

283

### DEMENTIA CARE: A FOCUS ON DIRECT CARE WORKERS' ATTITUDES, BURNOUT AND JOB SATISFACTION

Ana Barbosa<sup>1,a</sup>, Lílíana Sousa<sup>1,II,b</sup>, Mike Nolan<sup>III,c</sup>, Alda Marques<sup>II,IV,d</sup>, Daniela Figueiredo<sup>II,IV,e</sup>

<sup>1</sup>Department of Health Sciences. University of Aveiro. Aveiro, Portugal

<sup>II</sup>Unidade de Investigação e Formação sobre Adultos e Idosos. Centro de Investigação em Tecnologias e Sistemas de Informação em Saúde. University of Aveiro. Aveiro, Portugal

<sup>III</sup>Department of Community, Ageing, Rehabilitation, Education and Research. School of Nursing and Midwifery. University of Sheffield. Sheffield, United Kingdom

<sup>IV</sup>School of Health Sciences. University of Aveiro. Aveiro, Portugal

**Introduction:** An increasing number of people with dementia are being cared in residential aged care facilities. Direct care workers (DCWs), who provide the bulk of care in these facilities, are most likely to influence the quality of care and the residents' wellbeing. Thus, understanding DCWs' attitudes towards dementia and how these relate to burnout and job satisfaction is needed.

**Objective:** This study aimed to assess the dementia-related attitudes, burnout and job satisfaction of DCWs caring for residents with dementia and to explore the associations between these variables.

**Methods:** A cross-sectional study with 60 DCWs (female, 44.97±8.97 years old) of 4 residential aged care facilities was conducted. The Dementia Attitudes Scale (DAS) was used to assess attitudes towards dementia. Burnout was assessed with the Maslach Burnout Inventory (MBI). Job satisfaction was measured with the Minnesota Satisfaction Questionnaire (MSQ) short-form. Descriptive statistics and Pearson correlations (r) were performed using SPSS v19.0.

**Results:** DCWs tend to show positive attitudes towards dementia (95.2±10.7). Regarding burnout, low emotional exhaustion (EE) (15.8±11.7) and moderate levels of depersonalization (DP) (6.4±5.9) and personal accomplishment (PA) (39.0±7.3) were found. The MSQ suggested moderate levels of job satisfaction (69.8±12.5). Significant moderate correlations were found between DAS global-score and PA (r=0.44; p<0.01). Job satisfaction correlated significantly with PA (r=0.3; p<0.05) and EE (r=-0.39; p<0.01).

**Conclusions:** Findings suggest that DCWs' job satisfaction and dementia-related attitudes are associated with burnout, particularly to feelings of accomplishment at work. These results have important implications for the design and delivery of interventions to support DCWs.

**Descriptors:** attitudes. Burnout. Dementia. Direct care workers. Job satisfaction.

<sup>a</sup>anabarbosa@ua.pt

<sup>b</sup>lilianax@ua.pt

<sup>c</sup>m.r.nolan@sheffield.ac.uk

<sup>d</sup>amarques@ua.pt

<sup>e</sup>daniela.figueiredo@ua.pt

284

### ATTACHMENT LEVELS TO THE MOTHER, THE FATHER AND THE PEERS, IN INSTITUTIONALIZED YOUNGSTERS

Cátia Alves<sup>I,a</sup>, Sofia Arriaga<sup>II,b</sup>, Mariana Marques<sup>III,IV,c</sup>, Sónia Simões<sup>II,d</sup>, Mariana Lucas<sup>I,e</sup>

<sup>I</sup>Instituto Superior Miguel Torga. Porto, Portugal

<sup>II</sup>Departamento de Investigação & Desenvolvimento. Instituto Superior Miguel Torga. Centro de Estudos da População, Economia e Sociedade. Porto, Portugal

<sup>III</sup>Departamento de Psicologia Médica. Faculdade de Medicina. Universidade de Coimbra. Coimbra, Portugal

<sup>IV</sup>Escola Superior de Desporto de Rio Maior. Rio Maior, Portugal

<sup>V</sup>Polytechnic Institute of Leiria. Leiria, Portugal

**Introduction:** There are few studies comparing the attachment quality to parents and peers in institutionalized youngsters.

**Objective:** We intend to analyze the attachment levels to mother and father separately and to peers in institutionalized youngsters and explore if there are gender differences regarding the attachment dimensions.

**Methods:** Eighty institutionalized youngsters (mean age=15,1; SD=2,02; boys n=45; 56,3%) answered some sociodemographic questions and filled in the Inventory of Parent and Peer Attachment, which assesses three attachment dimensions: Trust, Communication and Alienation.

**Results:** Most institutionalized youngsters (mean time of institutionalization = three years) continue to have contact with their family (n=72; 90%), which occurs in most of the cases, very often or often (n=44; 55,1%). There was a statistically significant difference between boys and girls concerning Alienation levels, with boys presenting higher levels of Alienation to the peers. Moreover, comparing Trust, Communication and Alienation levels between mother, father and peers there was also a statistically significant difference in the Alienation dimension, which showed to be higher regarding peers.

**Conclusions:** In this sample of institutionalized youngsters there only seems to exist different attachment levels to the mother, father and peers regarding Alienation, which is higher concerning the peers. It might be possible that these youngsters, who still have a frequent contact with their family (and in average, with short time of institutionalization), might perceive themselves as being alienated/not attached by to the pairs or might feel insecure in their relation with them.

**Descriptors:** Attachment. Institutionalized youngsters.

<sup>a</sup>catiaalves.psi@gmail.com

<sup>b</sup>sofiaarriaga2@gmail.com

<sup>c</sup>mvpmarques@gmail.com

<sup>d</sup>soniasimoes76@gmail.com

<sup>e</sup>marianacucas@msn.com