

**APRIL 10, 2025**

**12H30 - 13H30 – VIRTUAL FORMAT (WEBEX)**

# **Informal Care, Personality, and Well-Being: Selection and Socialization Effects**

As a part of the SCOHPICA (Swiss COhort of Health Professionals and Informal CAREgivers) cohort symposium series, we are pleased to invite you to the conference presented by

**MICHAEL D. KRÄMER**

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Informal caregiving provides societally important healthcare functions but can take a toll on caregivers. However, little is known about psychological effects of informal caregiving and their specific temporal trajectories. Here, we focused on personality traits and well-being and examined selection (who becomes a caregiver?) and socialization effects (how do caregivers change over time?). We used longitudinal data from Dutch, German, and Australian representative panel studies to examine selection and socialization effects of caregivers' Big Five personality traits and five well-being aspects. With increasing time spent on informal caregiving, caregivers increased in neuroticism in two of the three studies and, on the item-level, tended to become less lazy, more considerate, and more worried. Well-being decreased relatively consistently over the transition to caregiving and as caregivers intensified their time investment. We did not find robust moderation effects of gender and the caregiving context (care tasks, relationship with care recipient, and fulltime employment). We discuss theoretical and practical implications for personality development and ways to advance research into psychological antecedents and consequences of informal caregiving.

Language: English

**WEBEX:** Link available soon on <https://scohpica.ch/actualites/>

If you have any questions, do not hesitate to send an email to the following address [scohpica@unisante.ch](mailto:scohpica@unisante.ch)