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Psychoeducation with active participation for enhancing caregiving self-efficacy among family caregivers of people with dementia: a pilot trial

Submission date
09/01/2023

Recruitment status
No longer recruiting

Registration date
17/01/2023

Overall study status
Completed

Last Edited
17/01/2023

Condition category
Other

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] Record updated in last year

Plain English summary of protocol

Background and study aims
Dementia is a prevalent problem worldwide. Around 80% of people with dementia (PWD) live in the community and are cared for by family caregivers. Family caregivers often face significant caregiving burdens which leads to detrimental consequences physically, mentally and socially. Caregiving self-efficacy is an important ability that shields the family caregivers of PWD from being overburdened and depressed. World Health Organization suggested that psychoeducation with active participants' involvement is promising in enhancing the caregiving self-efficacy of caregivers of PWD. This study aims to determine the feasibility and preliminary effect of a newly developed psychoeducation program.

Who can participate?
Adult family caregivers of PWD who reside in the community

What does the study involve?
Participants will attend a 6-weekly, 2-hour psychoeducation program in which dementia caregiving knowledge will be taught. Participants will be interacting with a simulated patient who will roleplay some common communication difficulties and distressed behaviors. Also, participants will share their caregiving experiences and complete a weekly assignment.

What are the possible benefits and risks of participating?
Participants will learn the knowledge and skill in dementia caregiving and there will be no anticipated risks.

Where is the study run from?
The program will be delivered in community elderly centers (Hong Kong)

When is the study starting and how long is it expected to run for?
June 2022 to January 2023

Who is funding the study?
Chinese University of Hong Kong (Hong Kong)

Who is the main contact?
Jackie Chan Hoi Man (Principal Investigator), 1010155350@link.cuhk.edu.hk

Contact information

Type(s)
Principal investigator

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Public

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Additional identifiers

Clinical Trials Information System (CTIS)
Nil known

ClinicalTrials.gov (NCT)
Nil known

Protocol serial number
Nil known

Study information

Scientific Title
Psychoeducation with active participation for enhancing caregiving self-efficacy among family caregivers of people with dementia: a pilot trial

Study objectives
Is a newly developed psychoeducation program enhancing the caregiving self-efficacy of family caregivers of people living with dementia feasible?

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 29/06/2022, Joint Chinese University of Hong Kong-New Territories East Cluster Clinical Research Ethics Committee (8/F, Lui Chee Woo Clinical Sciences Building, Prince of Wales Hospital, Shatin, Hong Kong; +852 3505 3935; crec@cuhk.edu.hk), ref: 2022.248

Study design
Quasi-experimental single-group pre-post-test design

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Enhancing caregiving self-efficacy of family caregivers of people living with dementia

Interventions
Family caregivers of people with dementia residing in the community will attend 2 hours per week of psychoeducation for six weeks which will provide topic-specific knowledge regarding dementia caregiving. Family caregivers will also participate in a simulation in which they will interact with simulated patients to manage communication difficulties and disruptive behaviors which will be roleplayed by the simulated patient. Furthermore, participants will join discussions and share their caregiving experiences during the psychoeducation sessions. At the end of each session, an assignment topic will be delivered to the participants who will be expected to complete the assignment and talk about the topic in the next session.

Intervention Type
Behavioural

Primary outcome(s)
1. Recruitment, attendance and retention measured using study records post-intervention
2. Participants' satisfaction measured using a 5-point Likert scale and a semi-structured individual interview, both undertaken post-intervention

Key secondary outcome(s))
Caregiving self-efficacy measured using the Revised Scale of Caregiving Self-Efficacy before and after the intervention

Completion date
31/01/2023

Eligibility

Key inclusion criteria
1. Age 18 years old and over
2. Family caregivers of people with dementia, with a physician diagnosis of dementia and of mild to the moderate stage
3. Able to read, speak and understand Chinese

Participant type(s)
Carer

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
All

Total final enrolment
30

Key exclusion criteria
1. Current participation in any other psychosocial interventional program
2. Psychiatric illnesses and having active treatment will be excluded

Date of first enrolment
18/07/2022

Date of final enrolment
19/10/2022

Locations

Countries of recruitment
Hong Kong

Study participating centre
Hong Kong Christian Service, Bliss District Elderly Community Center
G/F, Choi Lok House
Choi Fook Estate
Kwun Tong
Kowloon
Hong Kong
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Study participating centre
Hong Kong Sheng Kung Hui Welfare Council Limited Lok Man Alice Kwok Integrated Service Center
Ground floor
Block H
Lok Man Sun Chuen Site 3
111 Ko Shan Road
To Kwa Wan
Hong Kong
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Sponsor information

Organisation
Chinese University of Hong Kong

ROR
https://ror.org/00t33hh48

Funder(s)

Funder type
University/education

Funder Name
Chinese University of Hong Kong

Alternative Name(s)
The Chinese University of Hong Kong, , , Hēunggóng Jūngmàhn Daaihhohk, CUHK,

Funding Body Type
Government organisation

Funding Body Subtype
Universities (academic only)

Location
Hong Kong

Results and Publications

Individual participant data (IPD) sharing plan
The datasets generated during and/or analysed during the current study will be available upon request from Jackie Chan Hoi Man, 1010155350@link.cuhk.edu.hk. The results of the self-efficacy score pre- and post-intervention, participants' satisfaction score, and the qualitative feedback data collected during the interview will be available after one year of study completion. All data will be kept anonymous and consent from participants will be obtained to share these data.

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes