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Online acceptance and commitment therapy for informal caregivers of residents in long-term care

Submission date
11/05/2026

Recruitment status
No longer recruiting

Registration date
21/05/2026

Overall study status
Completed

Last Edited
20/05/2026

Condition category
Mental and Behavioural Disorders

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

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Principal investigator, Scientific

Contact name
Dr Natasha Gallant

Contact details
3737 Wascana Parkway
Regina
Canada
S4S0A2
+1 3065854219
natasha.gallant@uregina.ca

Type(s)
Principal investigator, Scientific, Public

Contact name
Ms Briana De Roo

Contact details
3737 Wascana Parkway
Regina
Canada
S4S0A2

+1 3065854219
briana.deroo@uregina.ca

Additional identifiers

Study information

Scientific Title
Acceptance and Commitment Therapy (ACT) for Institutional Informal Caregivers (IICs): A Feasibility Study

Study objectives
The purpose of the study is to examine the feasibility, acceptability, and preliminary effectiveness of the Acceptance and Commitment Therapy (ACT) Guide Lite for family and friend caregivers of long-term care residents.

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 17/07/2025, The University of Regina Research Ethics Board (3737 Wascana Parkway, Regina, S4S0A2, Canada; +1 3065854775; research.ethics@uregina.ca), ref: 1152

Primary study design
Interventional

Allocation
N/A: single arm study

Masking
Open (masking not used)

Control
Uncontrolled

Assignment
Single

Purpose
Treatment, Feasibility

Study type(s)

Health condition(s) or problem(s) studied
Reduction of anxiety, depression, and caregiver burden symptoms in informal caregivers (family and friends) of long-term care residents.

Interventions
All participants completed the ACT Guide Lite. The ACT Guide Lite was originally developed by Utah State University based on a previously developed 12-session ACT Guide Program. This

program is an online, self-help program designed to be completed within a single session of approximately 45 minutes. It was designed to improve emotional well-being and to help individuals to cope with psychological symptoms of depression, anxiety, and stress by teaching new ways to interact with thoughts and feelings. Eligible participants met with the Principal Investigator over Zoom after completing the eligibility survey to review the consent form. Then, participants were emailed with a link to access the ACT Guide Lite, if they consented.

Intervention Type
Behavioural

Primary outcome(s)
1. Perceived credibility and treatment expectancy measured using the Credibility/Expectancy Questionnaire (CEQ) at baseline and immediately post-intervention

2. Treatment satisfaction measured using the Treatment Satisfaction Questionnaire (TSQ) at immediately post-intervention

3. Negative effects measured using the Negative Effects Questionnaire (NEQ) at 4-weeks post-intervention

Key secondary outcome(s)
1. Depression symptoms measured using the Patient Health Questionnaire - 9 (PHQ-9) at baseline, 2-weeks and 4-weeks post-intervention

2. Anxiety symptoms measured using the Generalized Anxiety Disorder 7-Item Scale (GAD-7) at baseline, 2-weeks and 4-weeks post-intervention

3. Caregiver burden symptoms measured using the Zarit Burden Interview (ZBI) at baseline, 2-weeks and 4-weeks post-intervention

4. Psychological flexibility measured using the Comprehensive assessment of Acceptance and Commitment Therapy processes (CompACT) at baseline, 2-weeks and 4-weeks post-intervention

5. Involvement in long-term care measured using the Family Involvement Questionnaire-LTC (FIQ-LTC) at baseline, 2-weeks and 4-weeks post-intervention

6. Quality of life measured using the Family Caregiver-Specific Quality of Life Scale (FAMQOL) at baseline, 2-weeks and 4-weeks post-intervention

Completion date
14/04/2026

Eligibility

Key inclusion criteria
1. At least 18 years of age
2. Currently provide unpaid care to a LTC resident
3. Residing in Canada
4. Are not in current receipt of psychological treatment

Healthy volunteers allowed

Yes

Age group
Mixed

Lower age limit
18 Years

Upper age limit
85 Years

Sex
All

Total final enrolment
30

Key exclusion criteria
1. Do not speak English

Date of first enrolment
07/09/2025

Date of final enrolment
11/03/2026

Locations

Countries of recruitment
Canada

Study participating centre
University of Regina
-
-
Canada
-

Sponsor information

Organisation
University of Regina

ROR
https://ror.org/03dzc0485

Funder(s)

Funder type

Funder Name
Saskatchewan Health Research Foundation

Alternative Name(s)
SHRF | Saskatchewan Health Research Foundation | Canada, SaskHealthResearch, SHRF

Funding Body Type
Private sector organisation

Funding Body Subtype
Trusts, charities, foundations (both public and private)

Location
Canada

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not expected to be made available