

Clark, L., & **Hartman**, M. (1996). Effects of hardiness and appraisal on the well-being of caregivers to elderly relatives. Research on Aging, 18, 379-401.

The goal of this study was to identify characteristics of caregivers that contribute to differences in psychological distress and physical health in family caregivers to elderly relatives. It was hypothesized that hardiness would predict caregiver's distress and physical health beyond what could be accounted for by the demands of caregiving (relative's cognitive impairment and functional/behavioral impairment, and caregiver's level of responsibility for needed care); that hardiness would decrease distress and increase physical health; and that the effect of hardiness would be mediated by appraisals of caregiving. In a sample of 53 caregivers to relatives age 65 or older, results indicated that both hardiness and appraisals predicted psychological distress (depression and life satisfaction). Neither predicted physical health. Appraisals partially explained the relationship between hardiness and psychological distress, but it appears that both general personality characteristics and situation-specific perceptions determine the impact on the caregiver.