

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

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| Submission date 11/05/2026 | Recruitment status No longer recruiting | <input type="checkbox"/> Prospectively registered |
| Registration date 21/05/2026 | Overall study status Completed | <input type="checkbox"/> Protocol |
| Last Edited 20/05/2026 | Condition category Mental and Behavioural Disorders | <input type="checkbox"/> Statistical analysis plan |
| | | <input type="checkbox"/> Results |
| | | <input type="checkbox"/> Individual participant data |
| | | <input checked="" type="checkbox"/> Record updated in last year |

Plain English summary of protocol

Not provided at time of registration

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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

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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

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Canada

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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