

# CareCoach Feasibility trial – part of the CareCoach programme: adapting and testing an intervention for carers of people with dementia

<b>Submission date</b> 12/08/2022	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 18/11/2022	<b>Overall study status</b> Completed	<input checked="" type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 30/01/2026	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Family and informal carers are the main source of support and care for people with dementia. Such carers need to have information and skills to manage and support the day-to-day care they give to the person with dementia. Attention to the carer's own wellbeing can have positive benefits to the carer and the person with dementia. We have taken a promising online intervention developed in the Netherlands, called 'Partner in Balance' (PiB), and adapted this to the UK setting to produce the 'CareCoach intervention' package. This is a package of online resources and tips to help carers with the support of a coach to help guide and support carers. The aim of this study is to run a small study of the CareCoach intervention to see if a larger randomised controlled trial is feasible. The main objectives are to test the procedures to identify and recruit carers of people with dementia, test the procedures for collecting outcome data and to see how well we can deliver the CareCoach intervention.

### Who can participate?

Participants will be adults (18 years or over) who are currently caring for a person with dementia (all subtypes, diagnosed within the last 5 years). They may be a family member or close friend of the person with dementia. They need to have a spoken understanding of English (with the help of family translators if required). As this is an online intervention, they must have access to internet via a computer, laptop, tablet, iPad or mobile phone with internet capability. If the person with dementia currently lives in a care home, then this intervention would not be suitable for them.

We aim to recruit 42 carers from 7 sites across England and Wales.

### What does the study involve?

We will compare the CareCoach intervention with current care as usual (control group). After consenting to the study, approximately half the Carer participants will be randomly assigned to the CareCoach intervention or and the other half will continue usual care. Those in the CareCoach intervention group will be given a personal login and have access to the CareCoach online resources and a coach for 8 weeks who will encourage the participant to work through several of the CareCoach modules. After 8 weeks, CareCoach participants may continue to have

access to the online resources but not the coach. At 6 months, we will ask all participants a series of questions about their health, wellbeing, use of health resources and the person with dementia's health and wellbeing.

A small number of participants will be asked to take part in an interview study to find out their views and experiences of being part of this study.

What are the possible benefits and risks of participating

The possible benefits of taking part are that some participants may enjoy taking part in research and may find some benefit of the intervention or talking about their situation. The risks are that it may take up some of their time and could raise sensitive issues or anxieties around the person with dementia that they care for.

Where is the study run from?

The study is run from the Norwich Clinical Trials Unit, based at the University of East Anglia, UK. The University of Exeter is sponsoring the whole programme of research.

When is the study starting and how long is it expected to run for?

August 2021 to December 2024

Who is funding the study?

The study is funded as part of the programme grant from the National Institute for Health and Care Research, UK. (PGfAR NIHR201076)

Who is the main contact?

1. Dr Helen Morse, carecoach@uea.ac.uk
2. Prof. Chris Fox, christopher.fox@exeter.ac.uk

## Contact information

### Type(s)

Principal investigator

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Public

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**Additional identifiers****Clinical Trials Information System (CTIS)**

Nil known

**Integrated Research Application System (IRAS)**

316710

**ClinicalTrials.gov (NCT)**

Nil known

**Protocol serial number**

IRAS316710

**Study information****Scientific Title**

CareCoachWP3 - A feasibility trial to assess the design and deliverability of a multi-centre randomised controlled trial of the CareCoach package, part of the CareCoach programme: adapting and testing an intervention for carers of people with dementia

## **Acronym**

CareCoachWP3

## **Study objectives**

It is feasible to run a full scale randomised controlled trial to test the effectiveness of the CareCoach intervention package?

## **Ethics approval required**

Ethics approval required

## **Ethics approval(s)**

approved 08/11/2022, North West Greater Manchester East Research Ethics Committee (Barlow House, 3rd Floor, 4 Minshull Street, Manchester, M1 3DZ, United Kingdom; +44 2071048199; gmeast.rec@hra.nhs.uk), ref: 22/NW/0293

## **Study design**

Mixed methods multicentre randomized controlled trial feasibility study

## **Primary study design**

Interventional

## **Study type(s)**

Quality of life

## **Health condition(s) or problem(s) studied**

The well-being of carers of people with dementia

## **Interventions**

Participants will be randomised by a computer generated randomisation scheme on an individual participant level (1:1) stratified by site. They will be allocated to the CareCoach intervention group or control arm.

CareCoach intervention – This group will be given access to an online self-management CareCoach programme comprising an 8 week course of up to 9 modules with 1-to-1 support from a coach. The coach will arrange at least two meetings with them (at the start and end of the 8 week course) and may be available for additional brief meetings or on the message function of the programme at other times. After 8 weeks, the participants will continue to have access to the online materials, but not to the coach.

The usual care/control group – This will be care as usual as per NICE guidance. This may include carer support groups or information leaflets provided by the Trust or other organisations. Both groups will be asked to complete follow up questionnaires (paper or online) at 6 months post randomisation.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

1. The recruitment rate will be recorded as the number of eligible participants who consented to participate in the study over the 6 month recruitment period.
2. The attrition rate will be recorded as the number of eligible participants who consented to participate in the study but had not completed the final 6 month follow-up measures.

### **Key secondary outcome(s)**

Measured at baseline and 6 months:

1. The Caregiver Self-Efficacy Scale (CSES)
2. The Pearlin Mastery Scale (PMS)
3. The Perceived Stress Scale (PSS)
4. The Centre for Epidemiological Studies Depression scale (CES-D)
5. The Generalised Anxiety Disorder 7-item scale (GAD-7)
6. Scale measuring the Impact of DEmentia on CARers (SIDECAR-D)
7. Modified Client Service Receipt Inventory (CSRI)
8. EuroQol Health Related Quality of Life (EQ-5D-5L)
9. Patient Health Questionnaire (PHQ-9).
10. The Goal Attainment Scaling (GAS, intervention only)

Carer proxy rating of the person with Dementia:

11. Neuropsychiatric Inventory (NPI-Q)
12. Proxy EuroQol Health Related Quality of Life (EQ-5D-5L)
13. A small subset of participants will be interviewed and qualitative data will assess whether the intervention is perceived as acceptable to participants.

### **Completion date**

31/05/2024

## **Eligibility**

### **Key inclusion criteria**

1. Aged 18 years old or above
2. Spoken understanding of the English language (with the help of family translators if required)
3. Currently caring for a person with dementia (all subtypes, diagnosed within the last 5 years)
4. Has a first-degree relationship (spouse/partner, sibling, son or daughter) with a person with dementia; OR must have a close personal relationship with a person with dementia (e.g. in-law family member, close friend or neighbour)
5. Has capacity to give informed consent to participate;
6. Has access to the internet (via a home computer/laptop, iPad/tablet or mobile phone with internet capability)

### **Participant type(s)**

Carer

### **Healthy volunteers allowed**

No

### **Age group**

Mixed

### **Lower age limit**

18 years

**Upper age limit**

99 years

**Sex**

All

**Total final enrolment**

42

**Key exclusion criteria**

1. Potential participants with insufficient cognitive abilities to engage in the online programme
2. Overburdened, as determined by study staff.
3. If the person with dementia they care for currently resides in a care home

**Date of first enrolment**

19/06/2023

**Date of final enrolment**

19/10/2023

**Locations****Countries of recruitment**

United Kingdom

England

Wales

**Study participating centre**

**Norfolk and Suffolk NHS Foundation Trust**

Hellesdon Hospital

Drayton High Road

Norwich

England

NR6 5BE

**Study participating centre**

**North East London NHS Foundation Trust**

West Wing

C E M E Centre

Marsh Way

Rainham

England

RM13 8GQ

**Study participating centre**  
**Devon Partnership NHS Trust**  
Wonford House Hospital  
Dryden Road  
Exeter  
England  
EX2 5AF

**Study participating centre**  
**Solent NHS Trust**  
Solent NHS Trust Headquarters  
Highpoint Venue  
Bursledon Road  
Southampton  
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SO19 8BR

**Study participating centre**  
**Nottinghamshire Healthcare NHS Foundation Trust**  
Highbury Hospital  
Nottingham  
England  
NG6 9DR

**Study participating centre**  
**Bradford District Care Trust**  
Lynfield Mount Hospital  
Heights Lane  
Bradford  
England  
BD9 6DP

**Study participating centre**  
**RICE - The Research Institute for the Care of Older People**  
The RICE Centre  
Royal United Hospital  
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England  
BA1 3NG

# Sponsor information

**Organisation**  
University of Exeter

**ROR**  
<https://ror.org/03yghzc09>

## Funder(s)

**Funder type**  
Government

**Funder Name**  
National Institute for Health and Care Research

**Alternative Name(s)**  
National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

**Funding Body Type**  
Government organisation

**Funding Body Subtype**  
National government

**Location**  
United Kingdom

## Results and Publications

Individual participant data (IPD) sharing plan

**IPD sharing plan summary**  
Data sharing statement to be made available at a later date

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>		22/05/2024	23/05/2024	Yes	No
<a href="#">HRA research</a>			28/06	No	No



<a href="#">summary</a>					/2023	
<a href="#">Other publications</a>	Understanding the Implementation of CareCoach—A Blended eHealth Intervention for Carers of People Living with Dementia: A Qualitative Process Evaluation Using Normalisation Process Theory	05/08/2025	30/01/2026	Yes	No	
<a href="#">Statistical Analysis Plan</a>	version 1.0	11/05/2024	15/05/2024	No	No	
<a href="#">Statistical Analysis Plan</a>	version 2.0	07/11/2024	21/11/2024	No	No	
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes	