A diagnosis of cancer is a psychological blow that can produce cognitive and emotional distress as a consequence of dealing with a cancer diagnosis as much as survivors. Female caregivers are particularly anxious about the possibility of future negative events. Professional nurses specializing in oncology are key in assisting cancer survivors and their family members successfully navigate and adapt to a cancer diagnosis.

Key Points . . .

- Lay caregivers experience the distress of a family member’s cancer diagnosis as much as survivors.
- Because survivors’ needs come first, family caregivers may not report their own distress.
- Female caregivers are particularly anxious about the possibility of future negative events.
- Professional nurses specializing in oncology are key in assisting cancer survivors and their family members successfully navigate and adapt to a cancer diagnosis.

Measures of psychological distress among informal caregivers generally are equal or surpass those of the family members for whom care is provided (Blanchard, Albrecht, & Ruckdeschel, 1997; Fang & Manne, 2001; Given et al., 1993; Kornblith, Herr, Ofman, Sher, & Holland, 1994). Overall, the results of most investigations have shown that patients’ and their matched relatives’ psychosocial status often are correlated highly (Baidier & De-Nour, 1988; Cassileth et al., 1985; Epping-Jordan et al., 1999; Kurtz, Kurtz, Given, & Given, 1996); however, the effect of role based on gender has received little attention in the literature (Northouse et al., 1998).

The majority of the research on caregiving focuses on Alzheimer’s disease. Relatively few studies have focused on cancer caregiving, but of those that have, the bulk of the research suggests that women generally report more distress than men (Baidier, Koch, Esacson, & De-Nour, 1998; Hagedoorn, Buunk, Kuijer, Wobbes, & Sanderman, 2000; Lutzky & Knight, 1994; Morse & Fife, 1998). For example, in the few studies comparing the psychological distress of patients...