



ALMA MATER STUDIORUM
UNIVERSITÀ DI BOLOGNA



INTERDEM SESSION

Care and services: delivering individualized interventions for «changing behaviours» that challenge Caregivers
Chairs: E. Moniz-Cook, B. Woods

Early psychosocial intervention for family carers in Italy: Effects on behavioural problems and carer distress

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BACKGROUND

Effective interventions to address
«Challenging Behavior»:

Supporting caregivers knowledge and
communication skills

Building caregivers skills

AIM

Interventions with caregivers to address:

- **People with dementia** challenging behaviour
- **Caregivers** burden / depression, anxiety

The measures were at baseline, 6, 12 months post treatment.

Prospective multicenter randomised controlled trial

Methods

Participants:

Primary family carers of People with dementia living at home.

Recruitment:

memory clinics of the local health agency

Intervention:

- **Protocol:**
Caregivers randomly allocated to either
- **Informative groups**

Informative group sessions Max 6 on Dementia topics

- **Counseling**

Personalized counselling to primary caregivers and/or family for a Max 6 sessions (Mittelman et al; 2003)



Tools and assessment

People with dementia:

- RMPBC (F & R)
 - Total
 - Memory
 - Behaviour
 - Depression
- NPI
 - FxG
 - Distress

Caregivers:

- HADS
 - Total
 - Anxiety
 - Depression
- ZARIT
 - Total
 - Personal strain
 - Role strain

Demographic Data

| | Female | Male |
|-----|--------|------|
| PWD | 180 | 56 |
| CG | 181 | 51 |

| | N | Mean | SD | SE | Median | Min | Max |
|-----------------------------|-----|------|------|----|--------|-----|-----|
| Age PWD (Y) | 236 | 79.1 | 9,0 | .6 | 81 | 41 | 94 |
| Education PZ (Y) | 232 | 5.7 | 3.8 | .3 | 5 | 0 | 18 |
| Age CG (Y) | 236 | 57.1 | 11.8 | .8 | 56 | 23 | 86 |
| Education CG (Y) | 203 | 11.9 | 4.1 | .3 | 13 | 0 | 18 |
| Hours of treatment attended | 234 | 3.9 | 2.3 | .2 | 4 | 0 | 6 |

| Hours of t. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
|-------------|----|---|----|---|----|----|----|
| Value | 45 | 6 | 10 | 9 | 52 | 19 | 93 |

MMSE by time of measurement

| Time | N | Mean | SD | Median |
|------------------|------------|-------------|------------|---------------|
| Baseline | 224 | 13.0 | 7.3 | 14.4 |
| 6 months | 119 | 12.8 | 7.1 | 13.2 |
| 12 months | 63 | 10.2 | 7.5 | 10.7 |

Results - Regression analysis

RMBPC F ~ Hours of treatment, $p < .05$, $r = -.36$

RMBPC R ~ Hours of treatment, $p < .01$, $r = -.42$

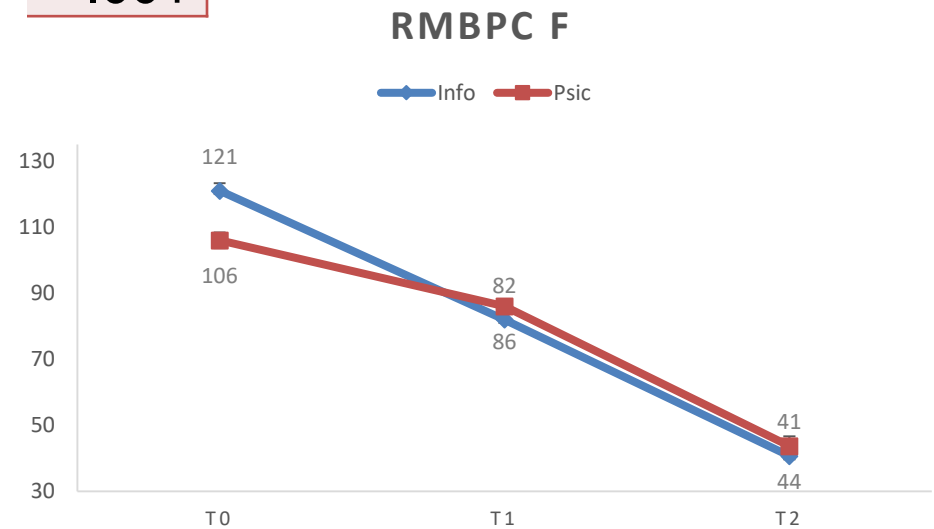
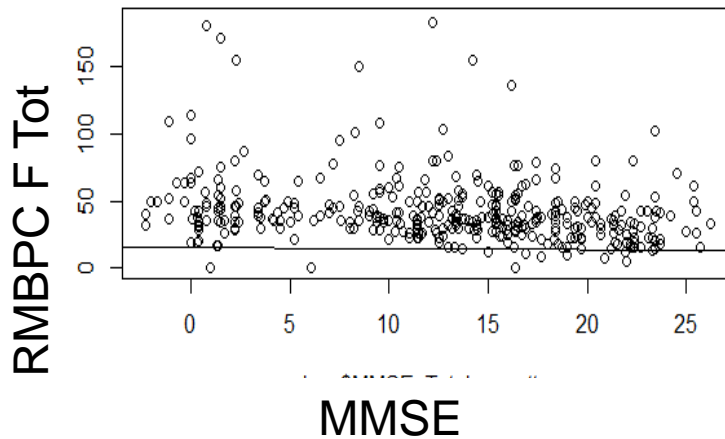
NPI Distress ~ Hours of treatment, $p < .05$, $r = -.22$

ZARIT ~ Hours of treatment, $p < .01$, $r = -.48$

HADS ~ Hours of treatment, $p < .01$, $r = -.47$

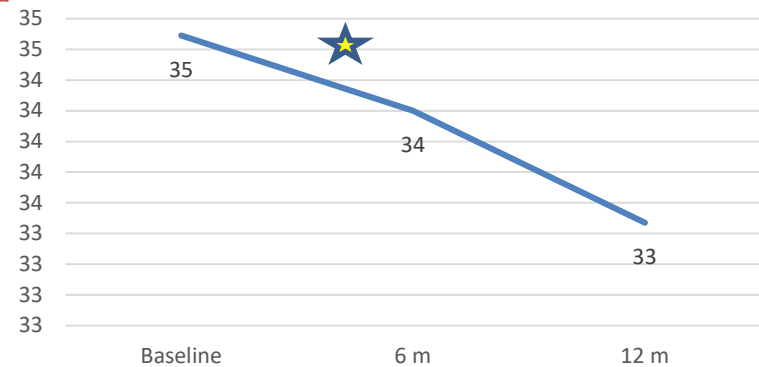
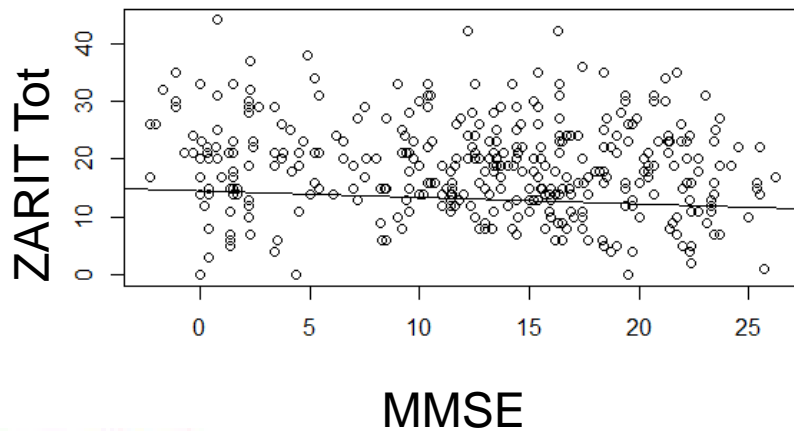
RMBPC Frequency Tot

| Factor | Statistics | p |
|------------------|------------|----------|
| Type of support | .02 | ns |
| Times of measure | 1.4 | ns |
| Hours of support | .57 | ns |
| Type X Times | 3.06 | .05 |
| MMSE | $r = -.24$ | $< .001$ |



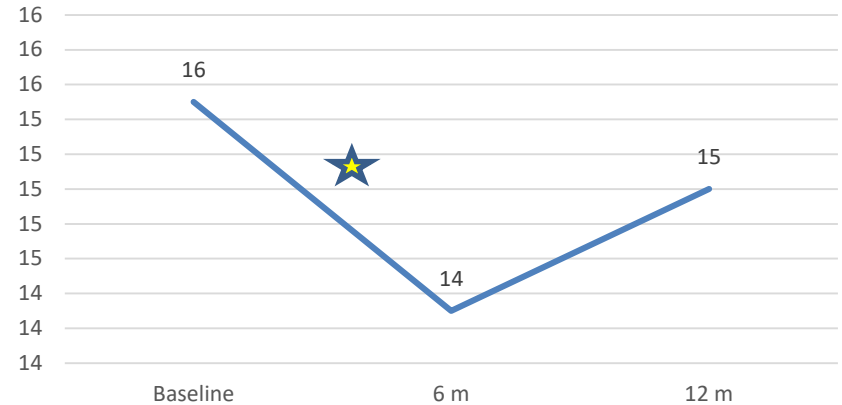
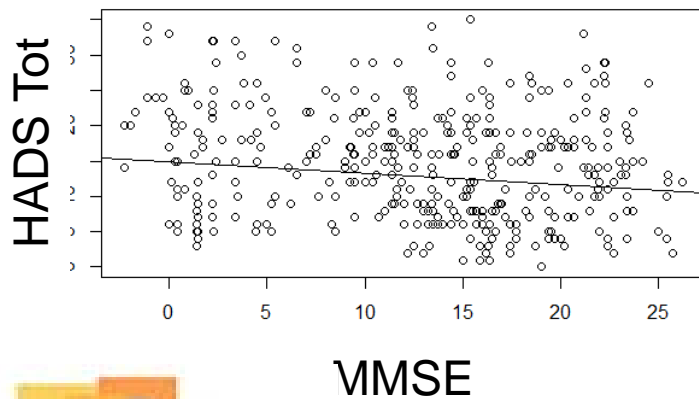
ZARIT Total

| Factor | Statistics | p |
|------------------|-------------|------------------|
| Type of support | .03 | ns |
| Times of measure | 3.4 | < .05 |
| Hours of support | 1.5 | ns |
| Type X Times | .04 | ns |
| MMSE | -.22 | < .001 |



HADS Total

| Factor | Statistics | p |
|------------------|------------|----------|
| Type of support | .13 | ns |
| Times of measure | 4.24 | > .05 |
| Hours of support | .40 | ns |
| Type X Times | 1.43 | ns |
| MMSE | $r = -.17$ | $< .001$ |



Discussion

No differences between type of interventions
(informative vs counselling)

Impact on behaviors frequency but not on caregivers
distress

Less Burden and affective distress

Short term effect of interventions

Conclusion

Empowerment of caregiver: knowledge and skills impact on behavioral frequency and caregiver burden

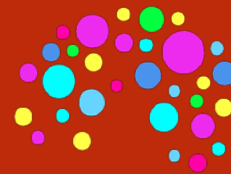
Subgroup of caregivers



Thanks for your Attention



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SIDECAR