

# **Use of time perception among family caregivers of persons with multimorbidity**

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## **Background**

Caregivers of chronic patients are a social good, promoting the sustainability of a large part of home care provision. However, this very demanding activity may cause distortion time perception about the time spent in care activities.

## **Aim of the study**

To describe the time use of informal caregivers of dependent patients with complex chronic diseases. Furthermore, to determine whether caregiving overload or mental health-related factors influence the time distortion of caregiving. Finally, to analyse what other factors influence time distortion in caregiving.

## **Methods**

Cross-sectional analytical study. On the one hand, the time spent as a carer was asked, on the other hand, the self-declared time dedicated to the cared-for person was established in terms of hours per day dedicated, and to obtain the objective time, the INE 2009-10 survey was used in a self-administered manner. The distortion of hours spent caring was calculated by obtaining the difference between perceived and objective hours spent caring.

## **Results**

Final sample consisted of 314 family. Those caregivers who present temporal-distortion made up 58% of the sample. This time distortion of time spent in care activities was greater in those caregivers who haven't an employ (OR=1,04;  $p < 0,001$ ), who live with the care recipient (OR=2.46;  $p = 0,01$ ) and more cognitive impairment the cared person have (OR=1,08;  $p = 0,046$ )

## **Conclusions and implications**

A broader vision is needed of the factors that influence the health of these caregivers in order to develop multipurpose interventions and improve the consistency and effectiveness of the health services offered to the caregiver.