

## P01-90 - DEPRESSION AND ANXIETY IN CAREGIVERS

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**Objectives:** To estimate the prevalence of depression and anxiety in caregivers of dependent grade II and III of a health center. Calculate the perceived social support for caregivers. Estimating the degree of caregiver stress. Assess the socio-demographic factors associated.

**Design:** Descriptive and transversal.

**Scope:** Primary Health Care.

**Subjects:** We selected 55 dependent caregivers grade II and III consecutive sample, according to the law of dependence, belonging to the health center Algeciras-North and were registered in the database of the Center on January 31, 2009. Exclude those who would not participate in the study, did not understand the Spanish language or could not contact with them.

**Method:** We conducted through a questionnaire that contained heteroadministrated Hamilton scales for depression and anxiety, social support scale of the Duke, caregiver overload of Zarit and sociodemographic variables. The accomplishment was held at the home of the caregiver.

**Results:** We detected the presence of depressive disorders in 47.3% (95% 14,6-39%) respondents and anxiety disorders in 25.5% (95% 23-6-61,1% ). 36.4% (CI 95% 23,8-50,4%) of caregivers had low social support and overhead was 57.1% (CI 95% 43,2-70,9%).

**Conclusions:** Caregivers of Dependent grade II and III in our area are at risk of depressive disorders and anxiety. At the same time, they feel helpless, so we think it would be interesting to be given greater attention from health centers in order to identify them early.