

BACKGROUND

Most caregiving research focuses on middle-aged and older adults, however, there is a significant number of young adults who take on the caregiving role. The limited research on young adult caregivers has indicated that they have unique experiences requiring tailored support. This research has typically focused on young adult caregivers for any chronic condition; however, research has shown that caring for someone with cancer has different challenges compared to other conditions.

Thus, the purpose of the present review was to compile the existing research regarding the psychosocial experiences of being an informal young adult caregiver for an adult with cancer (YACCs) to inform future research and clinical interventions.

Questions guiding the review were:

- 1) What is known about the psychosocial impact of young adult cancer caregiving?
- 1) How might the age/developmental context of the caregiver impact the cancer caregiving experience?

METHOD

- Conducted in accordance with the JBI Manual for Evidence Synthesis and Preferred Reporting Items for Systematic Reviews and Meta-Analyses Extension for Scoping Reviews (PRISMA-ScR)
- **Included Databases:** PubMed, PsycInfo, Web of Science, Embase, CINAHL, and Cochrane Library
- **Extraction Date:** March, 14, 2022
- All extracted articles were reviewed for eligibility twice, once via title/abstract screening and then full-text screening, by two reviewers

Inclusion Criteria

- At least one primary aim focused on a young adult population (within 18-39 years old)
- A focus on current or former informal caregivers of an adult with cancer
- Assesses the psychosocial experience of cancer caregivers
- English translation of the full-text available
- Peer-reviewed quantitative or qualitative primary research/review papers

RESULTS

Figure 1. PRISMA-ScR Diagram for Selected Articles

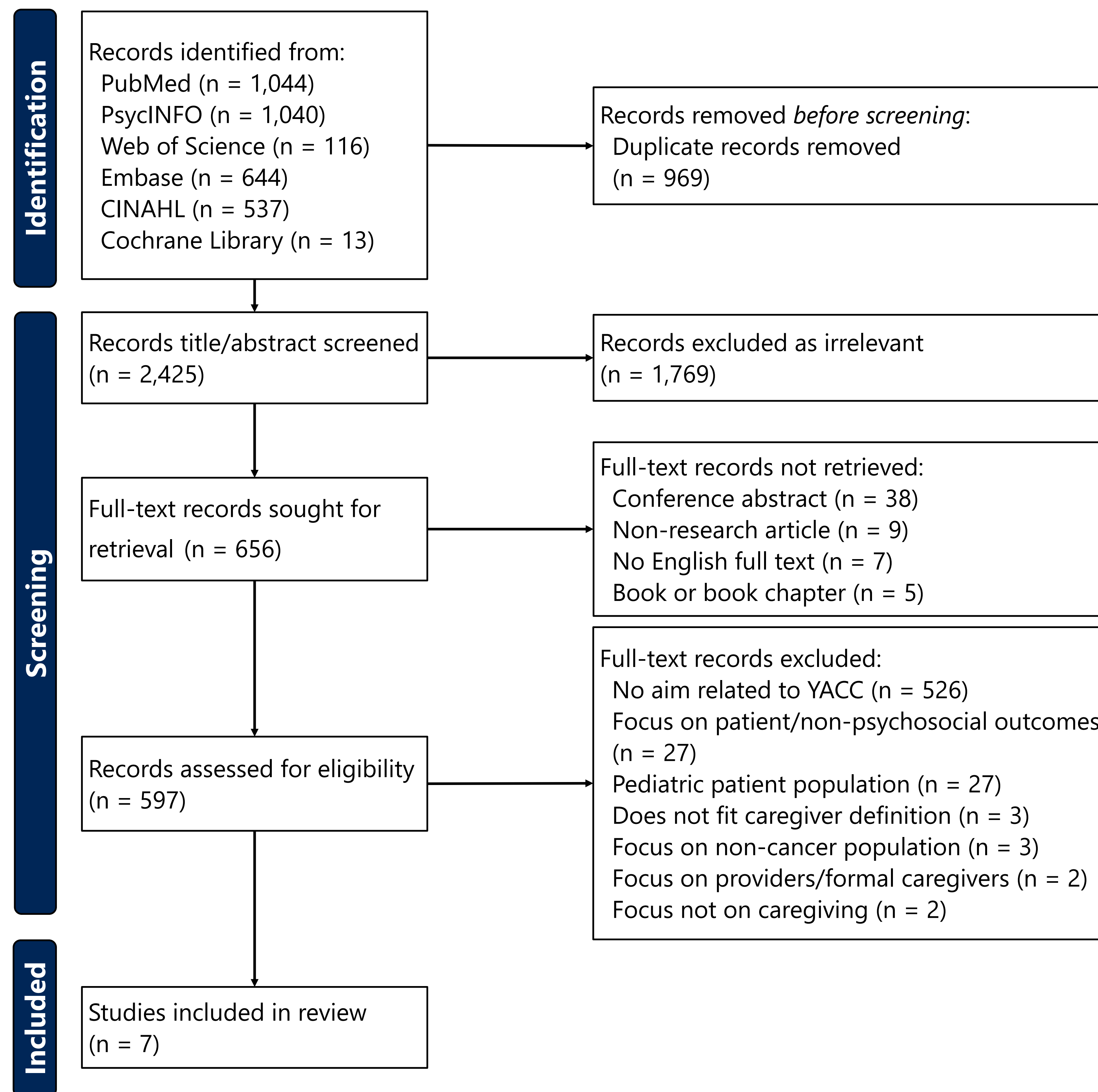


Figure 2. Study Findings

Article	Outcomes							Recommendations			
	Caregiving role	Caregiving tasks	Emotional Impact	Financial Impact	Occupational/Educational Impact	Identity Impact	Social Impact	Support services	Education for providers	Education for YACCs	Policy Changes
1		X		X	X			X	X		X
2	X	X	X	X		X		X	X	X	
3				X	X						X
4							X	X		X	
5							X	X		X	
6			X							X	
7	X	X	X		X		X	X		X	

RESULTS CONT.

- Some YACCs take on the caregiving role by choice while others felt it was forced upon them
- YACCs reported both positive and negative emotional reactions including positive personal growth, overwhelm with caregiving tasks, frustration, and uncertainty
- YACCs described disruptions in multiple areas, including work/school, social/recreation, finding a romantic partner, and financial domains.
- YACCs also indicated both positive, supportive interactions with others as well as non-supportive interactions, including receiving unsolicited advice/misinformation from others

CONCLUSIONS

- This is a relatively new area of study given that there were only 7 articles, and they were published between 2019 and 2022
- The results of this review show that caregiving, particularly as a young adult, can impact all areas of one's functioning
- This review also highlights the need for intervention-based research to provide psychosocial and educational resources for YACCs

REFERENCES OF INCLUDED ARTICLES

¹Davies, J., Hannigan, B., & Kelly, D. (2019). The experience of partners supporting adolescents and young adults with cancer. *Journal of Advanced Nursing*, 75(11), 2890–2898. <https://doi.org/10.1111/jan.14125>

²Goldblatt, H., Granot, M., & Zarbiv, E. (2019). "Death Lay Here on the Sofa": Reflections of Young Adults on Their Experience as Caregivers of Parents Who Died of Cancer at Home. *Qualitative Health Research*, 29(4), 533–544. <https://doi.org/10.1177/1049732318800676>

³Warner, E. L., Kirchhoff, A. C., Ellington, L., Waters, A. R., Sun, Y., Wilson, A., & Cloyes, K. G. (2020). Young adult cancer caregivers' use of social media for social support. *Psycho-Oncology*, 29(7), 1185–1192. <https://doi.org/10.1002/pon.5402>

⁴Warner, E. L., Kirchhoff, A. C., Wilson, A., Cloyes, K. G., Sun, Y., Waters, A. R., Nelson, T., & Ellington, L. (2022). Social support enactments on social media during the first 6 months of young adult cancer caregiving. *Journal of Cancer Survivorship*, 16(1), 61–72. <https://doi.org/10.1007/s11764-021-01004-y/Published>

⁵Warner, E. L., Waters, A. R., Cloyes, K. G., Ellington, L., & Kirchhoff, A. C. (2021). Young adult cancer caregivers' exposure to cancer misinformation on social media. *Cancer*, 127(8), 1318–1324. <https://doi.org/10.1002/cncr.33380>

⁶Warner, E. L., Wilson, A. R., Rainbow, J. G., Ellington, L., & Kirchhoff, A. C. (2021). Employment of young adult cancer caregivers, other disease caregivers, and non-caregiving adults. *International Journal of Environmental Research and Public Health*, 18(14). <https://doi.org/10.3390/ijerph18147452>

⁷Waters, A. R., Gren, L. H., Rogers, C. R., Kirchhoff, A. C., & Warner, E. L. (2021). Qualitative inquiry of cancer caregiving during young adulthood: responsibilities, challenges, teamwork, and social support. *Journal of Psychosocial Oncology Research and Practice*, 3(4). <https://doi.org/10.1097/or9.0000000000000062>

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