

**Applicant**

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**Project Title**

Personality determinants for depression amongst informal caregivers

**Project Summary**

There are eight million Canadians who take on the role as informal caregiver to a family member, friend or neighbor who needs assistance. Seventy percent of the recipients of informal caregiving are older people, and that number is set to grow as the population ages. Many informal caregivers are juggling careers and families, and the added stress of caregiving can lead to depression, depressive symptoms, and anxiety. Informal caregivers contribute economically and in time spent to the Canadian health system so it is important that we understand factors that contribute to their health. The proposed study aims to understand the relationship between personality traits and the development of depression in informal caregivers, aged 45-65. We plan to use a prospective cohort design to examine the relationship between personality determinants and depression.

**Keywords**

Personality traits, Depression, Informal caregivers