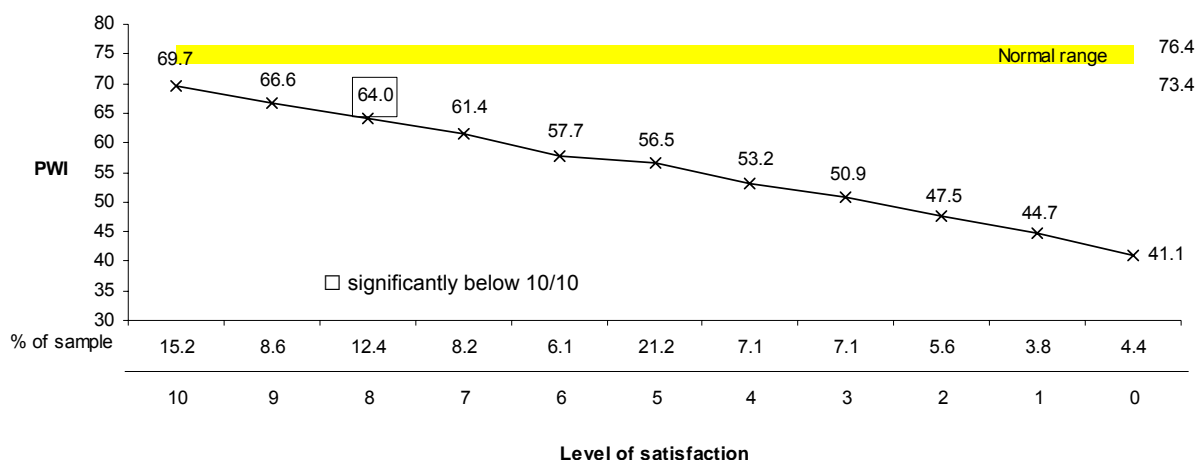


Figure 4.2: Satisfaction with Ability to pay for Household Essentials

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?'

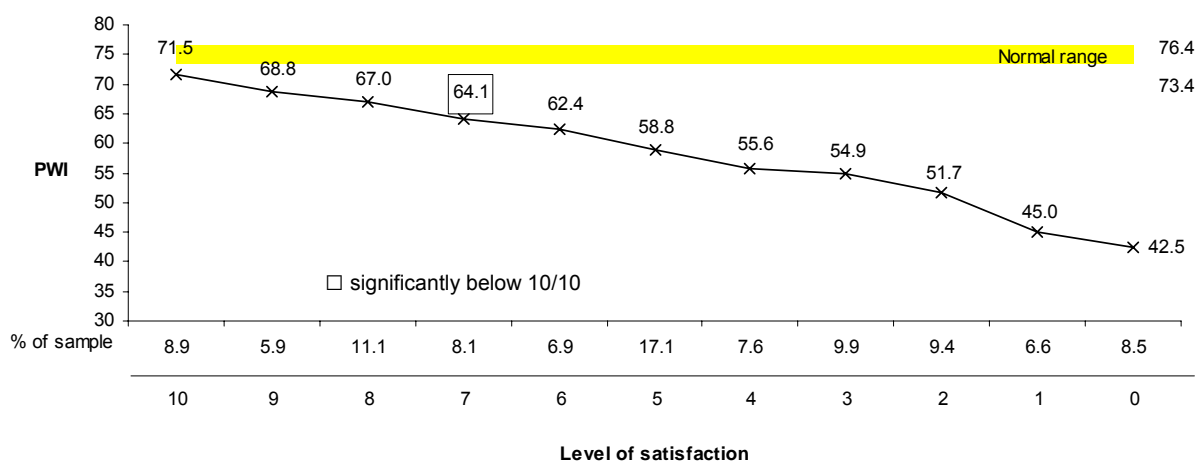


Figure 4.3: Satisfaction with ability to afford the things that you would like to have

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?'

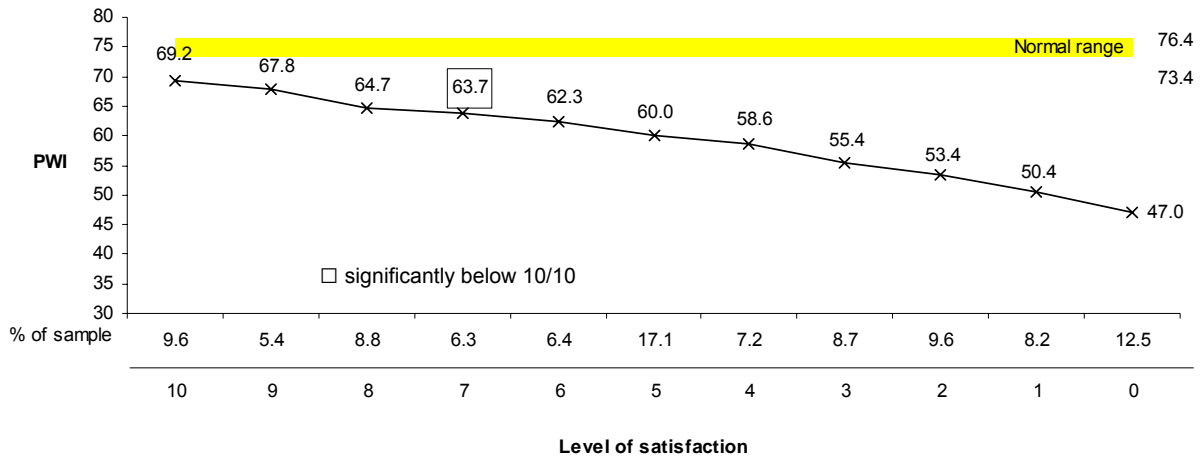


Figure 4.4: Satisfaction with Ability to Save Money

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?'

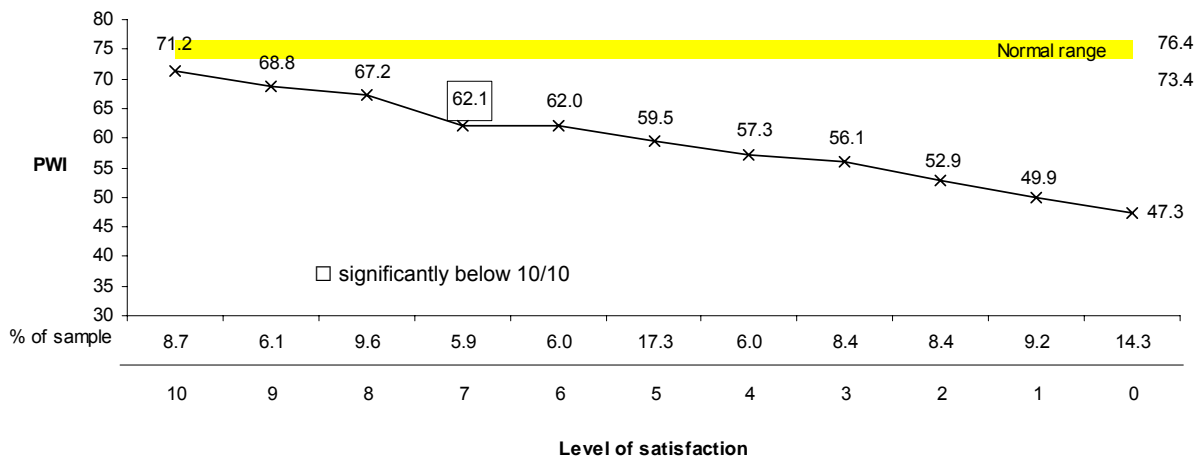


Figure 4.5: Satisfaction with your Savings and Investments

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?'

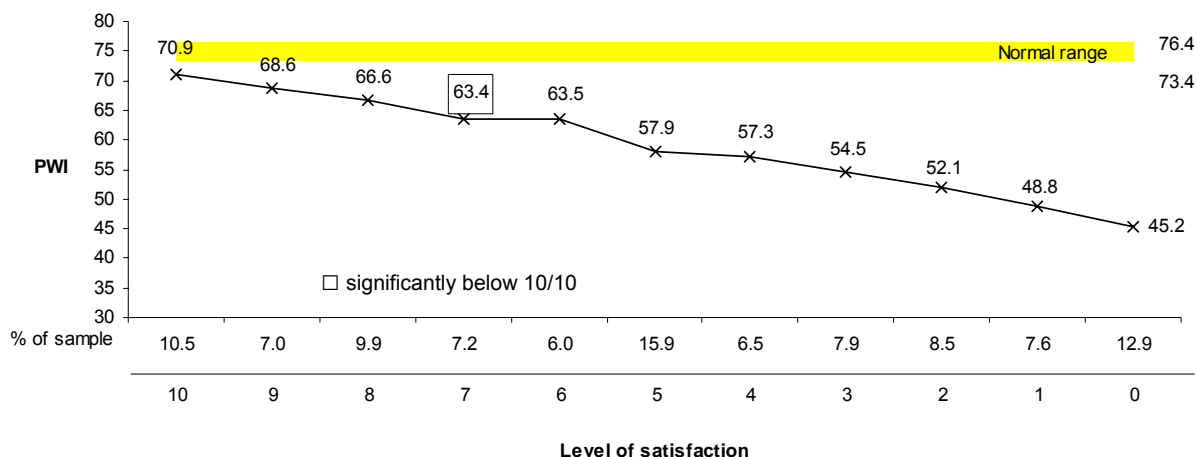


Figure 4.6: Satisfaction with Financial Security within your Control

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?'

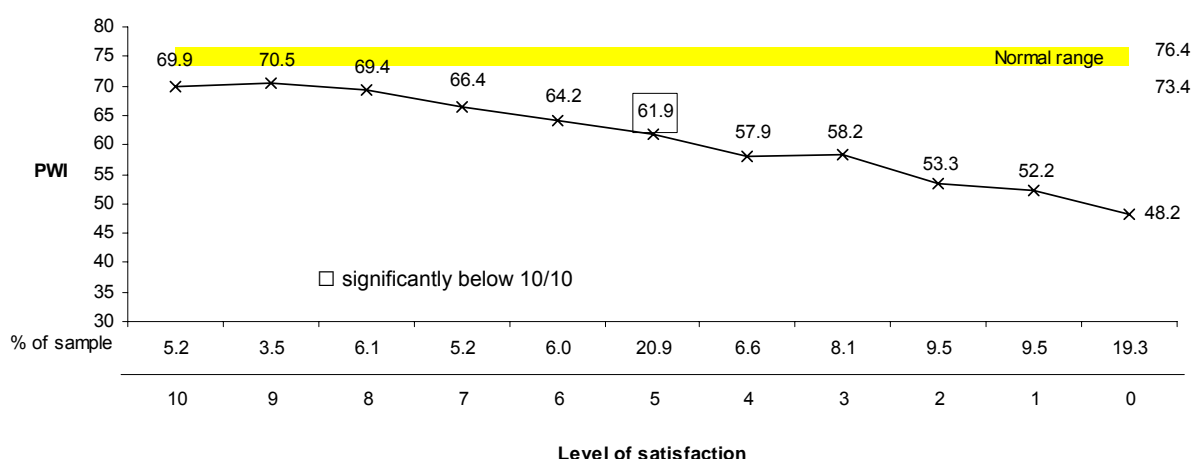


Figure 4.7: Satisfaction with your Financial Situation Improving

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?’

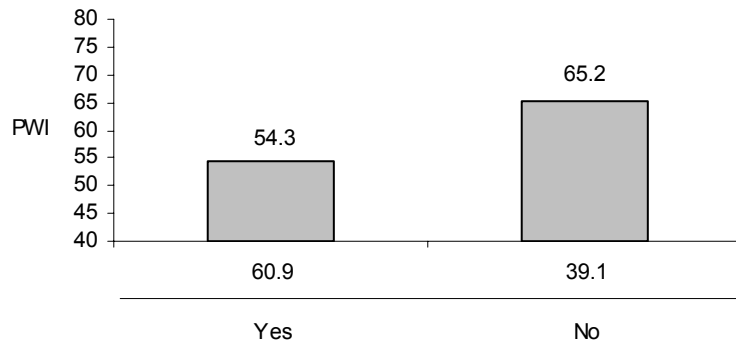


Figure 4.8: Worry about Income Covering Expenses

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?’

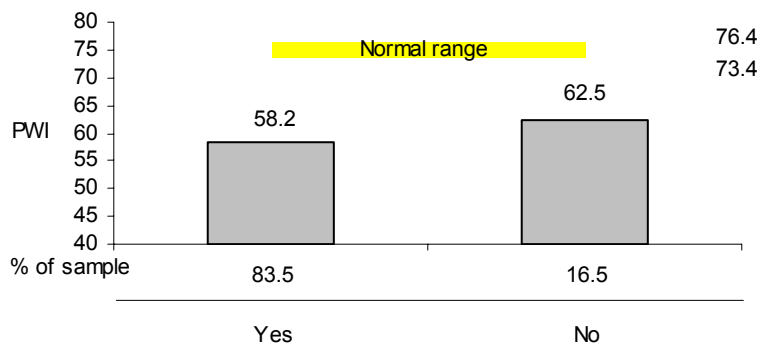


Figure 4.9: Receiving Centrelink Payment

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?'

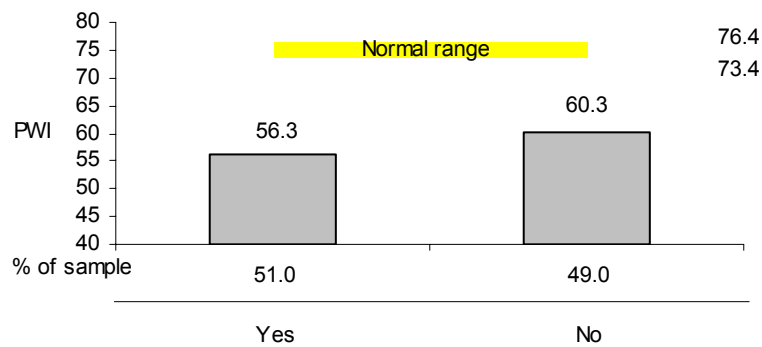


Figure 4.9.1: Centrelink Payment as Main Source of Income

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

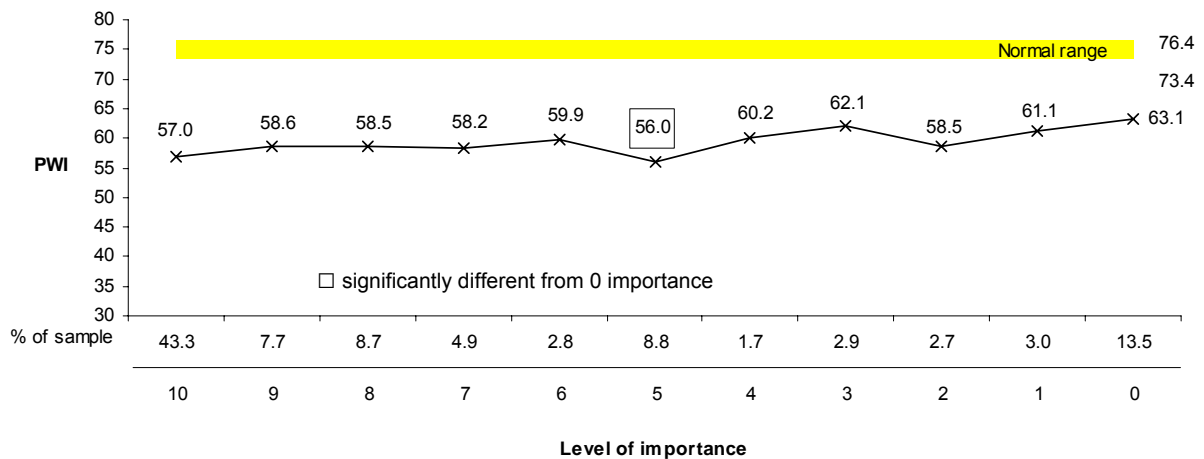


Figure 4.10.1: Importance of Respite x Personal Wellbeing Index

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)

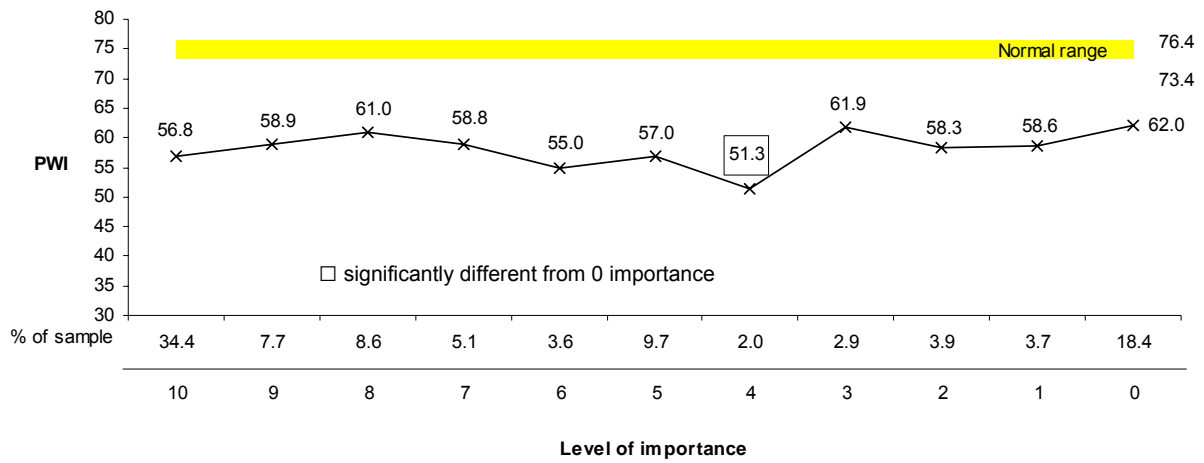


Figure 4.10.2: Importance of Community Care Services x Personal Wellbeing Index

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

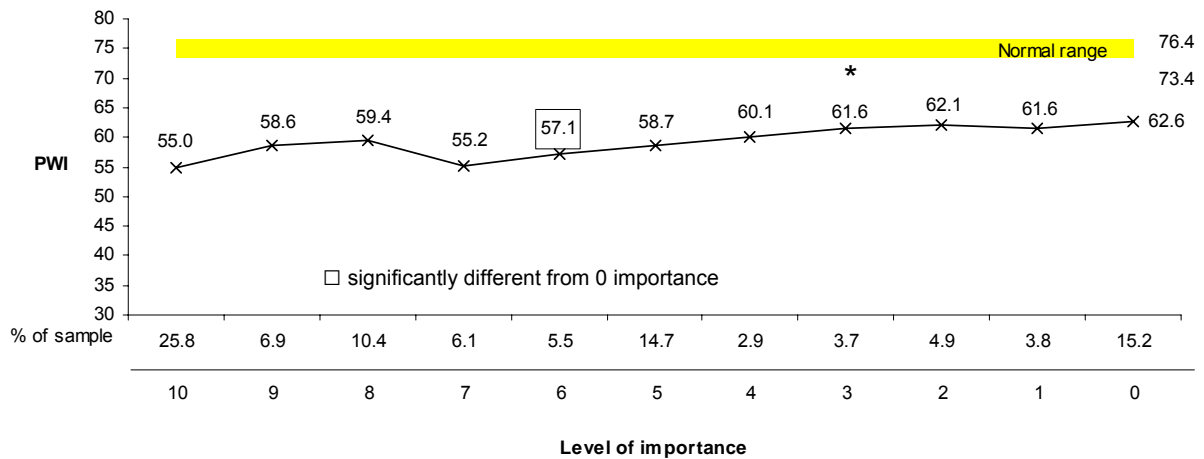


Figure 4.10.3: Importance of Carer Counselling

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

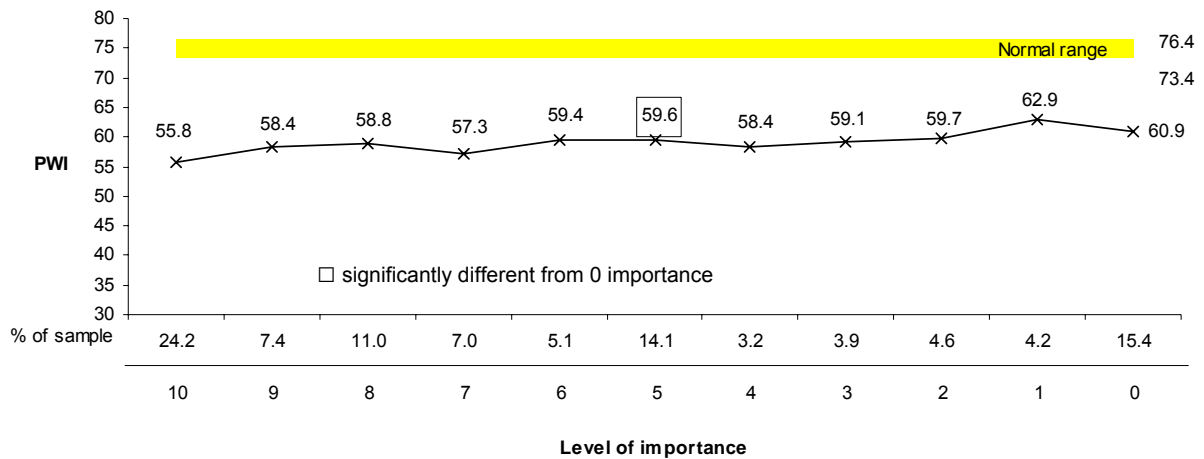


Figure 4.10.4: Importance of Education and Training x Personal Wellbeing Index

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

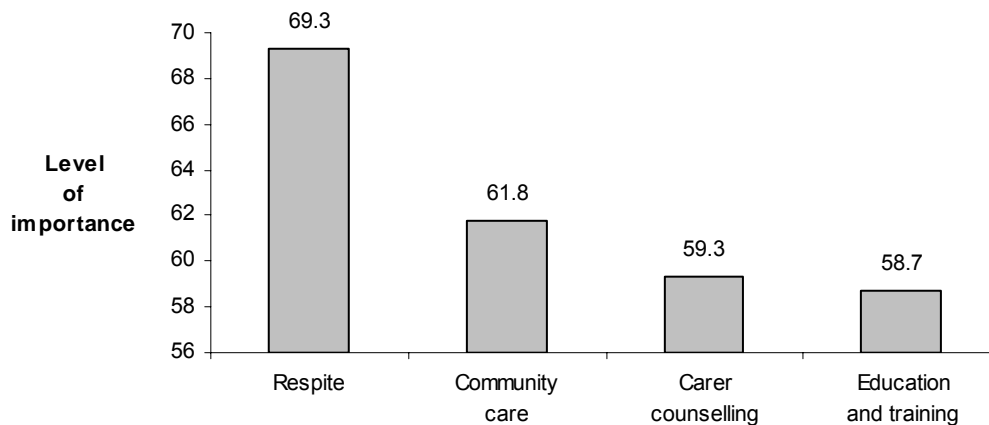


Figure 4.10.5: Relative Importance of Services

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].'*

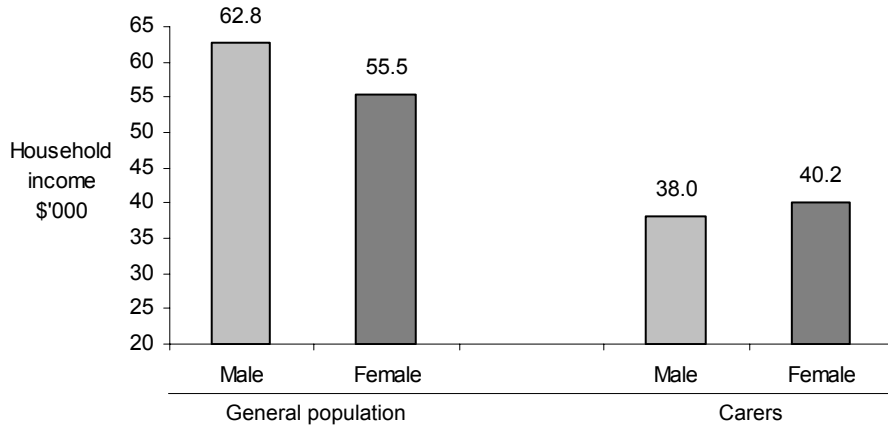


Figure 4.11.1: Household Income x Personal Wellbeing Index

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.

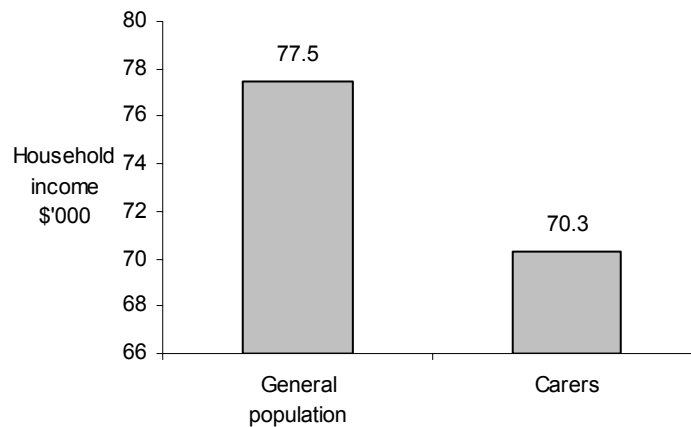


Figure 4.11.2: Full-time Employed

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

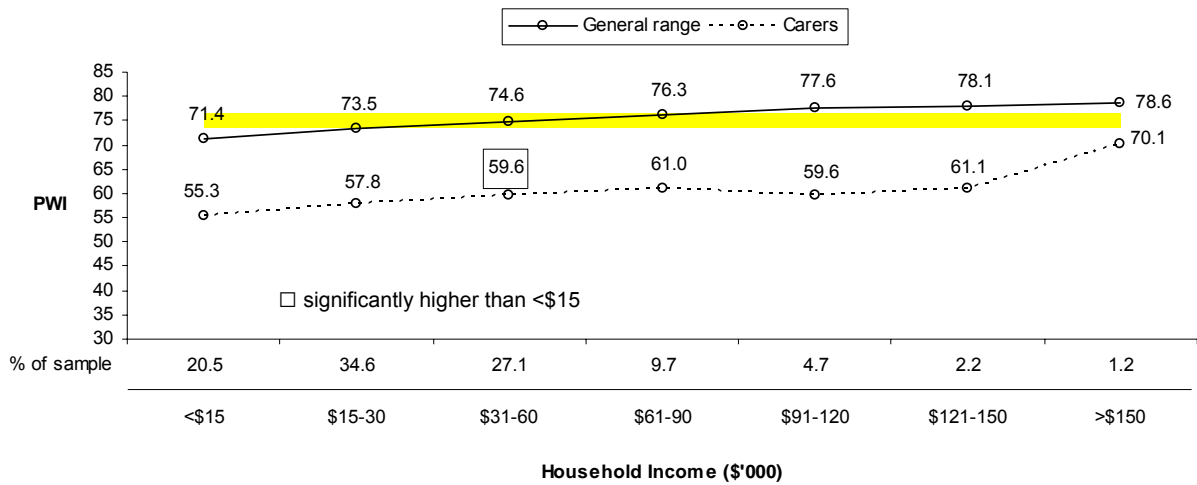


Figure 4.11.3: Household Income x Personal Wellbeing Index

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

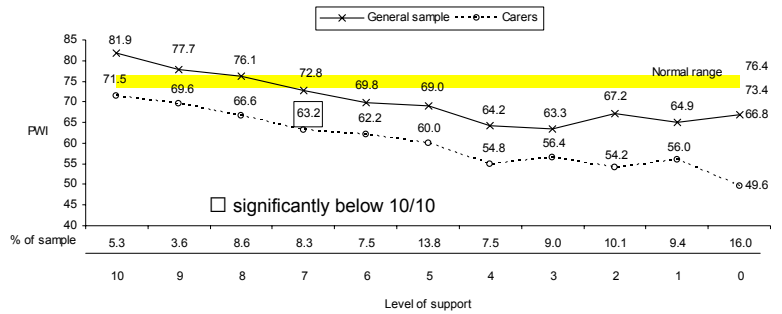
It's notable that the wellbeing of carers significantly increases from \$<15K to \$31-60K.

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.

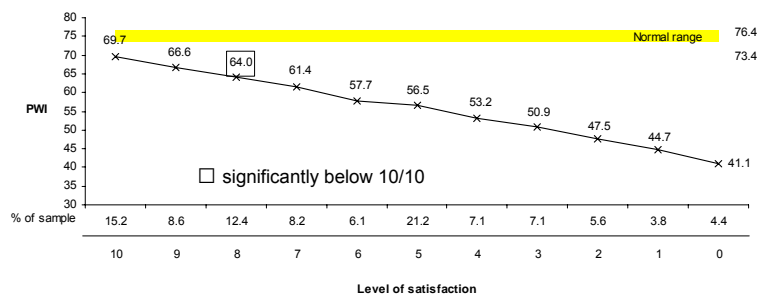
In sum, household income constitutes another double jeopardy for carers. Their income is lower and the caring process consumes additional financial resources. Thus, carers are over-represented in the lowest income levels and, at each income level, their wellbeing is lower than normal due to the additional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

4.12 Carer Resources - Dot Point Summary

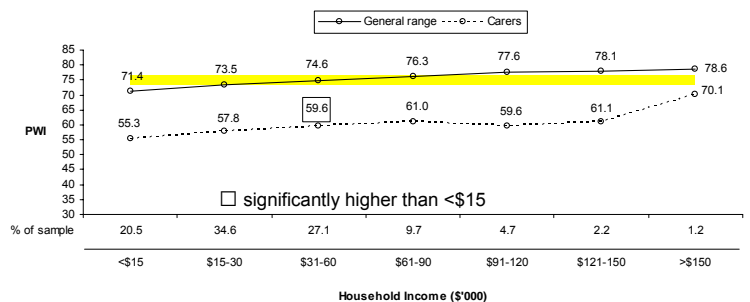
1. The wellbeing of carers is less than that of the general population sample even when the level of such support is rated 10/10. When the level of support falls to 7/10, carer wellbeing falls still further.



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?'

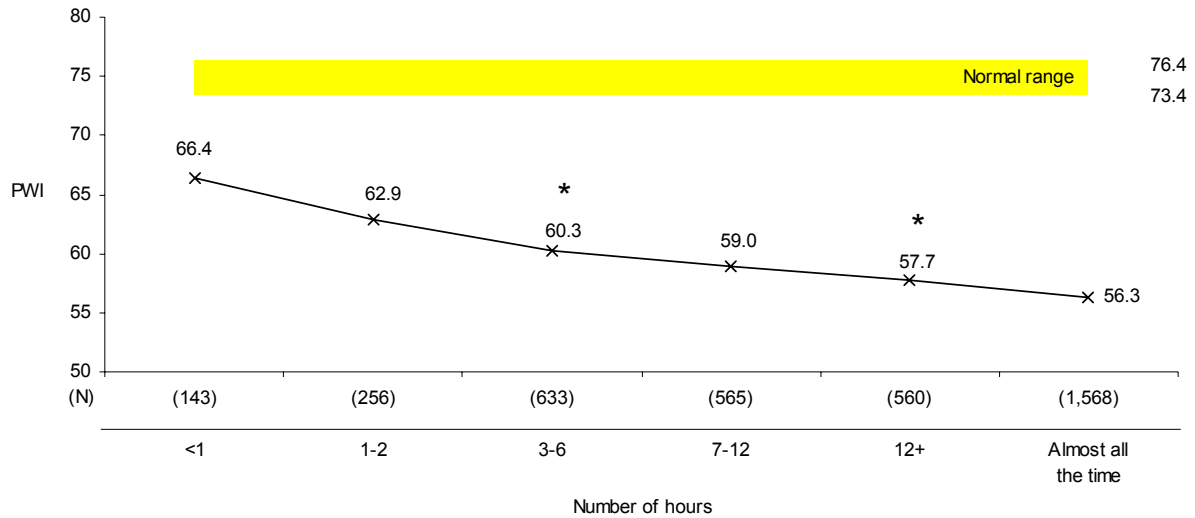


Figure 5.1: Number of Hours of Caring x Personal Wellbeing Index

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):

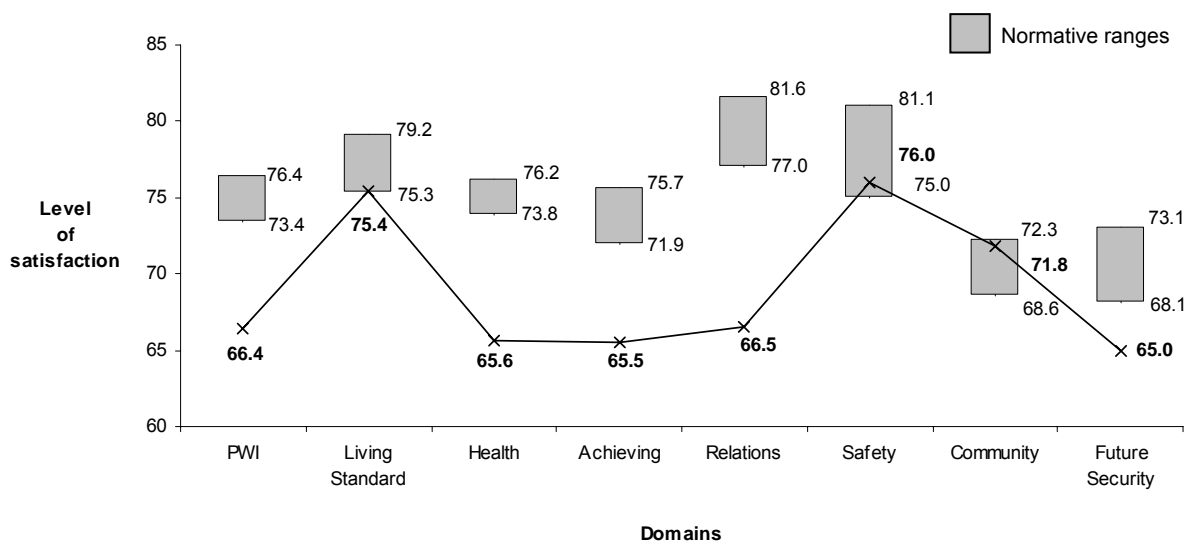


Figure 5.1.1: <1 hour of Caring x Domains

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).

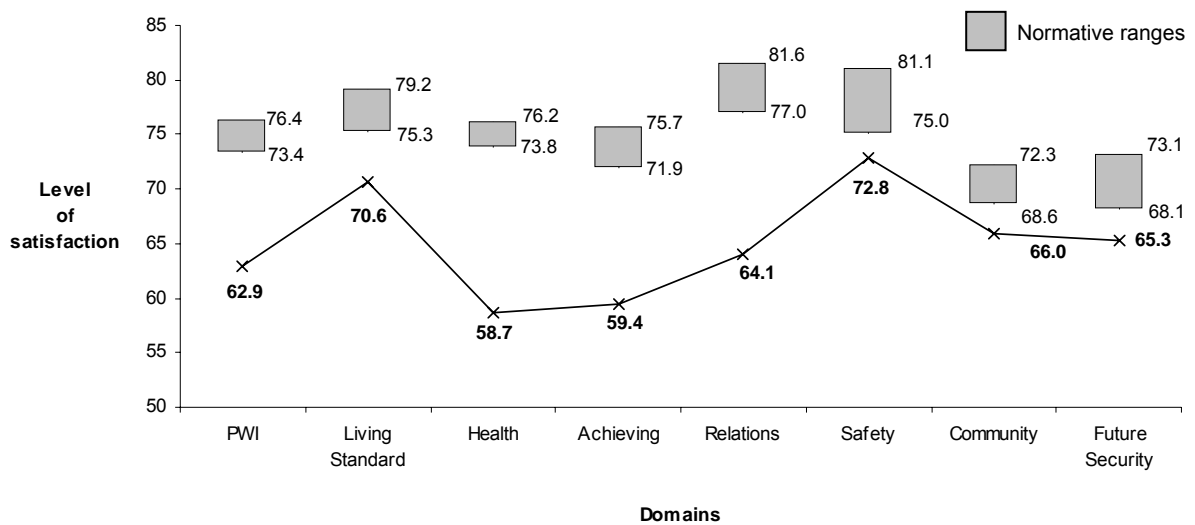


Figure 5.1.2: 1-2 hours of Caring x Domains

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?'

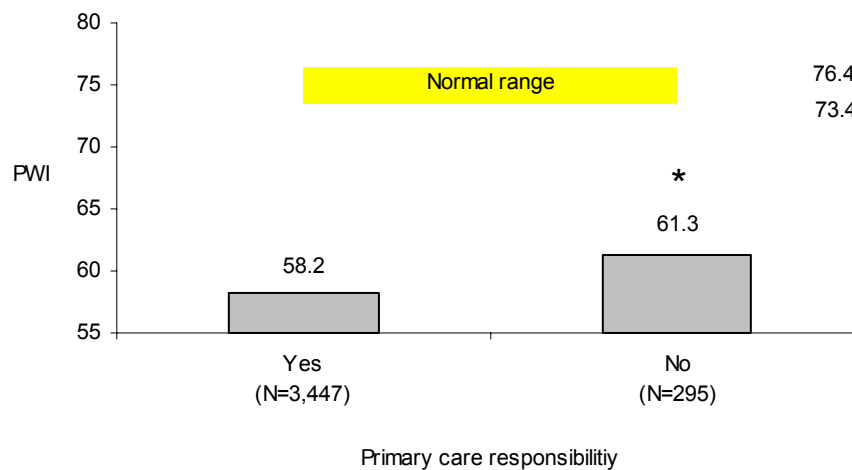


Figure 5.2: Respondent as Primary Carer

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.

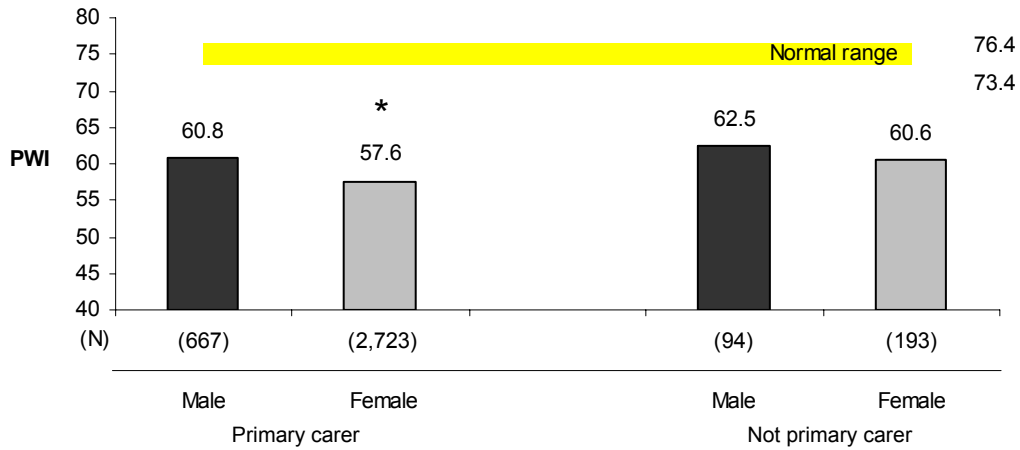


Figure 5.2.1: Respondent as Primary Carer x Gender

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?’

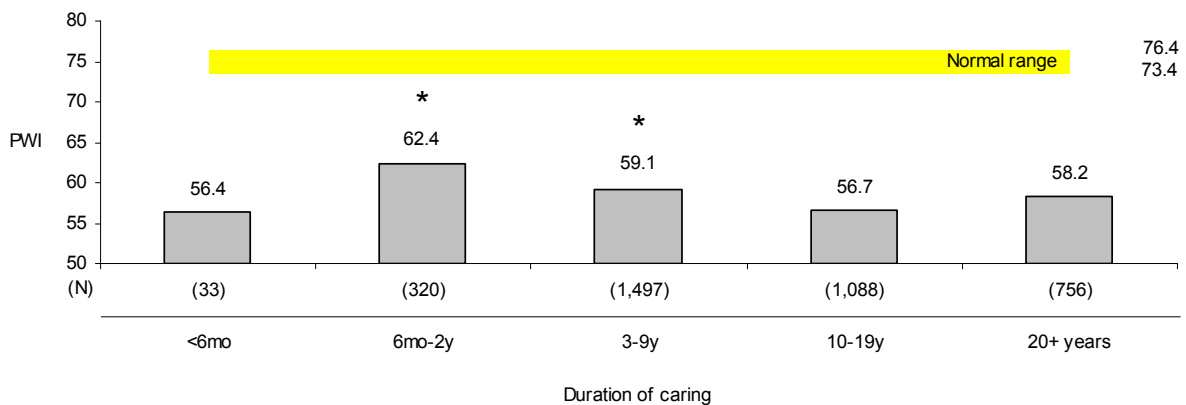


Figure 5.3: Duration of Caring

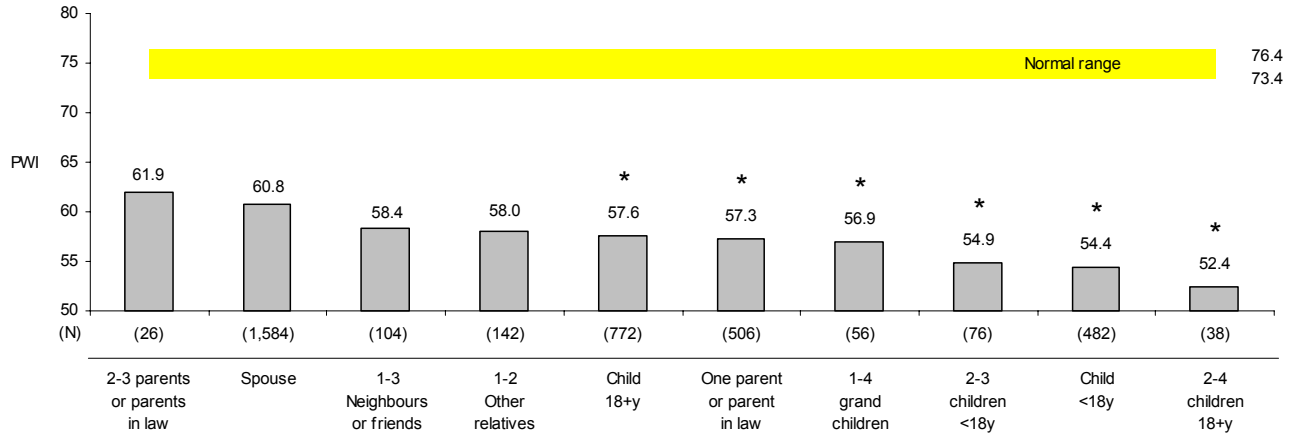
The results shown in Figure 5.3 are derived from Table A5.3. These results are interesting since it is commonly assumed that the task of caring becomes easier with time. That is not what these results are indicating. It is true that the rise in wellbeing from <6 months to 6mo/2 years is significant, 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?'

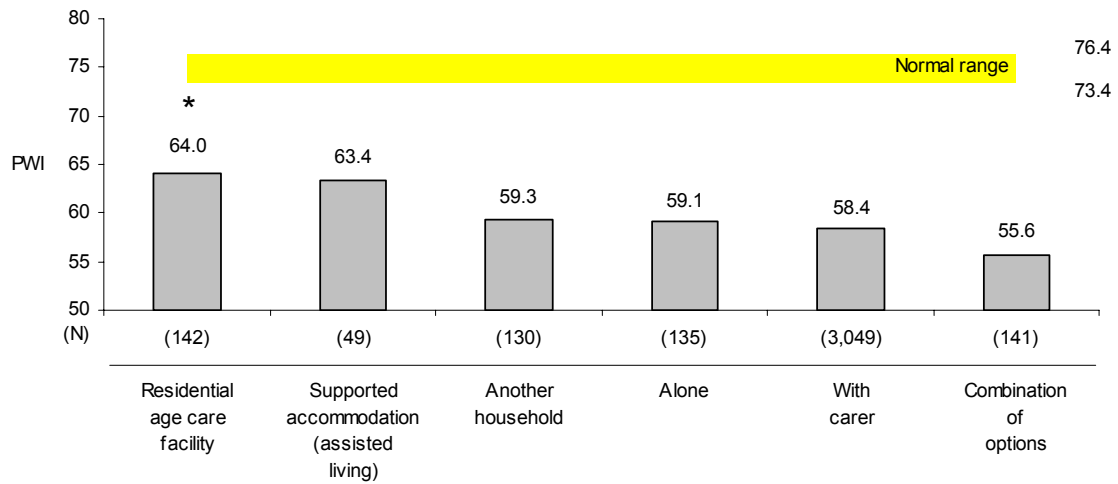


Figure 5.5: Location of Care Recipient

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).'

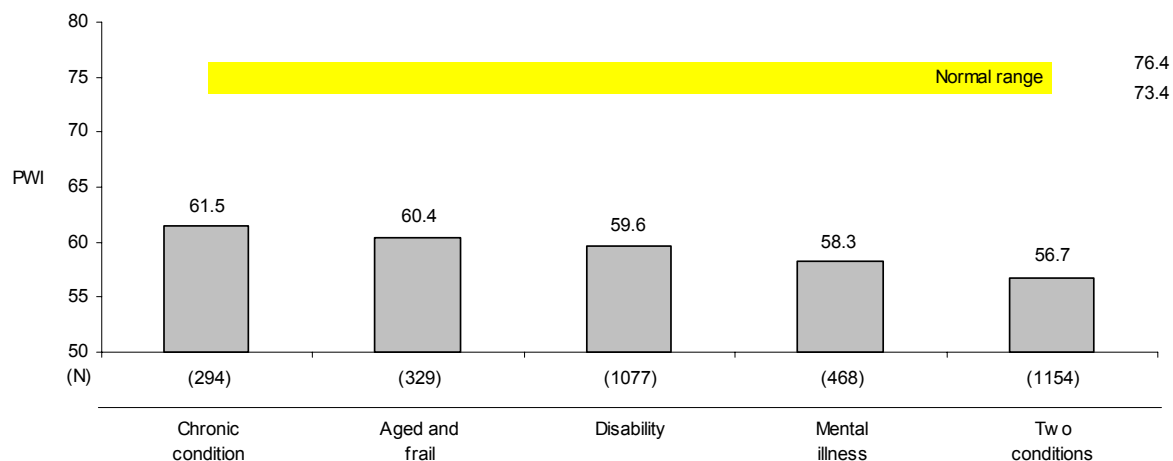
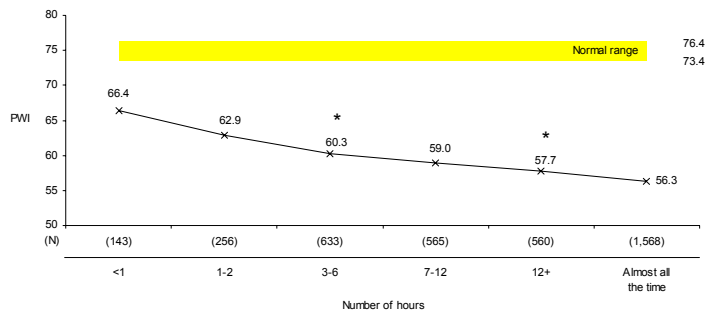


Figure 5.6: Medical Condition of Care Recipient

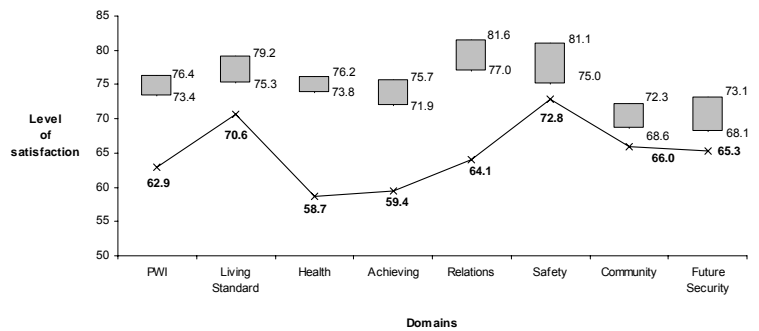
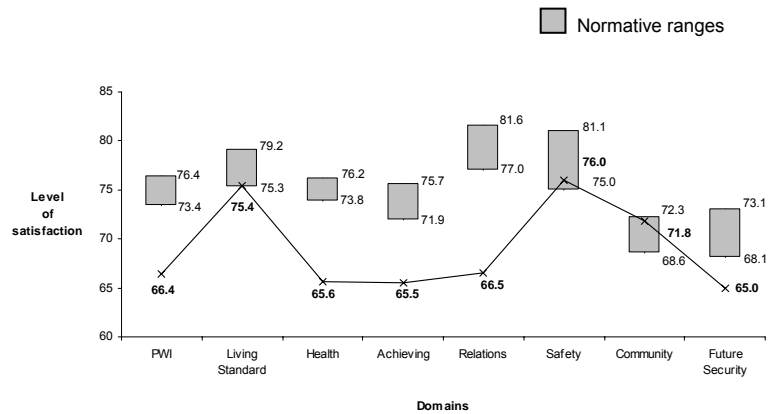
The results depicted in Figure 5.6 are derived from Table 5.6. All groups are very low. The statistical differences are restricted to the care-recipients (41.6% of the total sample) with two or more medical conditions. It is interesting that there is so little difference in burden between caring for '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

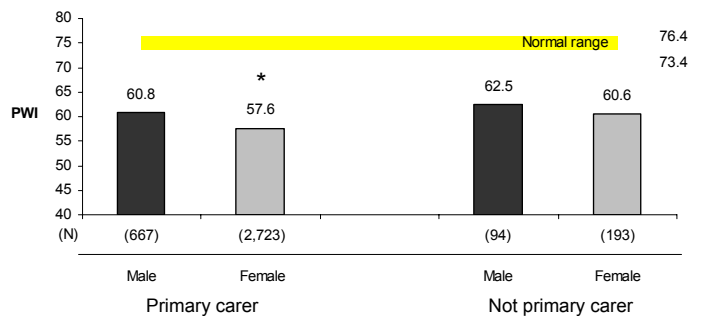
1. Wellbeing decreases linearly as the number of hours spent caring increases.



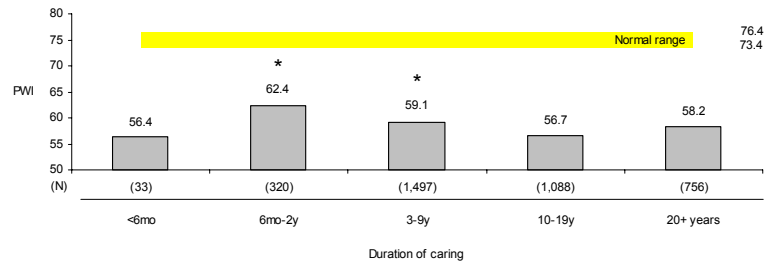
2. While having the primary care responsibilities for less than 1 hour each day allows normal-range satisfaction with living standard, safety and community connection, once this reaches 1-2 hours each day all domains are well below normal. Primary carer responsibility for any time each day is extremely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



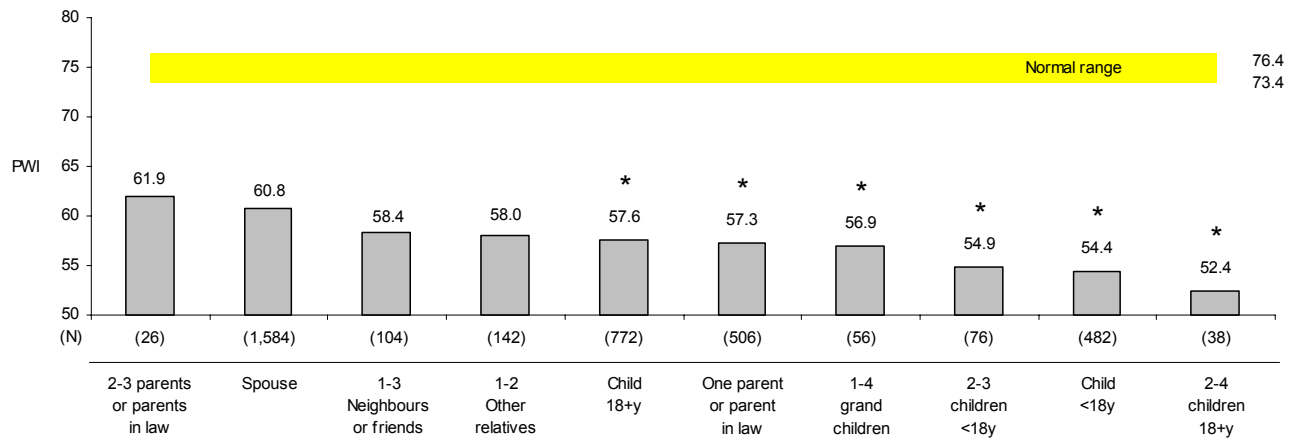
3. Female primary carers have lower wellbeing than male primary carers.



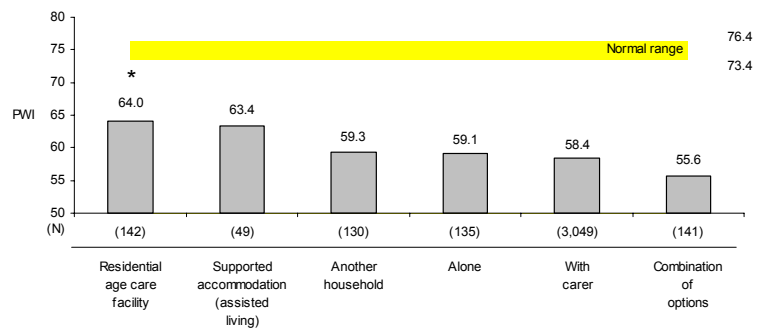
4. There is no evidence that carers adapt to their situation when caring continues for longer than 2 years.



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?'

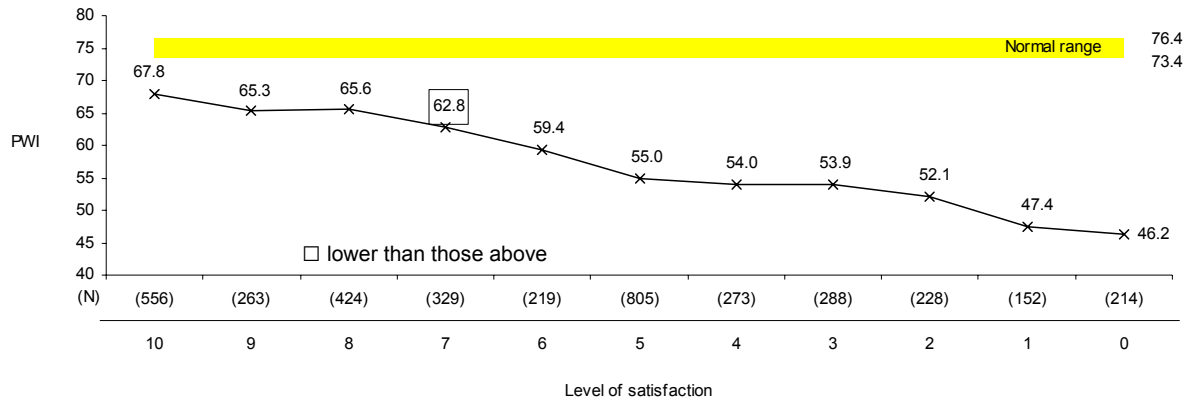


Figure 6.1: Satisfaction with Hours Caring

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?'

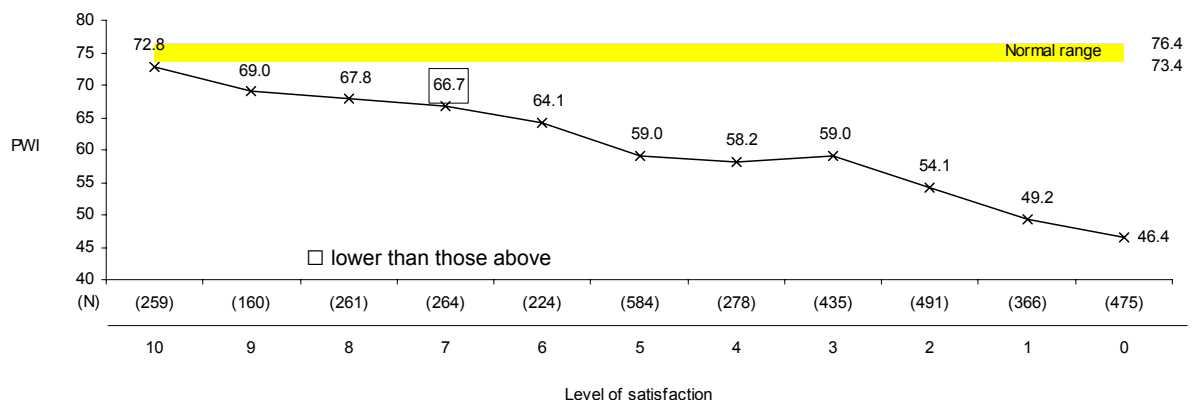


Figure 6.2: Satisfaction with Amount of Leisure Time

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?’

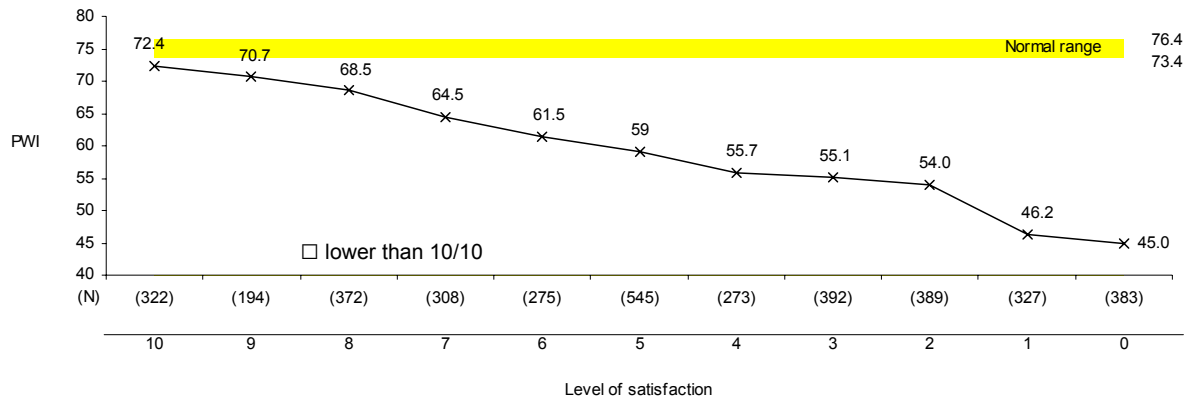


Figure 6.3: Satisfaction with the way Leisure Time is Spent

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.

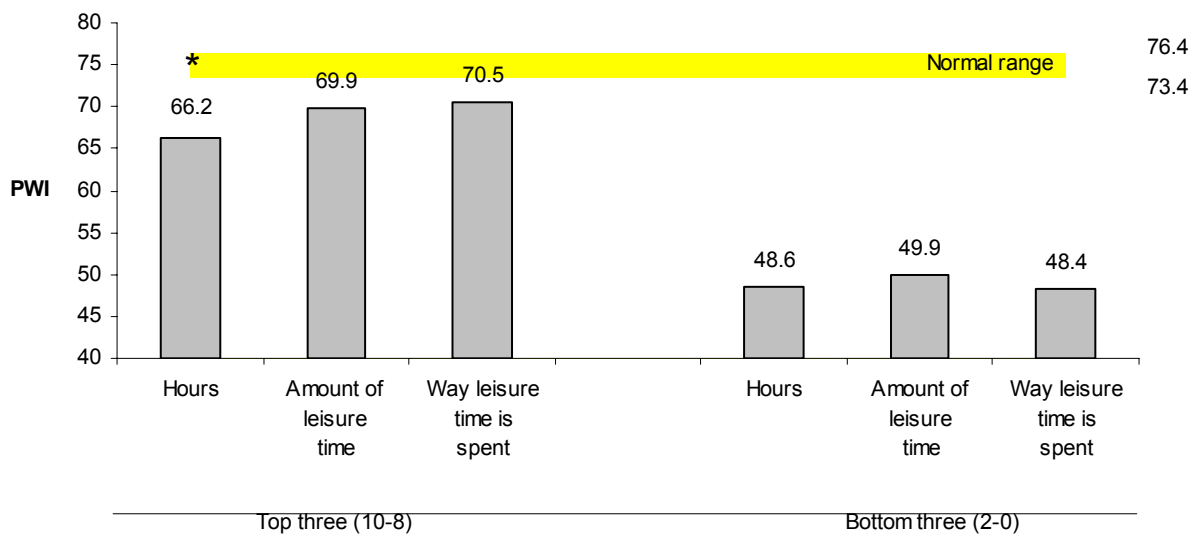


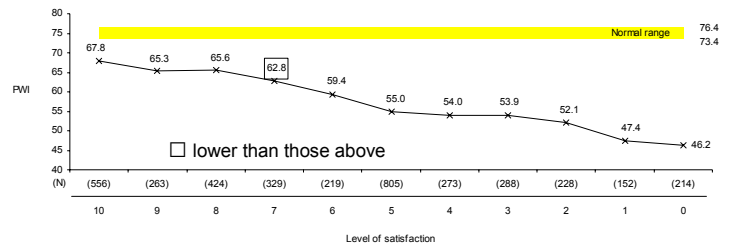
Figure 6.4: A Comparison Between the Three Sources of Satisfaction

Conclusion

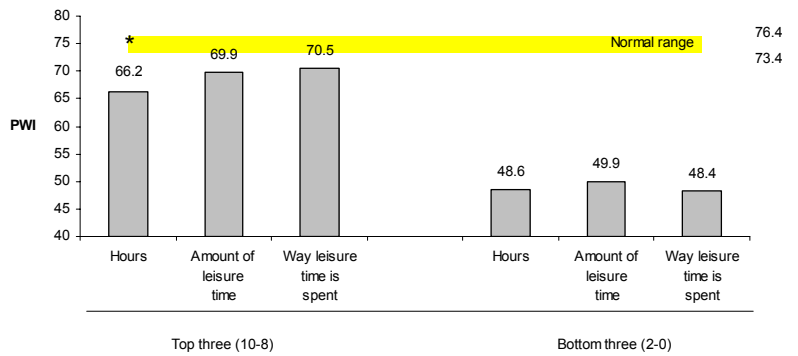
These three sources of satisfaction are all associated with personal wellbeing. As the satisfaction falls, so does wellbeing. However, satisfaction with leisure is more strongly associated with high wellbeing than is satisfaction with caring hours.

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 (<3 groups)</i> | | | <i>No post-hocs performed (<3 groups)</i> | | | <i>No post-hocs performed (<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>children, p=.000 partner>children, p=.000 partner>partner & children, p=.000 partner>parents, p=.001 partner>other, p=.017 Partner & children>children, p=.000 parents>children, p=.000 other>children, p=.005</i> | | | <i>children>alone, p=.001 children>partner, p=.000</i> | | | <i>partner>alone, p=.025 children>alone, p=.000 Partner & children>alone, p=.000 Partner & children>children, p=.000 parents>alone, p=.000 other>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>never p = .000 Married>separated, p = .000 Married>divorced, p = .000 De facto>separated, p = .024 Widowed>never, p = .021 Widowed>separated, p = .000 Widowed>divorced, p = .001</i> | | | <i>Separated>married, p=.007 Separated>widowed, p=.014 Divorced>married, p=.037</i> | | | <i>Married>widowed, p=.005 Separated>widowed, p=.006 Divorced>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 >unemployed, p = .000 FT study >unemployed, p = .045 FT retired >PT paid, p = .000 FT retired >PT study, p = .003 FT retired >unemployed, p = .000 PT paid>unemployed, p = .000 PT volunteer >unemployed, p = .000</i> | | | <i>PT Study >FT Study, p = .039 Unemployed >FT paid, p = .000 Unemployed >FT study, p = .000 Unemployed >FT retired, p = .000 Unemployed >PT paid, p = .000 Unemployed >PT volunteer, p = .000</i> | | | <i>FT paid >FT retired, p = .003 PT paid>FT Retired, p = .000 PT paid>PT Volunteer, p = .012 Unemployed >FT retired, p = .000 Unemployed >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 | $F(10,3796) = 19.109, p=.000$ | | | $F(10,3844) = 36.216, p=.000$ | | | $F(10,3839) = 28.747, p=.000$ | | |
| Post-hocs Tukey | <p>0>30, p = 000 0>40, p = 000 0>50, p = 000 0>60, p = 000 0>70, p = 000 0>80, p = 000 0>90, p = 000 0>100, p = 000 10>30, p = 033 10>40, p = 001 10>50, p = 000 10>60, p = 000 10>70, p = 000 10>80, p = 000 10>90, p = 005 10>100, p = 000 20>50, p = 001 20>60, p = 000 20>70, p = 000 20>80, p = 000 20>100, p = 001 30>60, p = 018 30>70, p = 002 30>80, p = 002 30>100, p = 033</p> | | | <p>30>0, p = 048 40>0, p = 000 50>0, p = 000 60>0, p = 000 70>0, p = 000 80>0, p = 000 90>0, p = 000 100>0, p = 000 40>10, p = 001 50>10, p = 000 60>10, p = 000 70>10, p = 000 80>10, p = 000 90>10, p = 000 100>10, p = 000 50>20, p = 000 60>20, p = 000 70>20, p = 000 80>20, p = 000 90>20, p = 000 100>20, p = 000 50>30, p = 002 60>30, p = 000 70>30, p = 000 80>30, p = 000 90>30, p = 001 100>30, p = 000 60>40, p = 025 70>40, p = 000 80>40, p = 000 100>40, p = 000 70>50, p = 038 80>50, p = 000 100>50, p = 000 80>60, p = 008 100>60, p = 000 100>70, p = 002 100>90, p = 025</p> | | | <p>40>0, p = 000 50>0, p = 000 60>0, p = 000 70>0, p = 000 80>0, p = 000 90>0, p = 000 100>0, p = 000 40>10, p = 004 50>10, p = 009 60>10, p = 000 70>10, p = 000 80>10, p = 000 90>10, p = 001 100>10, p = 000 50>20, p = 019 60>20, p = 000 70>20, p = 000 80>20, p = 000 90>20, p = 029 100>20, p = 000 60>30, p = 000 70>30, p = 000 80>30, p = 000 90>30, p = 047 100>30, p = 000 70>40, p = 004 80>40, p = 000 100>40, p = 000 70>50, p = 007 80>50, p = 000 100>50, p = 000 100>60, p = 006 100>70, p = 030 100>90, p = 042</p> | | |

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>10, p = 000</i> <i>0>20, p = 000</i> <i>0>30, p = 000</i> <i>0>40, p = 000</i> <i>0>50, p = 000</i> <i>0>60, p = 000</i> <i>0>70, p = 000</i> <i>0>80, p = 000</i> <i>0>90, p = 000</i> <i>0>100, p = 000</i> <i>10>60, p = 000</i> <i>10>70, p = 002</i> <i>10>80, p = 000</i> <i>10>90, p = 000</i> <i>10>100, p = 000</i> <i>20>60, p = 001</i> <i>20>70, p = 010</i> <i>20>80, p = 000</i> <i>20>90, p = 000</i> <i>20>100, p = 000</i> <i>30>60, p = 027</i> <i>30>80, p = 000</i> <i>30>90, p = 000</i> <i>30>100, p = 006</i> <i>40>90, p = 007</i> <i>50>90, p = 006</i> | | | <i>20>0, p = 001</i> <i>30>0, p = 000</i> <i>40>0, p = 000</i> <i>50>0, p = 000</i> <i>60>0, p = 000</i> <i>70>0, p = 000</i> <i>80>0, p = 000</i> <i>90>0, p = 000</i> <i>100>0, p = 000</i> <i>40>10, p = 040</i> <i>50>10, p = 000</i> <i>60>10, p = 000</i> <i>70>10, p = 000</i> <i>80>10, p = 000</i> <i>90>10, p = 000</i> <i>100>10, p = 000</i> <i>50>20, p = 001</i> <i>60>20, p = 009</i> <i>70>20, p = 000</i> <i>80>20, p = 000</i> <i>90>20, p = 000</i> <i>100>20, p = 000</i> <i>60>30, p = 007</i> <i>70>30, p = 002</i> <i>80>30, p = 001</i> <i>90>30, p = 002</i> <i>100>30, p = 010</i> <i>90>40, p = 042</i> | | | <i>10>0, p = 000</i> <i>20>0, p = 000</i> <i>30>0, p = 000</i> <i>40>0, p = 000</i> <i>50>0, p = 000</i> <i>60>0, p = 000</i> <i>70>0, p = 000</i> <i>80>0, p = 000</i> <i>90>0, p = 000</i> <i>100>0, p = 000</i> <i>50>10, p = 000</i> <i>60>10, p = 000</i> <i>70>10, p = 000</i> <i>80>10, p = 000</i> <i>90>10, p = 000</i> <i>100>10, p = 000</i> <i>50>20, p = 004</i> <i>60>20, p = 000</i> <i>70>20, p = 000</i> <i>80>20, p = 000</i> <i>90>20, p = 000</i> <i>100>20, p = 000</i> <i>60>30, p = 039</i> <i>70>30, p = 004</i> <i>80>30, p = 013</i> <i>90>30, p = 023</i> <i>100>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>asthma, p = 031</i></p> <p><i>no medical condition>depression, p = 003</i></p> <p><i>no medical condition>other conditions, p = 000</i></p> <p><i>no medical condition>multiple conditions, p = 000</i></p> <p><i>arthritis>multiple conditions, p = 000</i></p> <p><i>blood pressure>depression, p = 038</i></p> <p><i>diabetes>multiple conditions, p = 032</i></p> <p><i>heart problems>multiple conditions, p = 003</i></p> <p><i>blood pressure>other conditions, p = 017</i></p> <p><i>blood pressure>multiple conditions, p = 000</i></p> | | | <p><i>anxiety>no medical condition, p = 003</i></p> <p><i>depression>no medical condition, p = 000</i></p> <p><i>other conditions>no medical condition, p = 000</i></p> <p><i>multiple conditions>no medical condition, p = 000</i></p> <p><i>anxiety>arthritis, p = 035</i></p> <p><i>depression>arthritis, p = 000</i></p> <p><i>multiple conditions>arthritis, p = 000</i></p> <p><i>depression>cancer, p = 000</i></p> <p><i>multiple conditions>cancer, p = 013</i></p> <p><i>anxiety>blood pressure, p = 006</i></p> <p><i>depression>diabetes, p = 001</i></p> <p><i>depression>heart problems, p = 000</i></p> <p><i>depression>blood pressure, p = 000</i></p> <p><i>depression>other conditions, p = 000</i></p> <p><i>multiple conditions>heart problems, p = 024</i></p> <p><i>other condition>blood pressure, p = 026</i></p> <p><i>multiple conditions>blood pressure, p = 000</i></p> <p><i>multiple conditions>other conditions, p = 017</i></p> | | | <p><i>anxiety>no medical condition, p = 000</i></p> <p><i>depression>no medical condition, p = 000</i></p> <p><i>other conditions>no medical condition, p = 002</i></p> <p><i>multiple conditions>no medical condition, p = 000</i></p> <p><i>anxiety>arthritis, p = 000</i></p> <p><i>depression>arthritis, p = 000</i></p> <p><i>other conditions>arthritis, p = 009</i></p> <p><i>multiple conditions>arthritis, p = 000</i></p> <p><i>anxiety>cancer, p = 003</i></p> <p><i>depression>cancer, p = 003</i></p> <p><i>multiple conditions>cancer, p = 024</i></p> <p><i>anxiety>diabetes, p = 000</i></p> <p><i>anxiety>heart problems, p = 036</i></p> <p><i>anxiety>blood pressure, p = 000</i></p> <p><i>depression>diabetes, p = 000</i></p> <p><i>depression>heart problems, p = 043</i></p> <p><i>depression>blood pressure, p = 000</i></p> <p><i>other conditions>diabetes, p = 005</i></p> <p><i>Other conditions>blood pressure, p = 006</i></p> <p><i>multiple conditions>diabetes, p = 000</i></p> <p><i>multiple conditions>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>multiple reasons, p = 040 treatment unavailable>multiple reasons, p = 021 treatment unaffordable>multiple reasons, p = 000 other reasons>multiple reasons, p = 000</i> | | | <i>treatment unavailable>other reasons, p = 018 multiple reasons>other reasons, p = 002</i> | | | <i>no time for treatment>other reasons, p = 049 multiple reasons>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>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>0, p=.000 50>10, p=.005 50>20, p=.038 50>30, p=.024</p> <p>60>0, p=.000 60>10, p=.002 60>20, p=.011 60>30, p=.007</p> <p>70>0, p=.000 70>10, p=.000 70>20, p=.000 70>30, p=.000 70>40, p=.003</p> <p>80>0, p=.000 80>10, p=.000 80>20, p=.000 80>30, p=.000 80>40, p=.000 80>50, p=.014</p> <p>90>0, p=.000 90>10, p=.000 90>20, p=.000 90>30, p=.000 90>40, p=.000 90>50, p=.000 90>60, p=.009</p> <p>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</p> | | | <p>0>50, p=.038 0>60, p=.010 0>70, p=.000 0>80, p=.000 0>90, p=.000 0>100, p=.000</p> <p>10>70, p=.007 10>80, p=.000 10>90, p=.000 10>100, p=.000</p> <p>20>70, p=.001 20>80, p=.000 20>90, p=.000 20>100, p=.000</p> <p>30>70, p=.002 30>80, p=.000 30>90, p=.000 30>100, p=.000</p> <p>40>80, p=.004 40>90, p=.001 40>100, p=.000</p> <p>50>80, p=.000 50>90, p=.000 50>100, p=.000</p> <p>60>90, p=.022 60>100, p=.000</p> <p>70>100, p=.001</p> | | | <p>0>70, p=.000 0>80, p=.000 0>90, p=.000 0>100, p=.000</p> <p>10>70, p=.004 10>80, p=.000 10>90, p=.000 10>100, p=.000</p> <p>20>70, p=.013 20>80, p=.000 20>90, p=.000 20>100, p=.000</p> <p>30>80, p=.001 30>90, p=.000 30>100, p=.000</p> <p>40>80, p=.006 40>90, p=.000 40>100, p=.000</p> <p>50>80, p=.007 50>90, p=.000 50>100, p=.000</p> <p>60>80, p=.043 60>90, p=.000 60>100, p=.000</p> <p>70>90, p=.001 70>100, p=.002</p> <p>80>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 | | | |
| | | 80>40, p=.000 | 0>80, p=.000 | | 0>90, p=.000 | | | | |
| | | 80>50, p=.000 | 0>90, p=.000 | 40>70, p=.027 | 0>100, p=.000 | 50>80, p=.005 | | | |
| | | | 0>100, p=.000 | 40>80, p=.000 | | 50>90, p=.005 | | | |
| | | 90>0, p=.000 | | 40>90, p=.000 | 10>70, p=.004 | 50>100, p=.000 | | | |
| | 50>0, p=.000 | 90>10, p=.000 | 10>70, p=.003 | 40>100, p=.000 | 10>80, p=.000 | | | | |
| | 50>20, p=.001 | 90>20, p=.000 | 10>80, p=.000 | | 10>90, p=.000 | 60>80, p=.021 | | | |
| | 50>40, p=.022 | 90>30, p=.000 | 10>90, p=.000 | 50>80, p=.000 | 10>100, p=.000 | 60>90, p=.011 | | | |
| | | 90>40, p=.000 | 10>100, p=.000 | 50>90, p=.006 | | 60>100, p=.000 | | | |
| | 60>0, p=.000 | 90>50, p=.000 | 20>50, p=.016 | 50>100, p=.000 | 20>70, p=.004 | | | | |
| | 60>10, p=.006 | 90>60, p=.020 | 20>60, p=.017 | | 20>80, p=.000 | | | | |
| | 60>20, p=.000 | | 20>70, p=.000 | 60>80, p=.021 | 20>90, p=.000 | | | | |
| | 60>30, p=.015 | 100>0, p=.000 | 20>80, p=.000 | 60>100, p=.000 | 20>100, p=.000 | | | | |
| | 60>40, p=.001 | 100>10, p=.000 | 20>90, p=.000 | | | | | | |
| | | 100>20, p=.000 | 20>100, p=.000 | 70>100, p=.000 | | | | | |
| | 70>0, p=.000 | 100>30, p=.000 | | | 30>80, p=.000 | | | | |
| | 70>10, p=.000 | 100>40, p=.000 | | | 30>90, p=.000 | | | | |
| | 70>20, p=.000 | 100>50, p=.000 | | | 30>100, p=.000 | | | | |
| | 70>30, p=.001 | 100>60, p=.000 | | | | | | | |
| | 70>40, 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>30, p=.037</p> <p>80>0, p=.023</p> <p>80>10, p=.001</p> <p>80>20, p=.002</p> <p>80>30, p=.000</p> <p>80>50, p=.008</p> <p>90>0, p=.000</p> <p>90>10, p=.000</p> <p>90>20, p=.000</p> <p>90>30, p=.000</p> <p>90>40, p=.000</p> <p>90>50, p=.000</p> <p>90>70, p=.036</p> <p>100>0, p=.000</p> <p>100>10, p=.000</p> <p>100>20, p=.000</p> <p>100>30, p=.000</p> <p>100>40, p=.000</p> <p>100>50, p=.000</p> <p>100>60, p=.006</p> <p>100>70, p=.000</p> <p>100>80, p=.046</p> | | | <p>0>90, p=.035</p> <p>0>100, p=.000</p> <p>10>80, p=.024</p> <p>10>90, p=.002</p> <p>10>100, p=.000</p> <p>20>80, p=.002</p> <p>20>90, p=.000</p> <p>20>100, p=.000</p> <p>30>90, p=.006</p> <p>30>100, p=.000</p> <p>40>90, p=.014</p> <p>40>100, p=.000</p> <p>50>80, p=.031</p> <p>50>90, p=.002</p> <p>50>100, p=.000</p> <p>60>100, p=.000</p> <p>70>100, p=.000</p> | | | <p>0>90, p=.001</p> <p>0>100, p=.000</p> <p>10>90, p=.000</p> <p>10>100, p=.000</p> <p>20>90, p=.000</p> <p>20>100, p=.000</p> <p>30>90, p=.000</p> <p>30>100, p=.000</p> <p>40>90, p=.002</p> <p>40>100, p=.000</p> <p>50>90, p=.001</p> <p>50>100, p=.000</p> <p>60>90, p=.013</p> <p>60>100, p=.000</p> <p>70>90, p=.024</p> <p>70>100, p=.000</p> <p>80>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 | | | 40>80, p=.001 | | |
| | 40>0, p=.000 | | | 40>80, p=.000 | | | 0>50, p=.000 | | |
| | 80>20, p=.000 | | | 0>70, p=.000 | | | 0>60, p=.000 | | |
| | 40>10, p=.001 | | | 40>90, p=.000 | | | 40>90, p=.000 | | |
| | 80>30, p=.000 | | | 0>80, p=.000 | | | 0>70, p=.000 | | |
| | 80>40, p=.000 | | | 40>100, p=.000 | | | 0>80, p=.000 | | |
| | 50>0, p=.000 | | | 0>90, p=.000 | | | 0>90, p=.000 | | |
| | 80>50, p=.000 | | | 0>100, p=.000 | | | 50>90, p=.000 | | |
| | 50>10, p=.000 | | | 50>70, p=.002 | | | 0>100, p=.000 | | |
| | 50>20, p=.000 | | | 50>80, p=.001 | | | 50>100, p=.000 | | |
| | 50>30, p=.003 | | | 50>90, p=.000 | | | 60>100, p=.000 | | |
| | 90>0, p=.000 | | | 10>50, p=.000 | | | 10>50, p=.000 | | |
| | 90>10, p=.000 | | | 10>60, p=.000 | | | 10>60, p=.000 | | |
| | 90>20, p=.000 | | | 10>70, p=.000 | | | 10>70, p=.000 | | |
| | 90>30, p=.000 | | | 10>80, p=.000 | | | 10>80, p=.000 | | |
| | 90>40, p=.000 | | | 10>90, p=.000 | | | 10>90, p=.000 | | |
| | 90>50, p=.000 | | | 10>100, p=.000 | | | 80>100, p=.000 | | |
| | 90>60, p=.000 | | | 20>50, p=.015 | | | 20>50, p=.003 | | |
| | 90>70, p=.034 | | | 20>60, p=.023 | | | 20>60, p=.001 | | |
| | 100>0, p=.000 | | | 20>70, p=.000 | | | 20>70, p=.000 | | |
| | 100>10, p=.000 | | | 20>80, p=.000 | | | 20>80, p=.000 | | |
| | 100>20, p=.000 | | | 20>90, p=.000 | | | 20>90, p=.000 | | |
| | 100>30, p=.000 | | | 20>100, p=.000 | | | 20>100, p=.000 | | |
| | 100>40, p=.000 | | | 30>70, p=.000 | | | 30>60, p=.043 | | |
| | 100>50, p=.000 | | | 30>80, p=.000 | | | 30>70, p=.001 | | |
| | 100>60, p=.000 | | | 30>90, p=.000 | | | 30>80, p=.000 | | |
| | 100>70, p=.000 | | | 30>100, p=.000 | | | 30>90, p=.000 | | |
| | 100>80, 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 | | | 0>40, p=.000 | | | 0>30, p=.046 | | |
| Tukey | 80>0, p=.000 | | | 30>60, p=.009 | | | 30>50, p=.043 | | |
| | 80>10, p=.000 | | | 0>50, p=.000 | | | 0>40, p=.000 | | |
| | 80>20, p=.000 | | | 30>70, p=.002 | | | 30>70, p=.014 | | |
| | 30>0, p=.000 | | | 0>60, p=.000 | | | 0>50, p=.000 | | |
| | 80>30, p=.000 | | | 30>80, p=.000 | | | 30>80, p=.002 | | |
| | 80>40, p=.008 | | | 0>70, p=.000 | | | 0>60, p=.000 | | |
| | 80>50, p=.020 | | | 30>90, p=.000 | | | 30>90, p=.000 | | |
| | 40>0, p=.000 | | | 0>80, p=.000 | | | 0>70, p=.000 | | |
| | 40>10, p=.000 | | | 30>100, p=.000 | | | 30>100, p=.000 | | |
| | 40>20, p=.000 | | | 0>90, p=.000 | | | 0>80, p=.000 | | |
| | 50>0, p=.000 | | | 40>100, p=.005 | | | 40>100, p=.027 | | |
| | 90>0, p=.000 | | | 0>100, p=.000 | | | 0>90, p=.000 | | |
| | 90>10, p=.000 | | | 50>90, p=.005 | | | 50>100, p=.004 | | |
| | 90>20, p=.000 | | | 50>100, p=.000 | | | 0>100, p=.000 | | |
| | 90>30, p=.000 | | | 10>40, p=.000 | | | 10>40, p=.003 | | |
| | 90>40, p=.000 | | | 10>50, p=.000 | | | 10>50, p=.000 | | |
| | 90>50, p=.000 | | | 10>60, p=.000 | | | 10>70, p=.001 | | |
| | 100>0, p=.000 | | | 10>70, p=.000 | | | 10>80, p=.000 | | |
| | 100>10, p=.000 | | | 10>80, p=.000 | | | 10>80, p=.000 | | |
| | 100>20, p=.000 | | | 10>90, p=.000 | | | 10>90, p=.000 | | |
| | 100>30, p=.000 | | | 10>100, p=.000 | | | 10>100, p=.000 | | |
| | 100>40, p=.000 | | | 20>40, p=.004 | | | 20>40, p=.007 | | |
| | 100>50, p=.000 | | | 20>60, p=.003 | | | 20>50, p=.000 | | |
| | 100>60, p=.002 | | | 20>70, p=.000 | | | 20>60, p=.001 | | |
| | 100>70, p=.042 | | | 20>80, p=.000 | | | 20>70, p=.000 | | |
| | | | | 20>90, p=.000 | | | 20>80, p=.000 | | |
| | | | | 20>100, p=.000 | | | 20>90, 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 | | | 40>80, p=.001 | | | 0>60, p=.000 | | |
| | 90>20, p=.000 | | | 40>90, p=.000 | | | 40>80, p=.004 | | |
| | 30>0, p=.000 | | | 40>100, p=.000 | | | 0>70, p=.000 | | |
| | 30>10, p=.002 | | | 0>60, p=.000 | | | 0>80, p=.000 | | |
| | 90>30, p=.000 | | | 0>70, p=.000 | | | 40>100, p=.000 | | |
| | 90>40, p=.000 | | | 0>80, p=.000 | | | 0>90, p=.000 | | |
| | 90>50, p=.000 | | | 50>80, p=.008 | | | 0>100, p=.000 | | |
| | 90>60, p=.012 | | | 50>90, p=.000 | | | 50>90, p=.046 | | |
| | 90>70, p=.016 | | | 50>100, p=.000 | | | 50>100, p=.000 | | |
| | 50>0, p=.000 | | | 10>50, p=.000 | | | 10>50, p=.000 | | |
| | 50>10, p=.000 | | | 60>90, p=.025 | | | 10>60, p=.003 | | |
| | 50>20, p=.000 | | | 60>100, p=.000 | | | 60>100, p=.000 | | |
| | 100>0, p=.000 | | | 10>60, p=.004 | | | 10>70, p=.000 | | |
| | 100>10, p=.000 | | | 10>70, p=.000 | | | 10>80, p=.000 | | |
| | 100>20, p=.000 | | | 10>80, p=.000 | | | 10>90, p=.000 | | |
| | 100>30, p=.000 | | | 10>90, p=.000 | | | 10>100, p=.000 | | |
| | 100>40, p=.000 | | | 10>100, p=.000 | | | 20>50, p=.032 | | |
| | 100>50, p=.000 | | | 20>70, p=.000 | | | 20>70, p=.000 | | |
| | 100>60, p=.000 | | | 20>80, p=.000 | | | 20>80, p=.000 | | |
| | 100>70, p=.000 | | | 20>90, p=.000 | | | 20>90, p=.000 | | |
| | | | | 20>100, p=.000 | | | 20>100, p=.000 | | |
| | 70>0, p=.000 | | | 30>70, p=.004 | | | 30>70, p=.021 | | |
| | 70>10, p=.000 | | | 30>80, p=.000 | | | 30>80, p=.002 | | |
| | 70>20, p=.000 | | | 30>90, p=.000 | | | 30>90, p=.000 | | |
| | 70>30, p=.022 | | | 30>100, 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 | | | 0>50, p=.000 | | |
| | 80>20, p=.000 | | | 0>50, p=.000 | | | 30>80, p=.000 | | |
| | 30>10, p=.016 | | | 30>90, p=.000 | | | 0>50, p=.000 | | |
| | 80>30, p=.000 | | | 0>60, p=.000 | | | 30>90, p=.000 | | |
| | 80>40, p=.000 | | | 30>100, p=.000 | | | 0>60, p=.000 | | |
| | 40>0, p=.000 | | | 0>70, p=.000 | | | 30>100, p=.000 | | |
| | 80>50, p=.000 | | | 0>80, p=.000 | | | 0>70, p=.000 | | |
| | 40>10, p=.000 | | | 0>80, p=.000 | | | 0>80, p=.000 | | |
| | 90>0, p=.000 | | | 40>80, p=.012 | | | 40>80, p=.002 | | |
| | 50>0, p=.000 | | | 0>90, p=.000 | | | 0>90, p=.000 | | |
| | 90>10, p=.000 | | | 40>90, p=.004 | | | 0>90, p=.000 | | |
| | 50>10, p=.000 | | | 0>100, p=.000 | | | 40>90, p=.000 | | |
| | 90>20, p=.000 | | | 40>100, p=.000 | | | 0>100, p=.000 | | |
| | 50>20, p=.001 | | | 10>40, p=.022 | | | 10>50, p=.000 | | |
| | 90>30, p=.000 | | | 50>80, p=.002 | | | 50>90, p=.019 | | |
| | 90>40, p=.000 | | | 10>50, p=.000 | | | 10>60, p=.000 | | |
| | 90>50, p=.000 | | | 10>60, p=.000 | | | 10>70, p=.000 | | |
| | 60>0, p=.000 | | | 10>70, p=.000 | | | 10>80, p=.000 | | |
| | 60>10, p=.000 | | | 10>80, p=.000 | | | 10>80, p=.000 | | |
| | 60>20, p=.000 | | | 10>90, p=.000 | | | 10>90, p=.000 | | |
| | 60>30, p=.000 | | | 10>100, p=.000 | | | 10>100, p=.000 | | |
| | 60>40, p=.022 | | | 70>100, p=.012 | | | 70>100, p=.010 | | |
| | 60>50, p=.010 | | | | | | | | |
| | 100>0, p=.000 | | | 20>50, p=.001 | | | 20>50, p=.000 | | |
| | 100>10, p=.000 | | | 20>60, p=.000 | | | 20>60, p=.002 | | |
| | 100>20, p=.000 | | | 20>70, p=.000 | | | 20>70, p=.000 | | |
| | 100>30, p=.000 | | | 20>80, p=.000 | | | 20>80, p=.000 | | |
| | 100>40, p=.000 | | | 20>90, p=.000 | | | 20>90, p=.000 | | |
| | 100>50, p=.000 | | | 20>100, p=.000 | | | 20>100, 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>40, p=.022 | | | 10>80, p=.000 | | |
| | 100>10, p=.000 | | | 10>50, p=.000 | | | 10>90, p=.000 | | |
| | 100>20, p=.000 | | | 10>60, p=.000 | | | 10>100, p=.000 | | |
| | 100>30, p=.000 | | | 10>70, p=.000 | | | 20>50, p=.000 | | |
| | 100>40, p=.000 | | | 10>80, p=.000 | | | 20>60, p=.002 | | |
| | 70>0, p=.000 | | | 10>90, p=.000 | | | 20>70, p=.002 | | |
| | 70>10, p=.000 | | | 10>100, p=.000 | | | 20>80, p=.000 | | |
| | 70>20, p=.000 | | | 20>40, p=.010 | | | 20>90, p=.000 | | |
| | 70>30, p=.000 | | | 20>50, p=.000 | | | 20>100, p=.000 | | |
| | 70>40, p=.000 | | | 20>60, p=.000 | | | | | |
| | | | | 20>70, p=.000 | | | | | |
| | | | | 20>80, p=.000 | | | | | |
| | | | | 20>90, p=.000 | | | | | |
| | | | | 20>100, 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= .000 | | | t=14.469, p= .000 | | | t=14.098, p= .000 | | |

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= .013 | | | t=4.053, p= .000 | | | t=2.912, p= .004 | | |

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= .000 | | | t=2.780, p= .005 | | | 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 | Dunnett 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 | | | Dunnett 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= .015 , two-tailed | | | t(342.50) = 4.04, p= .000 , two-tailed | | | t(344.83) = 5.03, p= .000 , 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= .423 , two-tailed | | | t(125.18) = 1.40, p= .163 , two-tailed | | | t(128.58) = 1.10, p= .275 , 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= .051 , two-tailed | | | t(213.90) = 3.56, p= .000 , two-tailed | | | t(213.95) = 4.68, p= .000 , 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= .000 | | | p= .034 | | | p= .019 | | |
| 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 >One parent or parent-in-law, p=.032</i> <i>Spouse >Child under 18, p=.000</i> <i>Spouse >Child over 18, p=.017</i> | | | Tukey | | | Dunnet T3 <i>Child under 18 >Spouse, p=.000</i> <i>Child under 18 >Child over 18, p=.005</i> <i>Child under 18 >1-3 Neighbours or Friends, p=.011</i> <i>2-3 Children under 18 >One parent or parent-in-law, p=.004</i> <i>2-3 Children under 18 >Spouse, p=.000</i> <i>2-3 Children under 18 >Child over 18, p=.001</i> <i>2-3 Children under 18 >1-3 Neighbours or Friends, p=.000</i> <i>2-3 Children under 18 >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 >With Carer, p=.036</i> <i>Residential Aged Care Facility >Combination of Options, p=.014</i> | | | Tukey | | | Dunnet T3 <i>With Carer >Residential Aged Care Facility, p=.001</i> <i>With Carer >Supported Accommodation (assisted living), p=.048</i> <i>Combination of Options >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 >Two+ Conditions, p=.004</i> | | | <i>Mental Illness >Aged and Frail, p=.030</i> | | | <i>Mental Illness >Aged and Frail, p=.031</i> | | |
| Tukey | <i>Disability >Two+ Conditions, p=.013</i> | | | <i>Two+ Conditions >Disability, p=.000</i> <i>Two+ Conditions >Aged and Frail, p=.000</i> | | | <i>Two+ Conditions >Aged and Frail, p=.000</i> | | |
| | <i>Aged and Frail >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>0, $p = .001$ 3>1, $p = .050$ 4>0, $p = .001$ 4>1, $p = .049$ 5>0, $p = .000$ 5>1, $p = .000$ 6>0, $p = .000$ 6>1, $p = .000$ 6>2, $p = .005$ 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, $p = .000$ 8>6, $p = .010$ 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, $p = .016$</p> | | | <p>0>4, $p = .011$ 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>4, $p = .008$ 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>6, $p = .030$ 2>7, $p = .000$ 2>8, $p = .000$ 2>9, $p = .000$ 2>10, $p = .000$ 3>6, $p = .004$ 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, $p = .013$ 6>10, $p = .000$ 7>10, $p = .000$ 8>10, $p = .000$</p> | | | <p>0>4, $p = .001$ 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>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, $p = .001$ 2>6, $p = .001$ 2>7, $p = .000$ 2>8, $p = .000$ 2>9, $p = .000$ 2>10, $p = .000$ 3>5, $p = .001$ 3>6, $p = .000$ 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, $p = .000$ 6>10, $p = .000$ 7>10, $p = .000$ 8>10, $p = .000$</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 | <i>F(10,3786) = 59.581, p=.000</i> | | | <i>F(10,3837) = 55.129, p=.000</i> | | | <i>F(10,3831) = 86.364, p=.000</i> | | |
| Post-hocs Tukey | 2>0, <i>p = .000</i> 2>1, <i>p = .013</i> 3>0, <i>p = .000</i> 3>1, <i>p = .000</i> 3>2, <i>p = .008</i> 4>0, <i>p = .000</i> 4>1, <i>p = .000</i> 5>0, <i>p = .000</i> 5>1, <i>p = .000</i> 5>2, <i>p = .003</i> 6>0, <i>p = .000</i> 6>1, <i>p = .000</i> 6>2, <i>p = .000</i> 6>4, <i>p = .036</i> 6>5, <i>p = .037</i> 7>0, <i>p = .000</i> 7>1, <i>p = .000</i> 7>2, <i>p = .000</i> 7>3, <i>p = .000</i> 7>4, <i>p = .000</i> 7>5, <i>p = .000</i> 8>0, <i>p = .000</i> 8>1, <i>p = .000</i> 8>2, <i>p = .000</i> 8>3, <i>p = .000</i> 8>4, <i>p = .000</i> 8>5, <i>p = .000</i> 9>0, <i>p = .000</i> 9>1, <i>p = .000</i> 9>2, <i>p = .000</i> 9>3, <i>p = .000</i> 9>4, <i>p = .000</i> 9>5, <i>p = .000</i> 10>0, <i>p = .000</i> 10>1, <i>p = .000</i> 10>2, <i>p = .000</i> 10>3, <i>p = .000</i> 10>4, <i>p = .000</i> 10>5, <i>p = .000</i> 10>6, <i>p = .000</i> 10>7, <i>p = .014</i> | | | 0>2, <i>p = .000</i> 0>3, <i>p = .000</i> 0>4, <i>p = .000</i> 0>5, <i>p = .000</i> 0>6, <i>p = .000</i> 0>7, <i>p = .000</i> 0>8, <i>p = .000</i> 0>9, <i>p = .000</i> 0>10, <i>p = .000</i> 1>2, <i>p = .012</i> 1>3, <i>p = .000</i> 1>4, <i>p = .001</i> 1>5, <i>p = .000</i> 1>6, <i>p = .000</i> 1>7, <i>p = .000</i> 1>8, <i>p = .000</i> 1>9, <i>p = .000</i> 1>10, <i>p = .000</i> 2>5, <i>p = .015</i> 2>6, <i>p = .001</i> 2>7, <i>p = .000</i> 2>8, <i>p = .000</i> 2>9, <i>p = .000</i> 2>10, <i>p = .000</i> 3>6, <i>p = .015</i> 3>7, <i>p = .000</i> 3>8, <i>p = .000</i> 3>9, <i>p = .000</i> 3>10, <i>p = .000</i> 4>7, <i>p = .000</i> 4>8, <i>p = .000</i> 4>9, <i>p = .000</i> 4>10, <i>p = .000</i> 5>7, <i>p = .000</i> 5>8, <i>p = .000</i> 5>9, <i>p = .000</i> 5>10, <i>p = .000</i> 6>9, <i>p = .003</i> 6>10, <i>p = .000</i> 7>10, <i>p = .001</i> 8>10, <i>p = .001</i> | | | 0>2, <i>p = .000</i> 0>3, <i>p = .000</i> 0>4, <i>p = .000</i> 0>5, <i>p = .000</i> 0>6, <i>p = .000</i> 0>7, <i>p = .000</i> 0>8, <i>p = .000</i> 0>9, <i>p = .000</i> 0>10, <i>p = .000</i> 1>2, <i>p = .004</i> 1>3, <i>p = .000</i> 1>4, <i>p = .000</i> 1>5, <i>p = .000</i> 1>6, <i>p = .000</i> 1>7, <i>p = .000</i> 1>8, <i>p = .000</i> 1>9, <i>p = .000</i> 1>10, <i>p = .000</i> 2>5, <i>p = .000</i> 2>6, <i>p = .000</i> 2>7, <i>p = .000</i> 2>8, <i>p = .000</i> 2>9, <i>p = .000</i> 2>10, <i>p = .000</i> 3>5, <i>p = .017</i> 3>6, <i>p = .023</i> 3>7, <i>p = .000</i> 3>8, <i>p = .000</i> 3>9, <i>p = .000</i> 3>10, <i>p = .000</i> 4>7, <i>p = .000</i> 4>8, <i>p = .000</i> 4>9, <i>p = .000</i> 4>10, <i>p = .000</i> 5>7, <i>p = .000</i> 5>8, <i>p = .000</i> 5>9, <i>p = .000</i> 5>10, <i>p = .000</i> 6>8, <i>p = .049</i> 6>9, <i>p = .000</i> 6>10, <i>p = .000</i> 7>9, <i>p = .000</i> 7>10, <i>p = .000</i> 8>9, <i>p = .002</i> 8>10, <i>p = .000</i> | | |

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 | cm/s |
| Height in feet and inches | ins |
| Weight in kilograms | kgs |
| Weight in pounds | lbs |
| Weight in stones and pounds | 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

Appendix 7: Questionnaire

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 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 2 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 3 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 4 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 5 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 6 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 7 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 8 | | 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 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 10 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 12 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 13 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 14 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 15 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 16 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 17 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 18 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 19 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 20 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 21 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 22 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

ARC14

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

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

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

SECTION H CAREER 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