

Supporting Chinese Family Caregivers of Relatives with Dementia—A Pilot Intervention Study in Shanghai

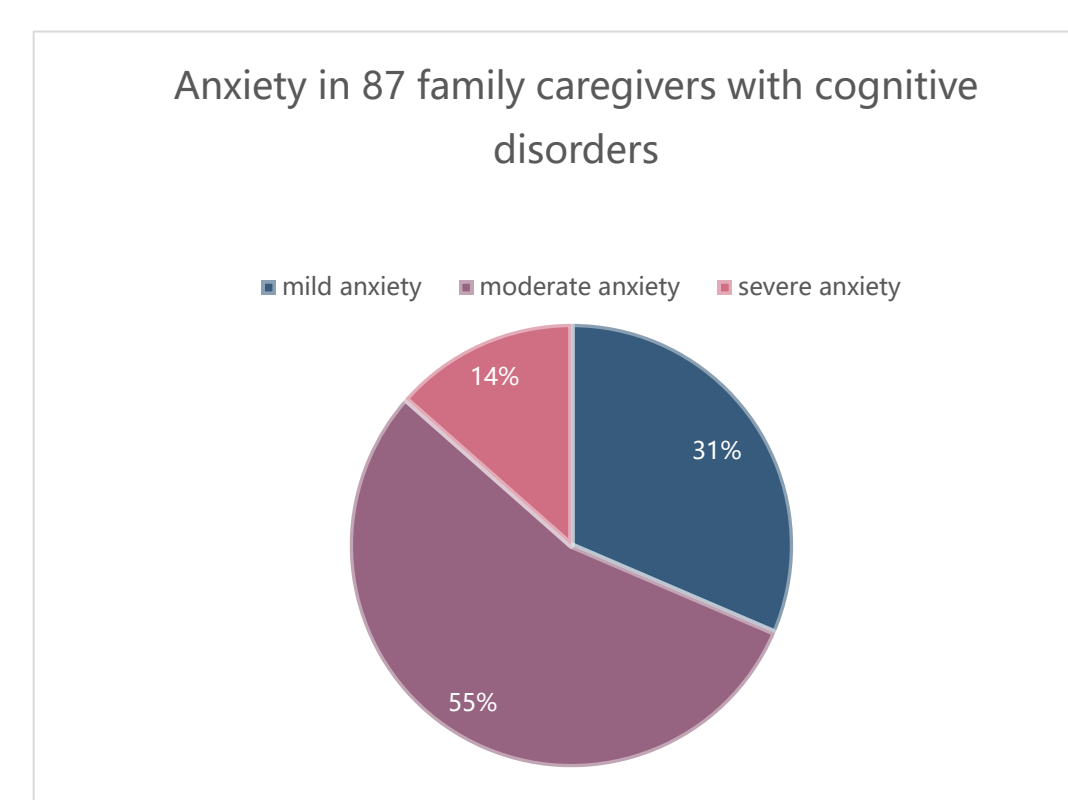
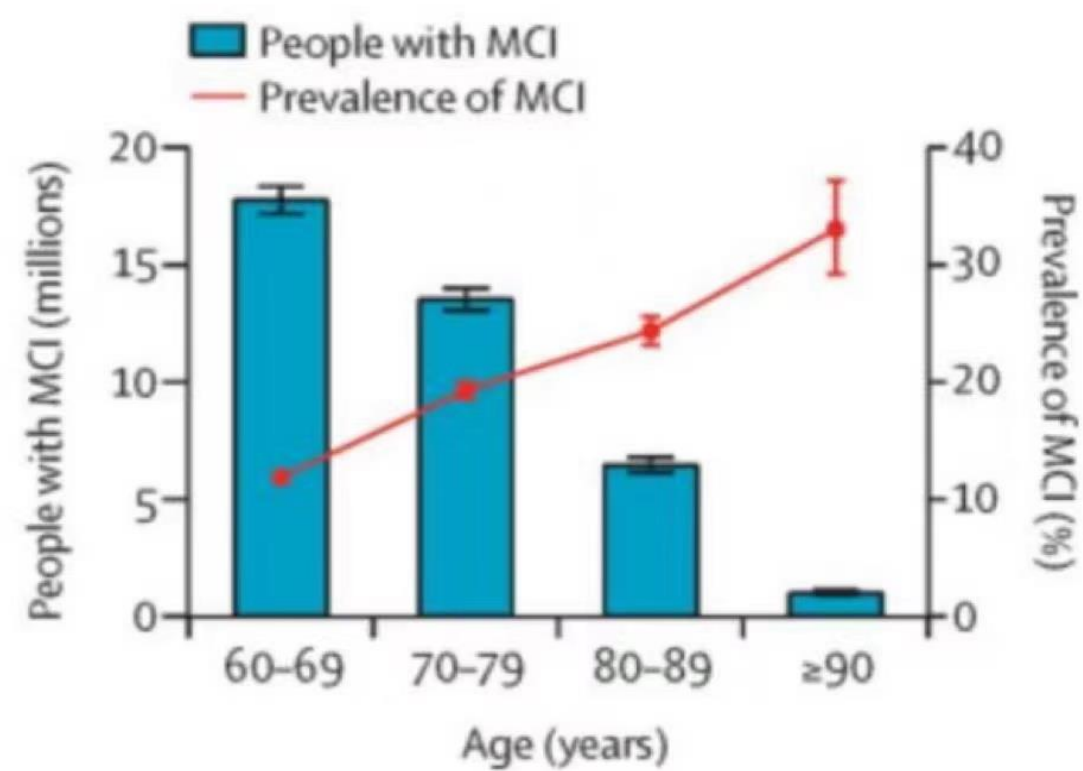
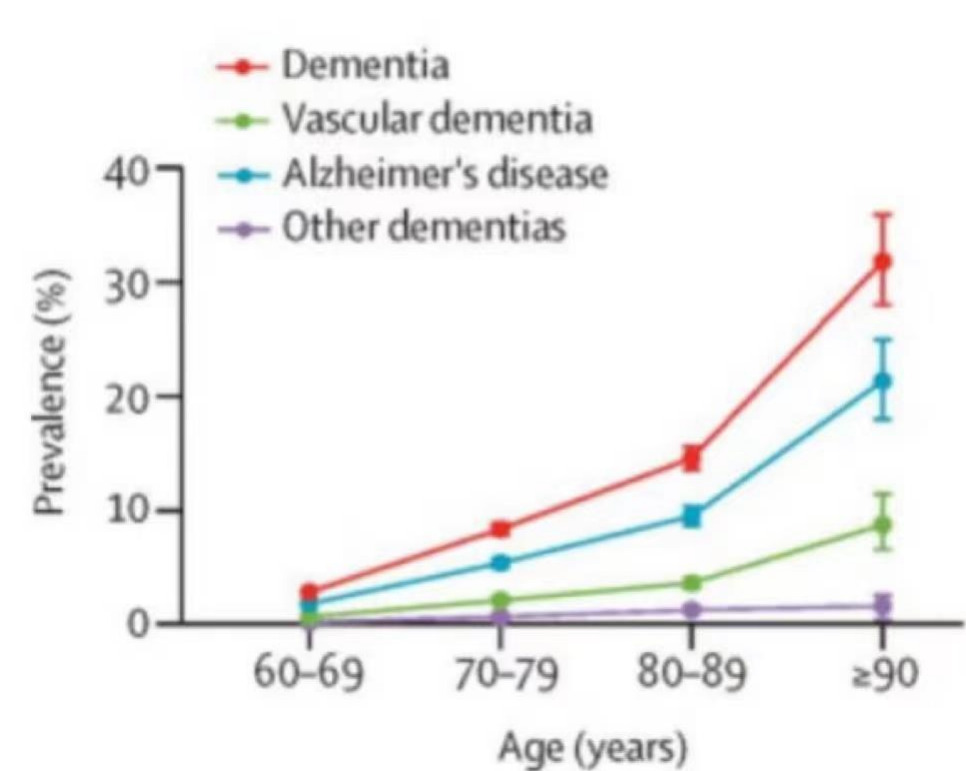
Ethan J. Liu¹, Xinyu Zhang², Ansar Ayrat³, Jiahui Huang⁴, Qiulin An⁵, Fei Sun⁶

School of Social Work



Introduction

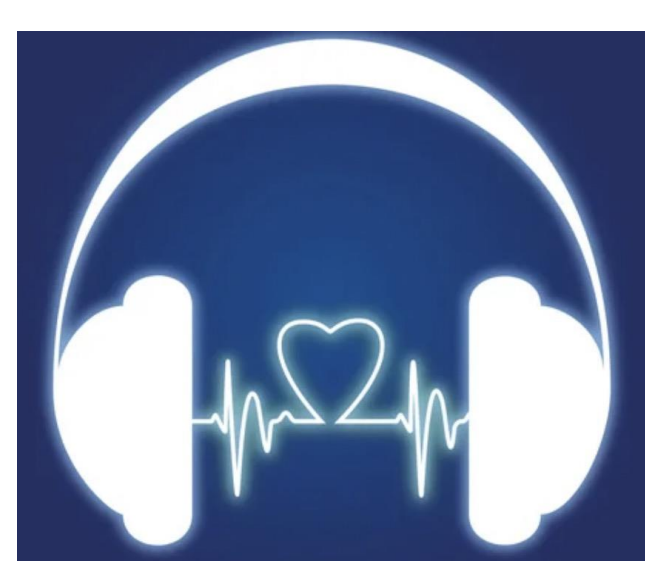
Effective interventions are urgently needed to assist Chinese family caregivers who may be particularly prone to psychological distress due to limited formal support.



The health status of these 87 individuals showed that about 32.58% were in a subhealthy condition and about 65.17% suffered from chronic diseases of varying degrees of severity, such as high blood pressure, heart disease and diabetes mellitus.

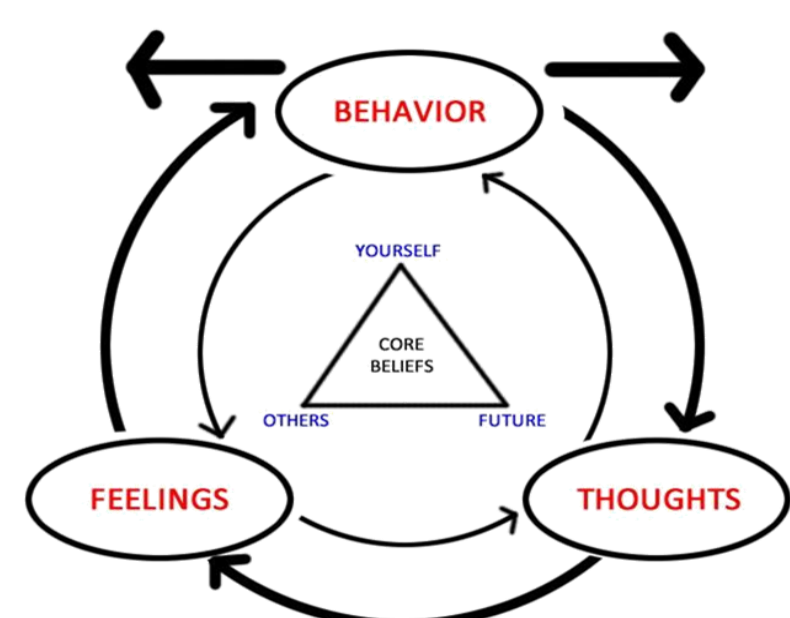
Methods

Session 1:

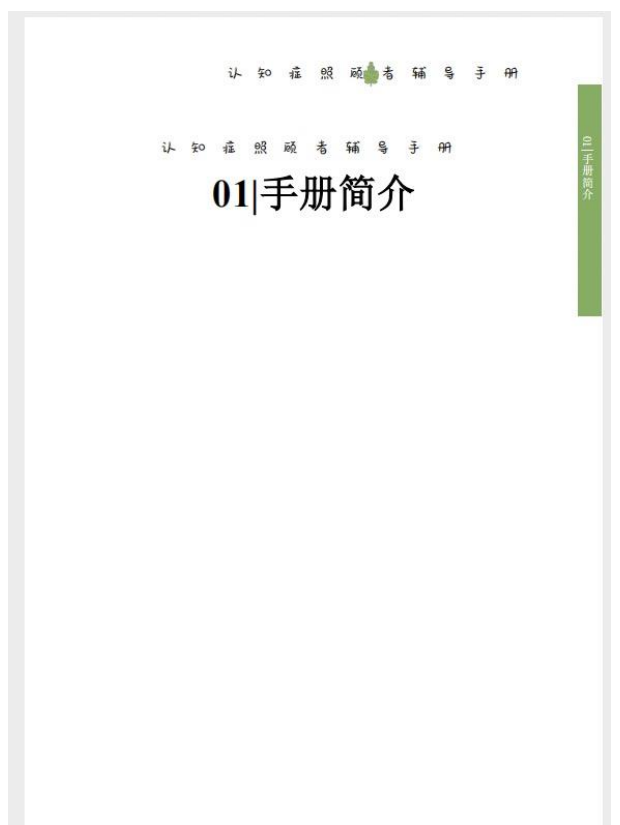


Processing Inner Strength toward Actualizationtech therapy

Tactile auditory bilateral stimulation

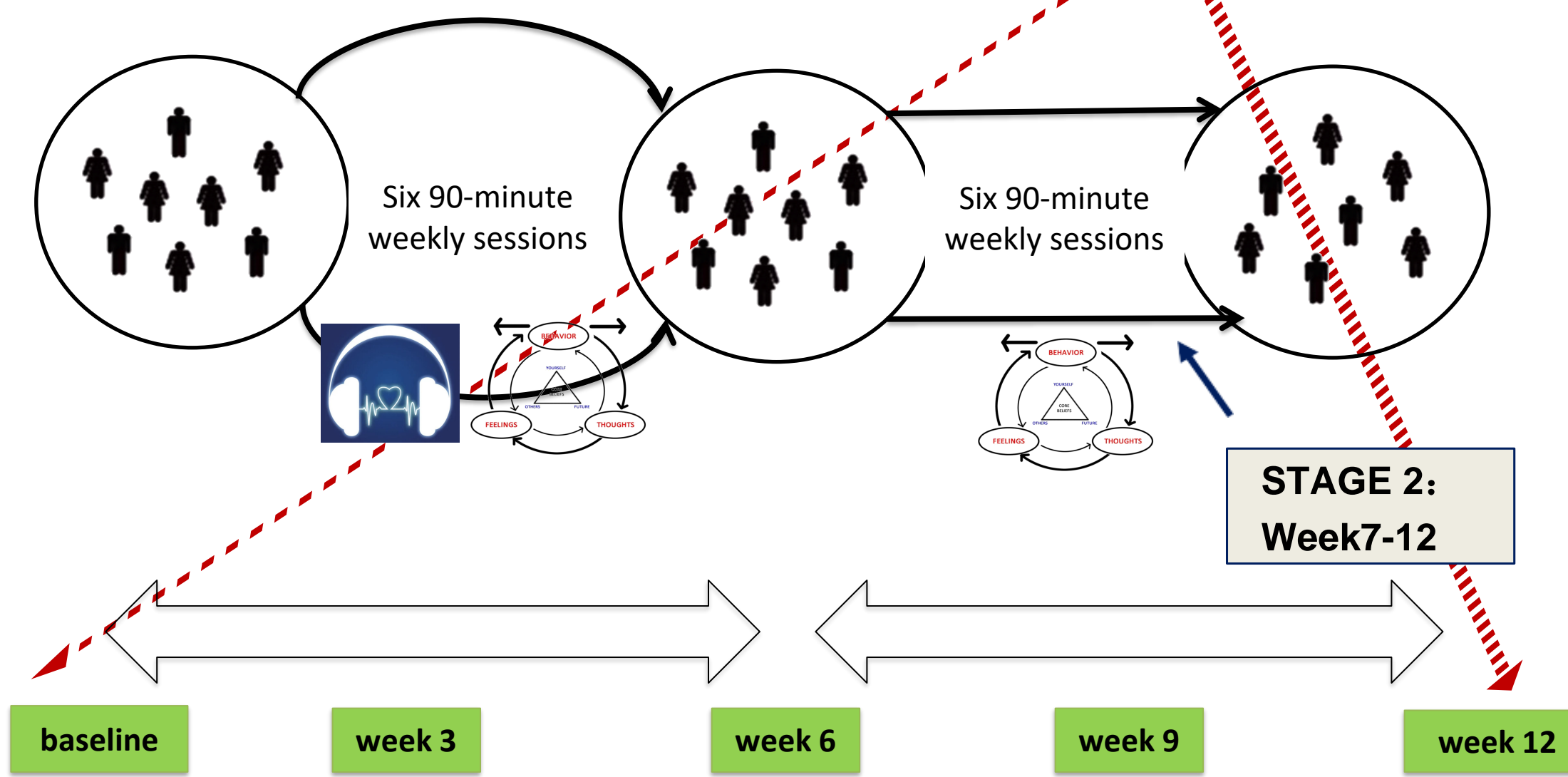


Psychoeducation Therapy
information skills training



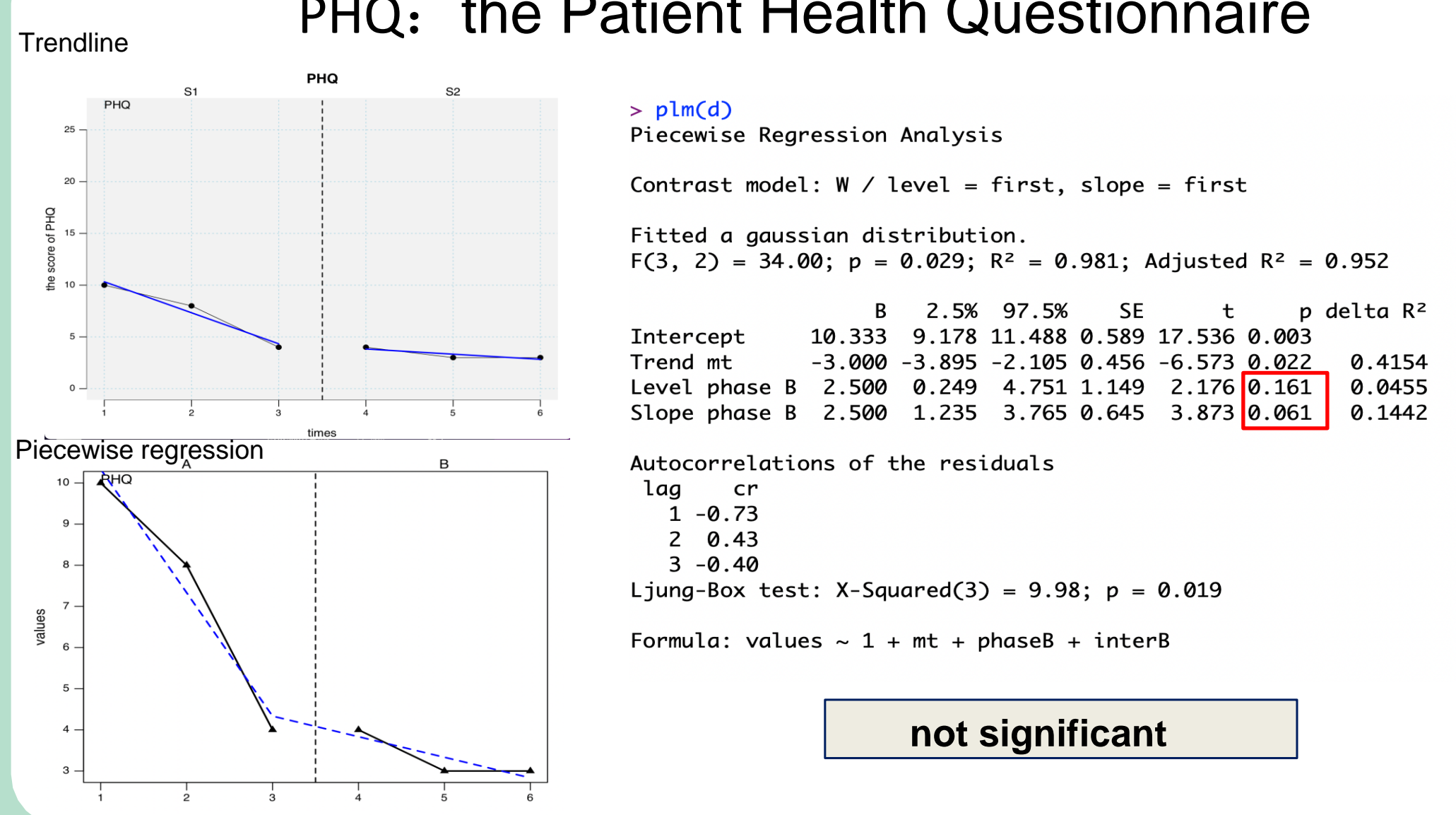
Caregiver outcomes included:
1. the Patient Health Questionnaire
2. Generalized Anxiety Disorder 7-item Scale
3. Zarit Caregiver Burden Assessment
4. Positive Aspects of Caregiving

STAGE 1:
Week1-6

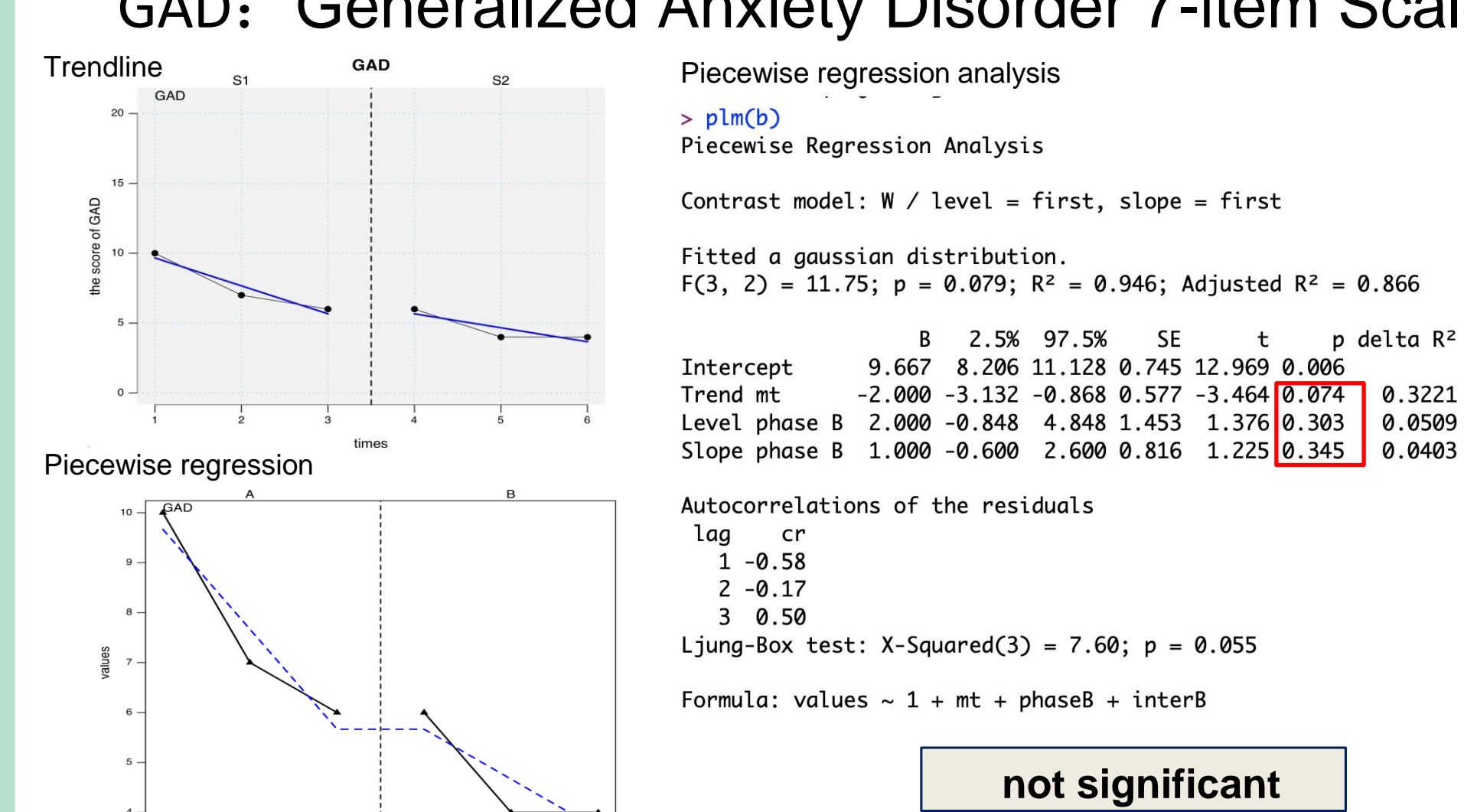


Results and discussion

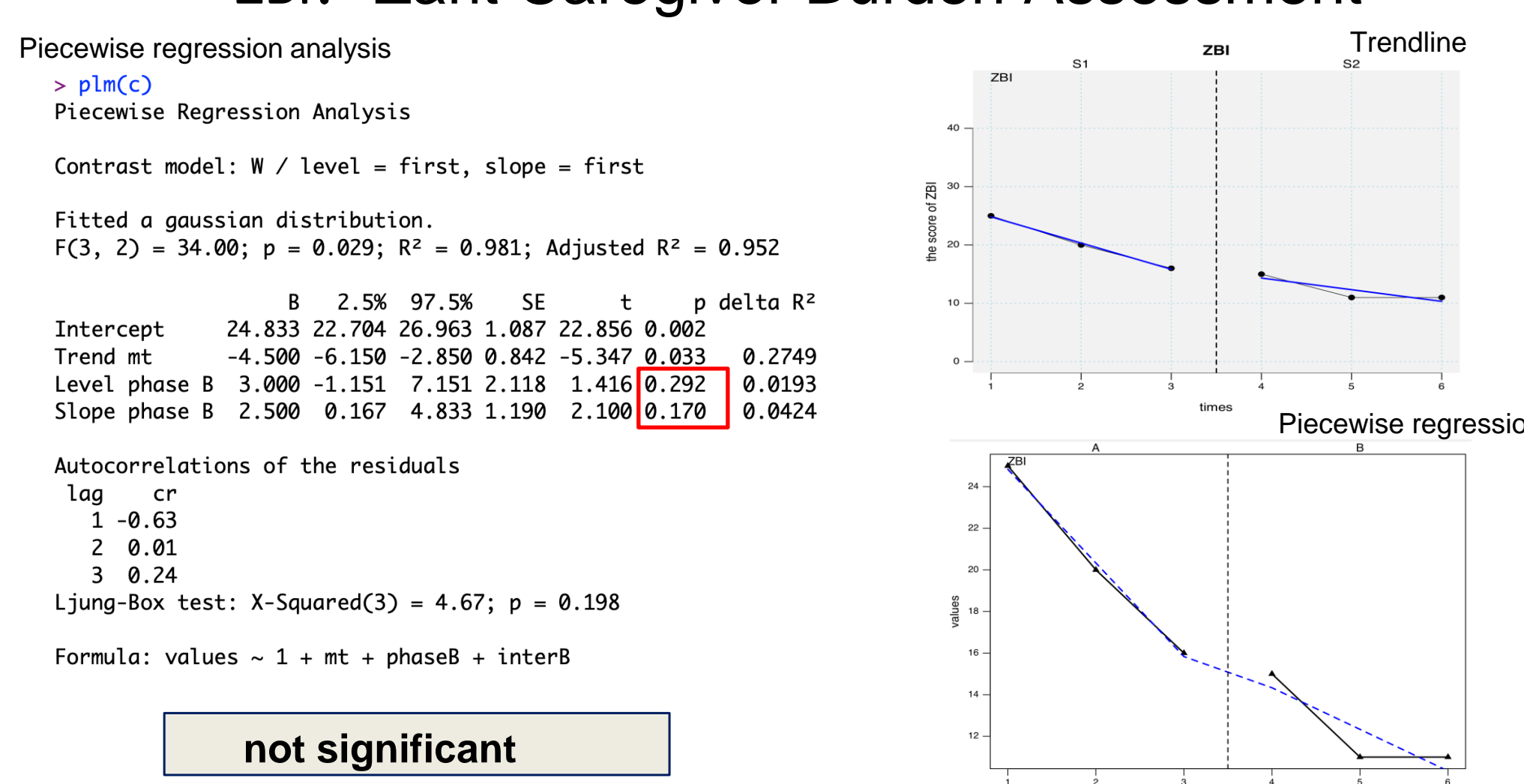
PHQ: the Patient Health Questionnaire



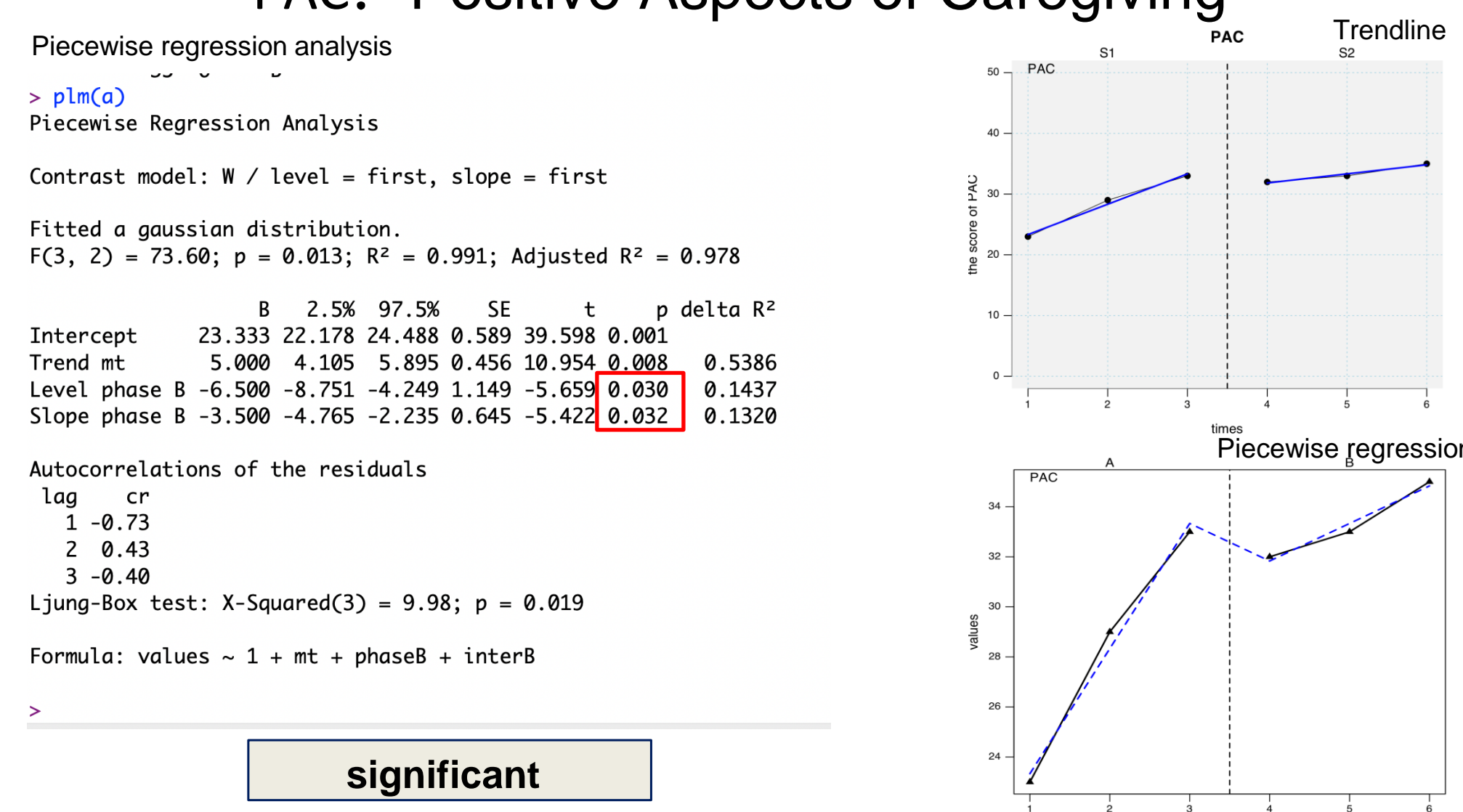
GAD: Generalized Anxiety Disorder 7-item Scale



ZBI: Zarit Caregiver Burden Assessment



PAC: Positive Aspects of Caregiving



The paired-samples T test

significant

PHQ

变量	配对样本统计量	配对样本t检验	配对样本t检验
PHQ	平均值	N	标准差
PHQ	配对样本均值差	配对样本t	配对样本df
PHQ	配对样本标准差	配对样本标准差	配对样本标准差
PHQ	配对样本标准差	配对样本标准差	配对样本标准差

GAD

变量	配对样本统计量	配对样本t检验	配对样本t检验
GAD	平均值	N	标准差
GAD	配对样本均值差	配对样本t	配对样本df
GAD	配对样本标准差	配对样本标准差	配对样本标准差
GAD	配对样本标准差	配对样本标准差	配对样本标准差

ZBI

变量	配对样本统计量	配对样本t检验	配对样本t检验
ZBI	平均值	N	标准差
ZBI	配对样本均值差	配对样本t	配对样本df
ZBI	配对样本标准差	配对样本标准差	配对样本标准差
ZBI	配对样本标准差	配对样本标准差	配对样本标准差

PAC

变量	配对样本统计量	配对样本t检验	配对样本t检验
PAC	平均值	N	标准差
PAC	配对样本均值差	配对样本t	配对样本df
PAC	配对样本标准差	配对样本标准差	配对样本标准差
PAC	配对样本标准差	配对样本标准差	配对样本标准差

Conclusions

- Evidence is promising that psychosocial educational programs combined with PISTA can lead to better outcomes (i.e., depress, burden, anxiety) for dementia family caregivers.
- Findings need to be affirmed in further investigations using an experimental design.

the marginal effect

benefits: S1>S2

Psychoeducation is more important for positive mindset enhancement

References

- Francoise Beguin. To Mind and Mend: How the PISTA Method Heals and Improves Living. [M]. Hong Kong: Kowloon, 2018: 112-120
- Bozgeyik, G., Ipekcioglu, D., Yazari, M. S., & Ilnem, M. C. (2019). Behavioural and psychological symptoms of Alzheimer's disease associated with caregiver burden and depression. *Psychiatry and Clinical Psychopharmacology*, 29(4), 656-664. <https://doi.org/10.1080/24750573.2018.1541646>
- hang, Y.-T., Huang, C.-W., Chang, H.-I., Hsu, S.-W., Lee, C.-C., Huang, S.-H., ... Chang, C.-C. (2023). Neuropsychiatric Symptoms and Caregiver Stress in Parkinson's Disease with Cognitive Impairment, Alzheimer's Disease, and Frontotemporal Dementia. *Journal of Parkinsons Disease*, 13(2), 243-254.
- it, D., Spreadbury, J., Orlando, R., Hayward, E., & Kipps, C. (2021). Quality of Life Assessments in Individuals With Young-Onset Dementia and Their Caregivers. *Journal of Geriatric Psychiatry and Neurology*, 34(5), 426-433. <https://doi.org/10.1177/0891988720933348>