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Psychometric Assessment of the Spanish SCORE-15 for Families of Individuals with Parkinson’s Disease in Mexico

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BACKGROUND
- Parkinson’s disease (PD) is the second most common neurodegenerative disorder and can lead to a number of mental health problems for both patients and caregivers1,2.
- Research has suggested that worse caregiver mental health predicts greater patient mortality for individuals with neurodegenerative diseases, and caregiver mental health is best when family needs are met3,4,5.
- As healthcare trends toward an outpatient, home setting, it is important to study the factors and effects of PD within the family setting.
- This study evaluated the proposed three-factor structure (found in English-speaking people) of the Spanish Systemic Clinical Outcome and Routine Evaluation (SCORE-15, a measure of family dynamics) in a sample of PD caregivers from Mexico.

Within the Mexico sample, results showed a single-factor structure of family dynamics rather than a three-factor structure, indicating the need for improved cross-cultural sensitivity in measures of family functioning within the context of PD.

Identified Structure for the SCORE-15 in Mexico

General Pathology/Unhappiness
1) Things always go wrong for my family
2) We find it hard to deal with everyday problems
3) People often don't tell each other the truth in my family
4) It feels miserable in our family

METHODS
- PD caregivers (n = 148) were recruited from an urban academic medical center in Mexico.
- Confirmatory and exploratory factor analysis (CFA/EFA) of the SCORE-15 were conducted.

Results
1. Initial CFA suggested that the three-factor solution was a poor fit.
2. EFA found evidence for a one-factor structure representing (1) general pathology/unhappiness. Three other putative factors contained too few items and were subsequently dropped. In addition, 6 items did not load on any factor or were split across factors and were also removed.
3. This factor structure bore little resemblance to the original three-factor structure (strengths and adaptability, overwhelmed with difficulties, and disrupted communication).

DISCUSSION
- The SCORE-15 was originally validated in an English-speaking population.
- Results suggest that the SCORE-15 does not measure the same three-factor structure in Spanish as the English-speaking population for which it was developed.
- This could be due to the wording of the measure, translation, or the cross-cultural applicability of the family dynamic constructs.
- Future research would benefit from investigating this discrepancy in order to improve cross-cultural sensitivity in measures of family dynamics in the context of PD.