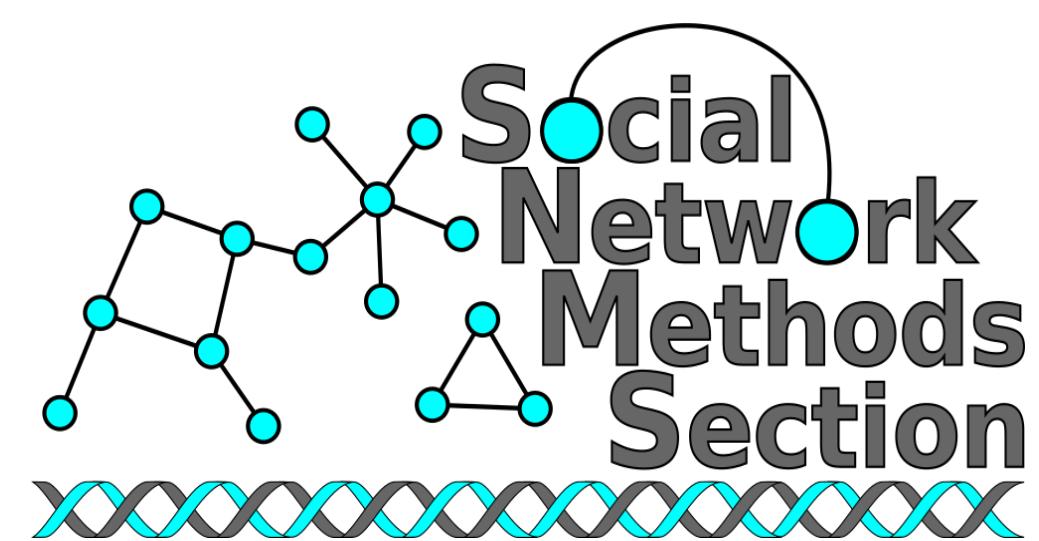


Linking “Drinking to Cope” with Network Properties and Caregiving Context

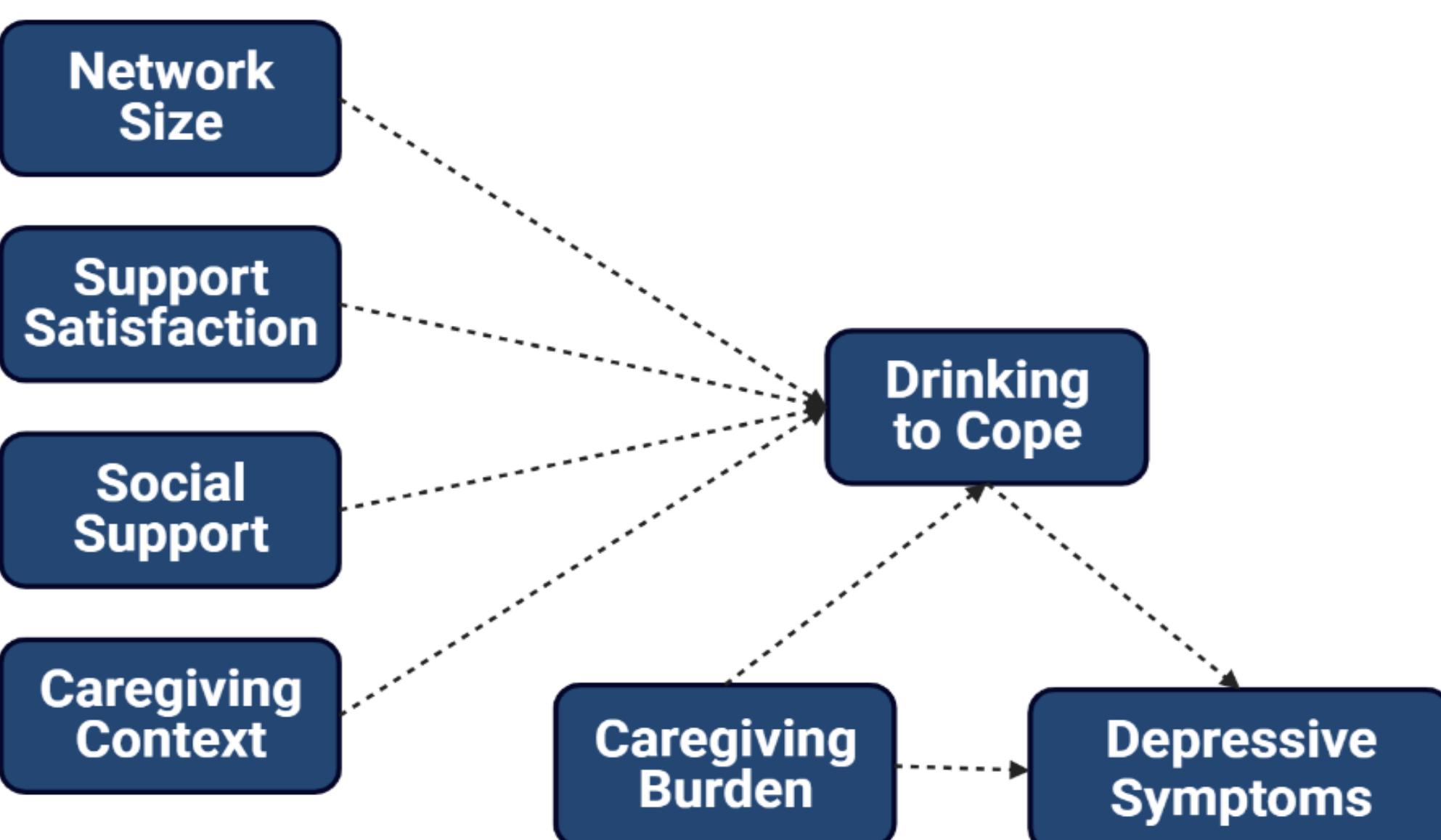


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Introduction

- Caregivers under immense stress often have poor physical and/or mental wellbeing
- Drinking to Cope linked to depression and solitary drinking
 - Loneliness and lack of social support
- Mixed results on social network patterns of people who drink to cope



Aims

1. Does drinking to cope mediate relationships between caregiving burden and depressive symptoms?
2. Is caregiving context (i.e., children with rare diseases vs. healthy children) associated with drinking to cope?
3. What network factors (e.g., network size, support satisfaction, number of support ties, etc.) are associated with drinking to cope in caregivers?

Methodology

- Utilized Data from the Inherited Diseases, Caregiving, and Social Networks Study

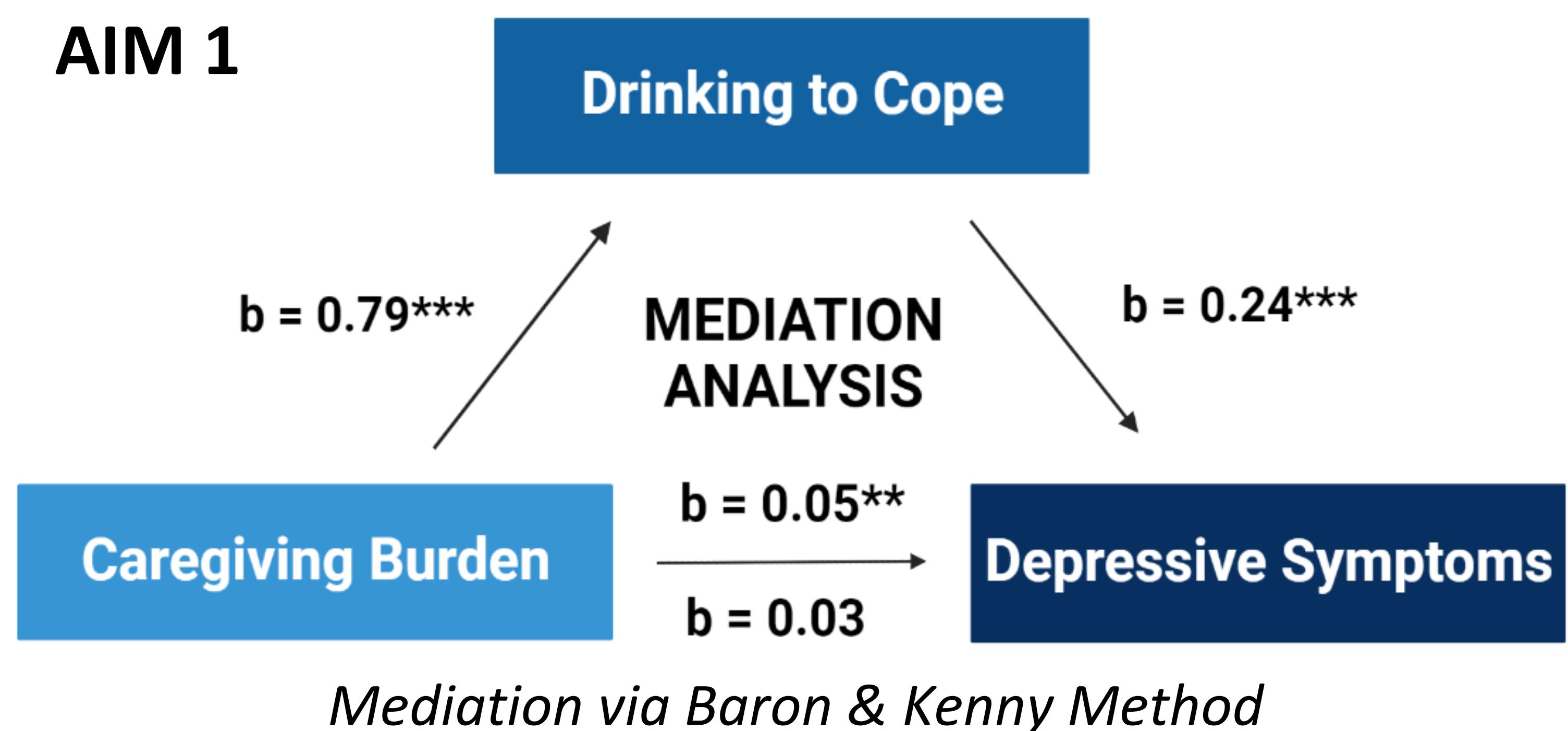
STUDY MEASURES



- Dichotomized Drinking to Cope (1 = Yes, 0 = No)
- Averaged scores for Burden (0 - 3) and Depressive Symptoms (0 - 4)
- Tallied support ties for instrumental and emotional support
- Multilevel modeling to account for clustering

Results

AIM 1



AIM 2 & 3

Antecedents of Drinking to Cope

Variable	OR	Confidence Interval		p value
		Lower	Upper	
Aim 2				
Rare Disease	2.02	0.98	4.17	0.058
Aim 3				
Network Size	1.01	0.99	1.04	0.367
Support Satisfaction	0.59	0.45	0.76	<.001***
Instrumental Support	0.98	0.89	1.08	0.712
Emotional Support	0.95	0.88	1.02	0.179

Discussion & Conclusions

- Drinking to cope mediates the relationship between caregiving burden and depressive symptoms
- Caregiving Context not significantly related to Drinking to Cope
 - Trend of increased drinking to cope in caregivers of children with rare diseases
- Support Satisfaction linked to Drinking to Cope
 - Network Size and Support ties (Instrumental and emotional) are not
- Limitations
 - Cross-sectional study
 - No causal inference
 - Underreporting of drinking to cope

Future Directions

- Expand to include if drinking to cope is associated with quantity of alternative network factors
 - Interpersonal strain and support
- Examine processes over time in a longitudinal study to assess directionality

Acknowledgments

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