



Research Directions

Office of Research Services

Carers Learning to Care for Themselves

Professor Jane Ussher, School of Psychology, is leading a collaborative research project investigating the gendered experiences and needs of carers of people with cancer. This ARC Linkage grant aims to explore the concerns, self-perceived needs and psychological wellbeing of primary informal carers for persons with cancer living in New South Wales.



‘Informal cancer carers experience high levels of anxiety, depression, and unmet support needs, with women carers at higher risk than men’ said Professor Ussher. ‘However, little is known about the factors underlying this gender difference and existing support services have not specifically targeted the needs of female and male cancer carers’.

This study will explore the concerns, self-perceived needs, and psychological wellbeing of informal cancer carers living in New South Wales, comparing the experiences of female and male carers, at different stages of the care-giving journey. Based on these findings, a program of targeted supportive interventions will be developed, and then systematically evaluated within a controlled trial.

Project Title: *An evaluation of concerns, self-perceived needs, and supportive interventions, for informal cancer carers: A comparative study of female and male carers.*

Funding has been set at: \$560,000.

Research Partners: The Cancer Council of NSW; Carers NSW; Sydney University and Westmead Hospital.

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<http://www.uws.edu.au/about/acadorg/schools/psychology>

<http://www.cancercouncil.com.au/>

<http://www.carersnsw.asn.au/>

<http://www.usyd.edu.au/>

<http://www.westmead.nsw.gov.au/>