**Title: The hidden struggles: Exploring stress, anxiety, and depression on cancer caregivers’ quality of life in Kuwait: Cross-sectional.**

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**Abstract**

**Introduction:**

Cancer is an illness that involves ongoing treatment and care and has negative consequences for patients and caregivers. A caregiver is someone who has a personal bond with a patient and serves him with unpaid assistance. The caregiving role can result in psychological burden and low quality of life (QoL). The purpose of this study was to explore the prevalence of stress, anxiety, and depression on cancer patients' and caregivers QoL.

**Method:**

This was a quantitative, cross-sectional study. A survey, including sociodemographic, the Depression, Anxiety, and Stress Scale (DASS-21), and the Medical Outcomes 36-item Short Form Health Survey (SF-36), was given to the participants. Descriptive statistics were used to analyze the survey. The chi-square and Mann-Whitney were performed to determine the significant differences and associations between the surveys’ components. The ethical approval number is 284.

**Result:**

The study included 201 caregivers (142 female and 59 male). According to DASS-21, the overall prevalence of anxiety, depression, and stress was found to be 57.6%, 52.7%, and 46.8%, respectively. The study found that females have anxiety 72.6% (n=85) more than males 27.3% (n=32) and using chemotherapy as a patient's treatment has the highest prevalence of anxiety (36.7%, n=43) and depression (40.1%, n=43) compared to other treatments. The SF-36 scales scores showed that the role limitation due to emotional problems scale scored the lowest (40.4643 ± 43.32057), followed by the energy/fatigue scale (47.91 ± 19.329). The association between DASS-21 and SF-36 showed that caregivers who have stress, anxiety, and depression had significant impairments in most SF-36 scales compared with those who don’t (P<0.001) except in role limitations due to the physical health and physical functioning scales. In addition to pain and energy scales for anxiety.

**Conclusion:**

This study demonstrates that providing care for cancer patients has a negative influence on the mental health of caregivers, resulting in depression, anxiety, and stress, which will affect their QoL, due to caregiving requirements. Stakeholders and health care professionals should consider the issues facing caregivers while providing their services, not only for patients.

**Key words:** Stress, Quality of life, psychological distress, burden

**Biography:**

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**A person in a white shirt and white hat

Description automatically generated**My role as assistant professor is to teach conduct research and publish its results, advise undergraduate and graduate students, and provide public, departmental, college, and university service.

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