

My story as informal care-giver: a randomized controlled trial

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The new preventive intervention will lead to a significant decrease in psychological problems and perceived stress, an improvement in the quality of life of the informal care-givers as compared with a waiting list control group.

Ethische beoordeling	Positief advies
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON25399

Bron

Nationaal Trial Register

Aandoening

Informal care-givers, prevention, psychological distress, depression.
Mantelzorgers, preventie, depressie, burnout, life-review

Ondersteuning

Primaire sponsor: De Geestgronden
Trimbos-instituut

Overige ondersteuning: ZONMW

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

1. Depressive symptoms;
2. Perceived stress;

Toelichting onderzoek

Achtergrond van het onderzoek

Approximately 750,000 people provide informal care in the Netherlands for more than three months and more than eight hours a week. These informal care-givers run a high risk of psychological problems such as depression or burnout. At the moment, however, no preventive interventions with proven effectiveness are available to informal care-givers in the Netherlands. On the basis of a scientific theoretical model that explains the development of psychological problems among informal care-givers, a new preventive intervention – the informal care-givers in Balance course – has been developed for adult children who provide informal care for their parents. The life review method, a systematic evaluation of one's own life, plays a central role in the intervention. This method is being used for the first time to address the problems of informal care-givers. An initial regional pilot project demonstrates the positive result of the intervention, i.e. a significant decrease in the perceived stress of informal care-givers. The proposal is to now develop the intervention nation-wide and on a larger scale and to more comprehensively examine the effects.

Doel van het onderzoek

The new preventive intervention will lead to a significant decrease in psychological problems and perceived stress, an improvement in the quality of life of the informal care-givers as compared with a waiting list control group.

Onderzoeksproduct en/of interventie

The Informal care-givers in Balance course consists of eight two-hour sessions and is designed for adult children who provide structural care for a parent in need of care and are under high perceived stress as a result. At the first three sessions, the participants learn to interview their own parent according to the life review method. Starting at the fourth session of the course, the perspective shifts to the informal care-givers' own life. The informal care-givers focus on the meaning and effects, especially undesirable ones, of the informal care on their lives and on the balance they would like to establish in their lives in accordance with the life review method. The possibilities are addressed for introducing a better balance

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Adults above the age of eighteen who provide informal care for a parent and feel they are under stress as a result.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. The parent of the informal care-provider is no longer able to take part in the life review, e.g. because of having severe dementia;
2. The health situation of the parent or informal caregiver requires acute assistance;

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Blinding:	Open / niet geblindeerd
Controle:	Placebo

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-09-2007
Aantal proefpersonen:	200
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	15-05-2007
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL947
NTR-old	NTR972

Register

Ander register
ISRCTN

ID

: -
ISRCTN08206786

Resultaten

Samenvatting resultaten

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