Table 1. Adult Children Caregivers: Demographic, Health, and Caregiving Characteristics

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| --- | --- | --- | --- | --- |
| *Characteristic (% or mean)* | Analytic Sample  N = 659 | Financial strain  N = 77 | No Financial strain  N = 582 | p-value |
| **CAREGIVER DEMOGRAPHICS** |  |  |  |  |
| Age | 54.79 (8.64) | 53.27 (8.46) | 54.99 (8.65) | 0.101 |
| Female | 466 (70.7%) | 55 (71.4%) | 411 (70.6%) | 0.989 |
| Education |  |  |  | 0.760 |
| Bachelor's+ | 106 (16.1%) | 10 (13.0%) | 96 (16.5%) |  |
| HS Graduate | 189 (28.7%) | 22 (28.6%) | 167 (28.7%) |  |
| Less than HS | 235 (35.7%) | 27 (35.1%) | 208 (35.7%) |  |
| Some College | 129 (19.6%) | 18 (23.4%) | 111 (19.1%) |  |
| Married | 355 (53.9%) | 45 (58.4%) | 310 (53.3%) | 0.462 |
| Household income (annual) |  |  |  | 0.686 |
| <$10,000 | 108 (16.4%) | 11 (14.3%) | 97 (16.7%) |  |
| $10,000-$19,999 | 183 (27.8%) | 25 (32.5%) | 158 (27.1%) |  |
| $20,000-$29,999 | 102 (15.5%) | 14 (18.2%) | 88 (15.1%) |  |
| $30,000-$49,999 | 153 (23.2%) | 17 (22.1%) | 136 (23.4%) |  |
| $50,000+ | 113 (17.1%) | 10 (13.0%) | 103 (17.7%) |  |
| **CAREGIVER LIVING ARRANGEMENTS** |  |  |  |  |
| Co-reside with parent | 191 (29.5%) | 30 (39.5%) | 161 (28.2%) | 0.059 |
| *Missing* | *12 (0.01%)* | *1 (0.00%)* | *11 (0.01%)* |  |
| Caregiver - head of household | 288 (43.7%) | 33 (42.9%) | 255 (43.8%) | 0.971 |
| Household size | 3.24 (1.72) | 3.38 (1.85) | 3.22 (1.70) | 0.463 |
| **CAREGIVER HEALTH** |  |  |  |  |
| Self-rated health |  |  |  | 0.081 |
| Excellent/good | 390 (59.2%) | 38 (49.4%) | 352 (60.5%) |  |
| Fair/poor | 269 (40.8%) | 39 (50.6%) | 230 (39.5%) |  |
| Arthritis | 198 (30.0%) | 17 (22.1%) | 181 (31.1%) | 0.136 |
| Diabetes | 124 (18.8%) | 11 (14.3%) | 113 (19.4%) | 0.354 |
| Cancer | 31 (4.7%) | 1 (1.3%) | 30 (5.2%) | 0.224 |
| Depressive symptoms (“felt sad”) |  |  |  | <0.001 |
| Moderate/most days | 25 (3.8%) | 9 (11.7%) | 16 (2.8%) |  |
| Rarely/some days | 632 (96.2%) | 68 (88.3%) | 564 (97.2%) |  |
| Healthcare utilization |  |  |  | 0.154 |
| High | 91 (13.8%) | 12 (15.6%) | 79 (13.6%) |  |
| Moderate | 414 (62.8%) | 41 (53.2%) | 373 (64.1%) |  |
| None | 154 (23.4%) | 24 (31.2%) | 130 (22.3%) |  |
| **CAREGIVING INTENSITY** |  |  |  |  |
| ADL hours/day | 5.28 (6.67) | 6.84 (6.51) | 5.02 (6.67) | 0.038 |
| *Missing\** | *183 (27.8%)* | *9 (11.7%)* | *174 (29.9%)* |  |
| IADL hours/day | 4.86 (5.51) | 6.71 (5.44) | 4.62 (5.47) | 0.002 |
| Years caregiving |  |  |  | 0.222 |
| 1 year or less | 88 (13.4%) | 16 (20.8%) | 72 (12.4%) |  |
| 1-2 years | 164 (24.9%) | 16 (20.8%) | 148 (25.4%) |  |
| 3-5 years | 211 (32.0%) | 24 (31.2%) | 187 (32.1%) |  |
| 6+ years | 196 (29.7%) | 21 (27.3%) | 175 (30.1%) |  |
| Care recipient has dementia | 286 (43.4%) | 51 (66.2%) | 235 (40.4%) | <0.001 |

*Notes:*Healthcare utilization is categorized as *none* (no doctor’s visits or hospital stays/year); *moderate* (at least one doctor’s visit but no hospital stays/year); *high* (at least 12 doctor’s visits and at least one hospital stay/year). \* Multiple imputation was used for relevant variables with 10% or less missing data, excluding the main outcome and key predictors. The variable “ADL hours/day” was retained in this table despite high missingness (27.8%) for purely descriptive and comparative purposes, but it is not used in any analyses. P-values are based on ANOVA for continuous variables and chi-square tests for categorical variables.