

Morbidity in Finnish caregivers – a register-based study

Tuija Mikkola, PhD, docent

Senior Researcher

Folkhälsan Research Center, Helsinki, Finland



Material

Caregivers

Register of the Tax Administration

- all individuals in Finland, who received caregiver's allowance in 2012
- = high-intensity caregivers

n=42 256

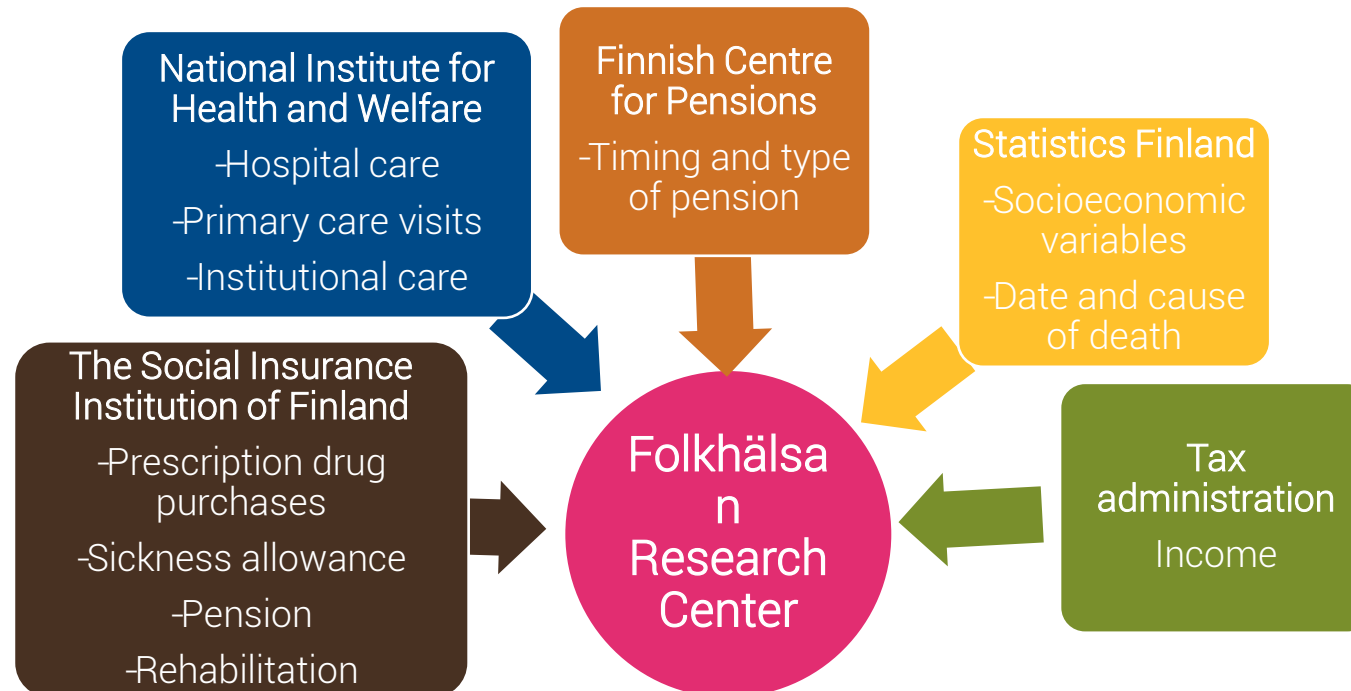
- 71% women
- Mean age 67 years
- 2/3 were 60+ years

Controls

Population Register Centre

- 2 matching controls per caregiver
- Matched according to sex, year of birth, municipality of residence
- Those in institutional care excluded

n=83 618

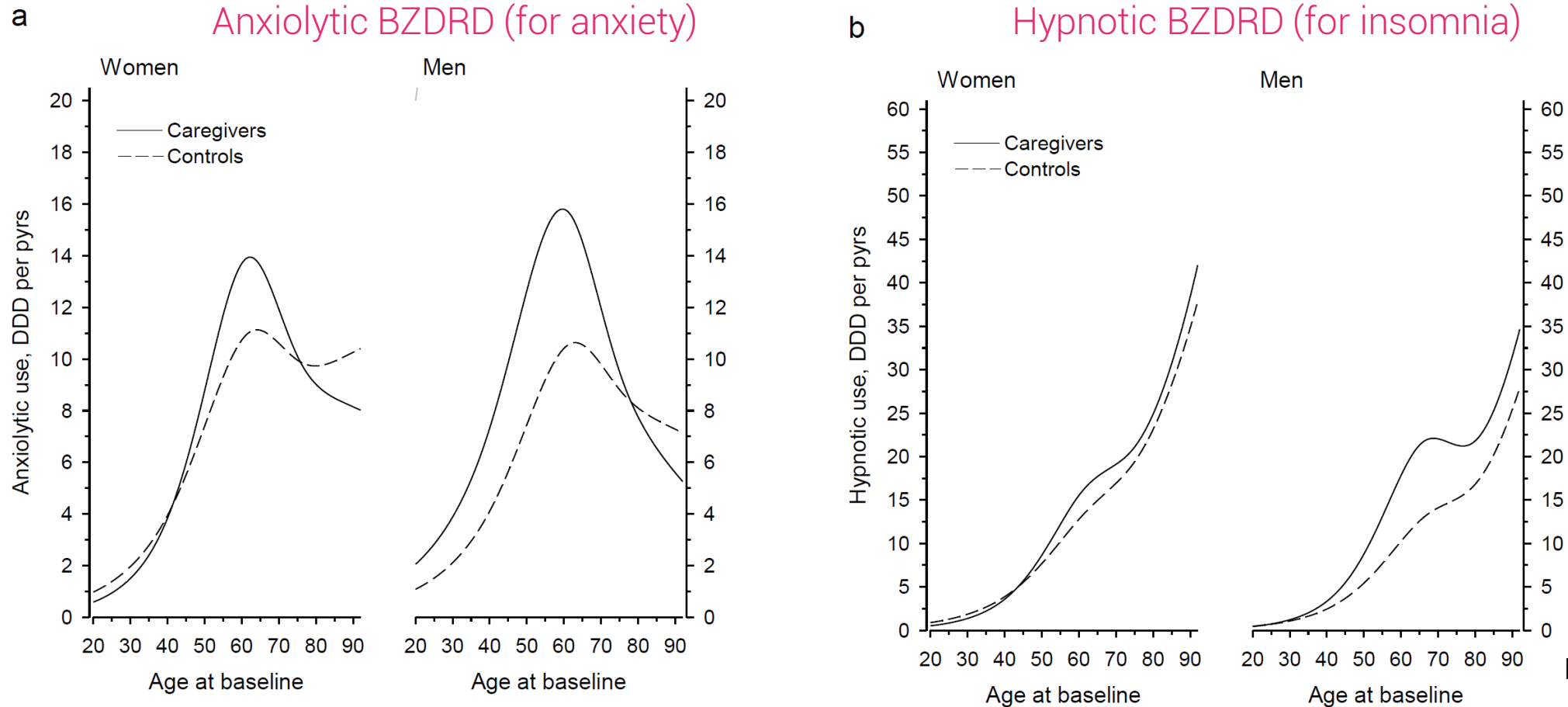


Information on years 2012-2017
- Linked using personal identification code

Already published in this project

- Mikkola TM, Kautiainen H, Mänty M, von Bonsdorff MB, Kröger T, Eriksson JG. Age-dependency in **mortality** of family caregivers: a nationwide register-based study. *Aging Clin Exp Res* 33, 1971–1980 (2021). <https://doi.org/10.1007/s40520-020-01728-4>
- Mikkola TM, Kautiainen H, Mänty M, von Bonsdorff MB, Koponen H, Kröger T, Eriksson JG. Use of **antidepressants** among Finnish family caregivers: a nationwide register-based study. *Soc Psychiatry Psychiatr Epidemiol* 56, 2209–2216 (2021). <https://doi.org/10.1007/s00127-021-02049-1>
- Mikkola TM, Mänty M, Kautiainen H, von Bonsdorff MB, Haanpää M, Koponen H, Kröger T, Eriksson JG. **Work incapacity** among family caregivers: a record linkage study. *J Epidemiol Community Health* 2022;76:580-585. <http://dx.doi.org/10.1136/jech-2021-217901>
- Mikkola TM, Mänty M, Kautiainen H, von Bonsdorff MB, Koponen H, Kröger T, Eriksson JG. Use of **prescription benzodiazepines and related drugs** in family caregivers: a nation-wide register-based study. *Age Ageing*. 2022 Dec 5;51(12):afac279. <https://doi.org/10.1093/ageing/afac279>

Use of prescription benzodiazepines and related drugs (BZDRD) in mean number of daily doses per year

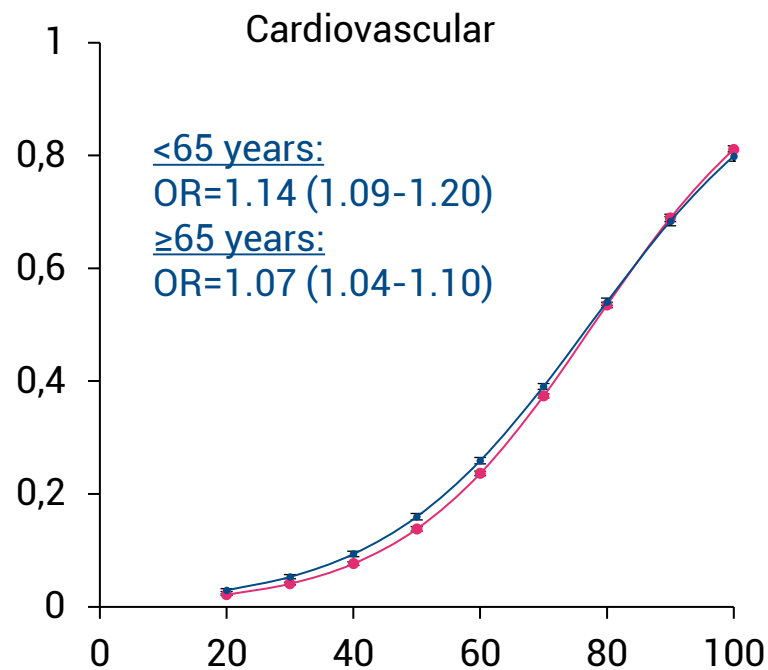
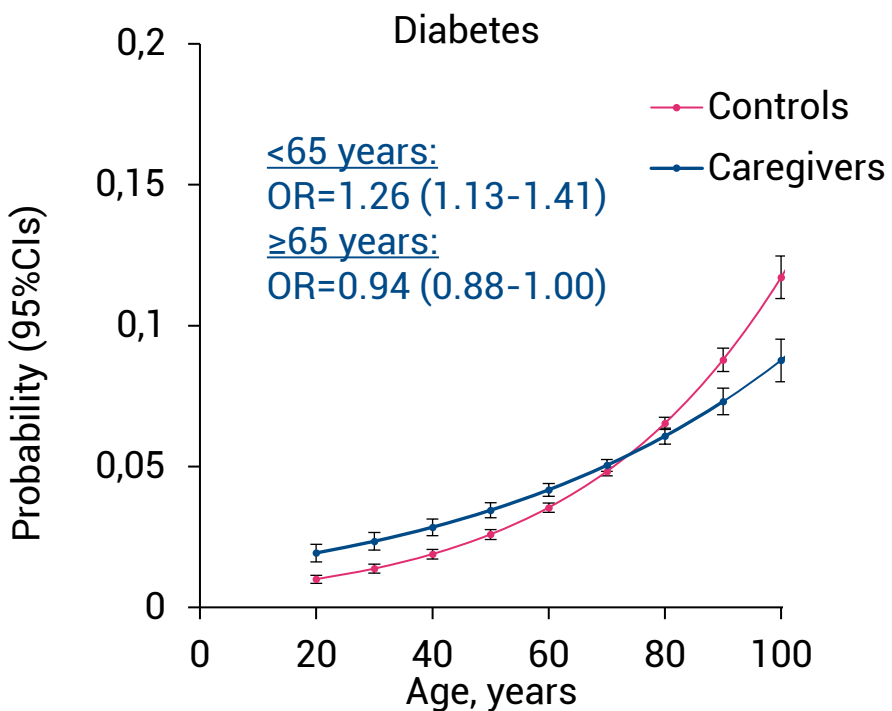


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Especially (late) middle-aged caregivers used a lot of anxiolytics

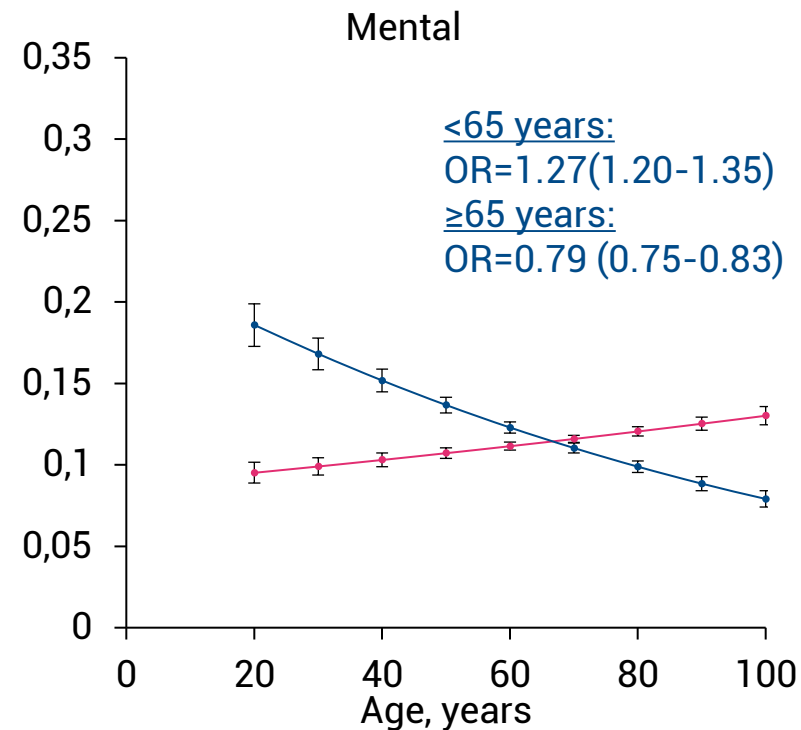
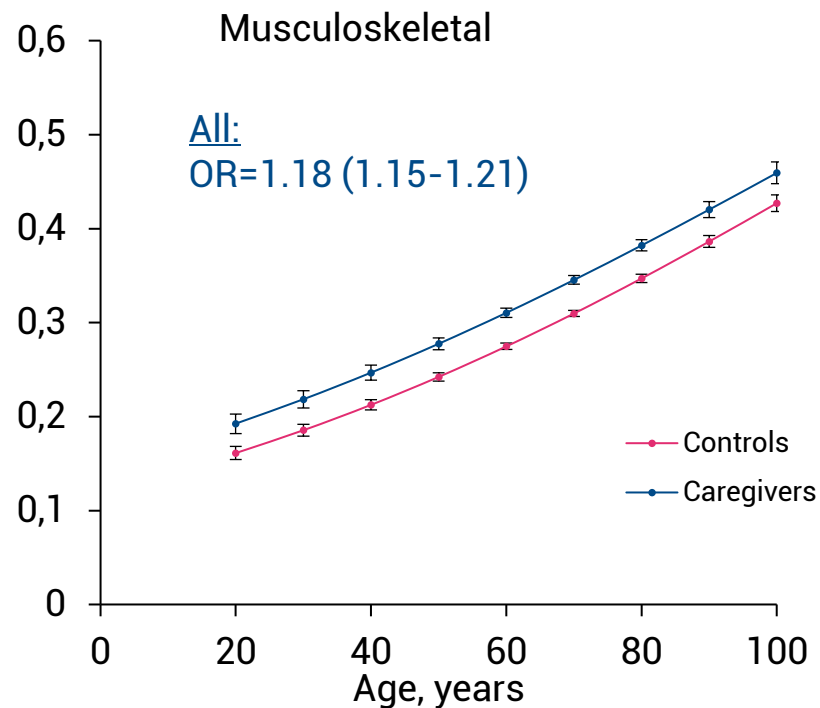
Use of hypnotics was high among older adults – BZDRD not recommended for this age groups because of the risks

Probabilities (95% CI) of NCDs in 2012-2017 according to age



Non-communicable diseases are extracted from a national register on **hospital in- ja outpatient visits**
 Probabilities and ORs are adjusted for education and income

Probabilities (95% CI) of NCDs in 2012-2017 according to age



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Folkhälsan Research Center, Helsinki, Finland

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Dr. Mikaela von Bonsdorff

University of Jyväskylä, Jyväskylä, Finland

Folkhälsan Research Center, Helsinki, Finland

Prof. Teppo Kröger

University of Jyväskylä, Jyväskylä, Finland

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City of Vantaa, Vantaa, Finland

University of Helsinki, Helsinki, Finland

Prof. Hannu Koponen

Helsinki University Hospital and University of Helsinki, Helsinki, Finland

