



## Quality of Life of Caregiver Spouses of Veterans with Bilateral Lower Extremity Amputations

Moradi, A., Ebrahimzadeh, M. H., & Soroush, M. R. (2015). Quality of life of caregiver spouses of Veterans with bilateral lower extremity amputations. *Trauma Monthly, 20*, 1-6. doi: 10.5812/traumamon.21891

**SUMMARY:** Iranian female spouses/caregivers (N=244) of Veterans with war-related bilateral lower limb amputations participated in interviews regarding overall quality of life as well as physical, emotional, social, and mental health. Spouses had poorer physical health and more physical pain than the general population of civilian Iranian women.

### KEY FINDINGS

- Spouses had poorer physical health and more body pain than civilian Iranian women.
- When the Veterans' quality of life was lower, spouses' physical health, vitality, and quality of life tended to be poorer also.
- The spouses who had been married longer and provided caregiving for longer periods tended to have lower quality of life than civilian Iranian women.

### IMPLICATIONS FOR PROGRAMS

Programs could:

- Provide informational sessions to spouses of Service members with war-related injuries about the importance of maintaining their physical and mental health
- Develop peer support programs for spouses of injured Service members to encourage the exchange of social support
- Offer workshops that may help couples learn how to manage stress associated with war-related injuries

### IMPLICATIONS FOR POLICIES

Policies could:

- Encourage support structures for spouses of Service members with war-related injuries
- Recommend professional education for providers that work with injured Service members, offering information about the effects of injuries and caregiving roles
- Support programs that offer workshops to couples with Service members who have war-related injuries, teaching skills on managing stress and improving health

# Putting Research to Work for Military Families



## METHODS

- Participants were recruited from the Veteran and Martyrs Affairs of Iran enrollment logs.
- Data were collected by surveys and semi-structured interviews assessing physical, emotional, social, and mental health functioning.
- Statistical analyses examined similarities and differences of responses between participants and population norms.

## PARTICIPANTS

- Iranian female spouses (N=244) of Veterans with war-related bilateral lower limb amputations who were registered in the Organization of Veterans and Martyrs Affairs of Iran.
- Participants' average age was 47 years (SD = 7) and average length of participants' marriages was 27 years (SD = 7.5).
- On average, spouses provided care to Veterans for 25 years (SD = 5.8).

## LIMITATIONS

- Sample was recruited from the Veteran and Martyrs Affairs of Iran enrollment logs; it is uncertain how their experiences compare to spouses of Veterans who were not enrolled.
- Reliance on self-report data may have introduced reporting biases and the cross-sectional data prevent interpretations about causal relationships between the variables.
- This was a relatively homogenous sample of and there are limitations on generalizability to spouses who had been married more recently or caregiving for shorter periods of time.

## AVENUES FOR FUTURE RESEARCH

- Examine other risk factors that impact spouses' who are caregivers mental health, such as education level.
- Gather data on male spouses or other caregivers, such as parents.
- Conduct studies on health and quality of life for caregivers of Veterans who have different types of war-related injuries.

## ASSESSING RESEARCH THAT WORKS



For more information about the Assessing Research that Works rating scale visit:  
<https://reachmilitaryfamilies.umn.edu/content/assessing-research-works>