

Characteristics of family caregivers with sleep dissatisfaction in Japan: identification using CHAID dendrograms

著者(Author) Takashi Naruse, Satoko Nagata, Atsuko Taguchi, Yuki Kuwahara, Sachiyo Murashima

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概要

自宅で家族を介護する介護者のうち、睡眠に満足感がない人にはどんなタイプの人が多いのか、介護を受けている人の特徴や家族構成等の情報を基に分析しグルーピング（Chi-squared automatic interaction detectionという方法を使用）してみました。その結果、「介護を受けている人の病状が不安定で寝たきりの場合」が最も睡眠に不満を持ちやすいことが明らかになりました。これに該当する者の約96%が、睡眠不満足でした。一方、「介護を受けている人の病状が安定していて、認知症の症状が重くなく、ベッドや椅子の乗り換が自分でできる場合」が最も睡眠不満足になりにくいこと、それでも該当者の約49%が睡眠に満足していないことが明らかになりました。

Abstract

In order to determine what sort of family caregivers are most dissatisfied with their sleep, we analyzed information on individuals receiving care, including their characteristics and family structures, and then grouped them using the chi-squared automatic interaction detection method. We found that family caregivers were most dissatisfied with their sleep when “care recipients had unstable symptoms and were bedridden.” Approximately 96% of caregivers fitting this description were dissatisfied with their sleep. On the other hand, caregivers of “care recipients with stable symptoms, whose dementia symptoms were not severe, and who could move into a bed or chair on their own” were least likely to be dissatisfied with their sleep. Nevertheless, 49% of caregivers of such individuals were shown to be unsatisfied to some degree with their sleep.

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