

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

<b>Submission date</b> 09/01/2023	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 17/01/2023	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 17/01/2023	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data <input type="checkbox"/> 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

### Contact name

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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 Daaihohk, 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