

ABSTRACT

A cross-sectional questionnaire study involving 77 informal caregivers of people with HIVS/AIDS in Hong Kong was conducted to explore the relationships among caregiving stressors, dysfunctional schemas, perceived burden, and psychological well-being. Both the positive and negative aspects of psychological well-being including psychopathology and life satisfaction were investigated. Based on the cognitive model of psychopathology and the previous caregiver research, caregiving stressors and dysfunctional schemas were hypothesized to be the significant predictors of psychopathology and life satisfaction, with perceived burden acting as the mediator in their relationships. The empirical results confirmed the hypothesized mediational model. Additionally, the relationship between stressors and dysfunctional schemas was found to be insignificant. Psychopathology significantly predicted life satisfaction but the magnitude of their association was moderate. The demographic characteristics of the caregivers and care recipients together with the common caregiving stressors experienced by the caregivers were also discussed. The findings of the present study have important implications for clinical interventions and future research.