

Inlife - Effectiveness of an online social support intervention to support caregivers of people with dementia

Gepubliceerd: 20-10-2016 Laatste bijgewerkt: 18-08-2022

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Ethische beoordeling	Niet van toepassing
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON26616

Bron

NTR

Verkorte titel

Inlife

Aandoening

Dementia, Informal caregivers

Ondersteuning

Primaire sponsor: Maastricht University Medical Center (MUMC+)

Overige ondersteuning: Maastricht University Medical Center (MUMC+), ZonMw

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Primary effect measurements: feelings of competence and social support in the primary caregivers.

Primary process outcomes will be feasibility and usefulness of the Inlife intervention as assessed by costume made questionnaires and qualitative interviews in a subsample.

Toelichting onderzoek

Achtergrond van het onderzoek

Rationale and objectives: Dementia is a major public health problem. Due to the rising number of PwD in our society many informal carers such as family members and friends will be involved in a stressful and burdensome caregiving process. Frequently, dementia caregivers experience feelings of social isolation, loneliness and a high threshold to seek support. Recently, an online social support intervention named Inlife was developed to support informal caregivers of PwD in daily life. In the present randomized controlled study the effect- and processes evaluation of the Inlife platform are conducted.

Study design and population: a randomized waiting list controlled trial with repeated measurement design is performed. 122 dyads -the primary caregiver and person with dementia- will use Inlife 16 weeks within their own social network. Prior to inclusion a screening will be conducted to assess inclusion and exclusion criteria. Online self-reported measurements will be completed by the primary caregiver, which will be send automatically by e-mail at baseline and 8-week, 16-week and 42 week follow-up. Furthermore, log-data about user intensity and drop-out rates will be analysed.

Main study parameters/endpoints: we assess the effectiveness in terms of the abovementioned primary and secondary effect outcomes. Furthermore, a process evaluation of the feasibility and usability of the inlife intervention is performed, as assessed by an online questionnaire and qualitative interviews.

Doel van het onderzoek

The null-hypothesis states that there is no difference between the intervention group and waiting-list control group on subjective well-being at the three follow-up time-points. The alternative hypothesis states that there is a difference within and between the two groups at the three follow-up time-points. We expect that the alternative hypothesis will be true demonstrating improved social support and feelings of competence.

Onderzoeksopzet

Baseline, 8-week, 16-week, 42-week (=6-month after 16-week study period) follow-up measurements during the intervention.

Onderzoeksproduct en/of interventie

The primary objective of this study is to evaluate the effectiveness of Inlife: a newly developed online social support intervention for caregivers and people with dementia (PwD). Inlife aims to lower feelings of loneliness and the threshold to seek support, improve social support, feelings of competence and facilitate supply and demand of support within the personal social network of the primary caregiver and PwD. The website and online app are specifically designed for and with caregivers and PwD and includes several functionalities (e.g. overview of network members and care needs, timeline, personal messages, calendar, a personal carebook and dementia specific information resources). The Inlife website and app can be accessed at several online devices. Participants in the intervention group use inlife for a study period of 16-weeks and have the possibility to keep using Inlife afterwards. Participants in the waiting list control group get access to Inlife after the 16-week study period.

Contactpersonen

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- Being a primary caregiver of a person that is diagnosed with dementia
- Person with dementia is living at home or in a nursing home
- Access to internet and a (tablet)computer
- Basic knowledge and skills about computers (as judged by the researcher)
- Willingness of the primary caregiver to invite at least two members of their social network to participate in Inlife
- Online informed consent is obtained

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- Caregiver not available more than 4 weeks during the study period
- Caregivers who are overburdened or have severe health problems (based on clinical judgment of knowledgeable practitioner, and based on his/her experience with the target group).

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Enkelblind
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-06-2016
Aantal proefpersonen:	122
Type:	Verwachte startdatum

Ethische beoordeling

Niet van toepassing

Soort:

Niet van toepassing

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	NL5950
NTR-old	NTR6131
Ander register	: ERCPN- 172_20_03_2016_A1, Martin van Boxtel

Resultaten