

# Psychoeducational interventions and support groups for family caregivers of people with dementia

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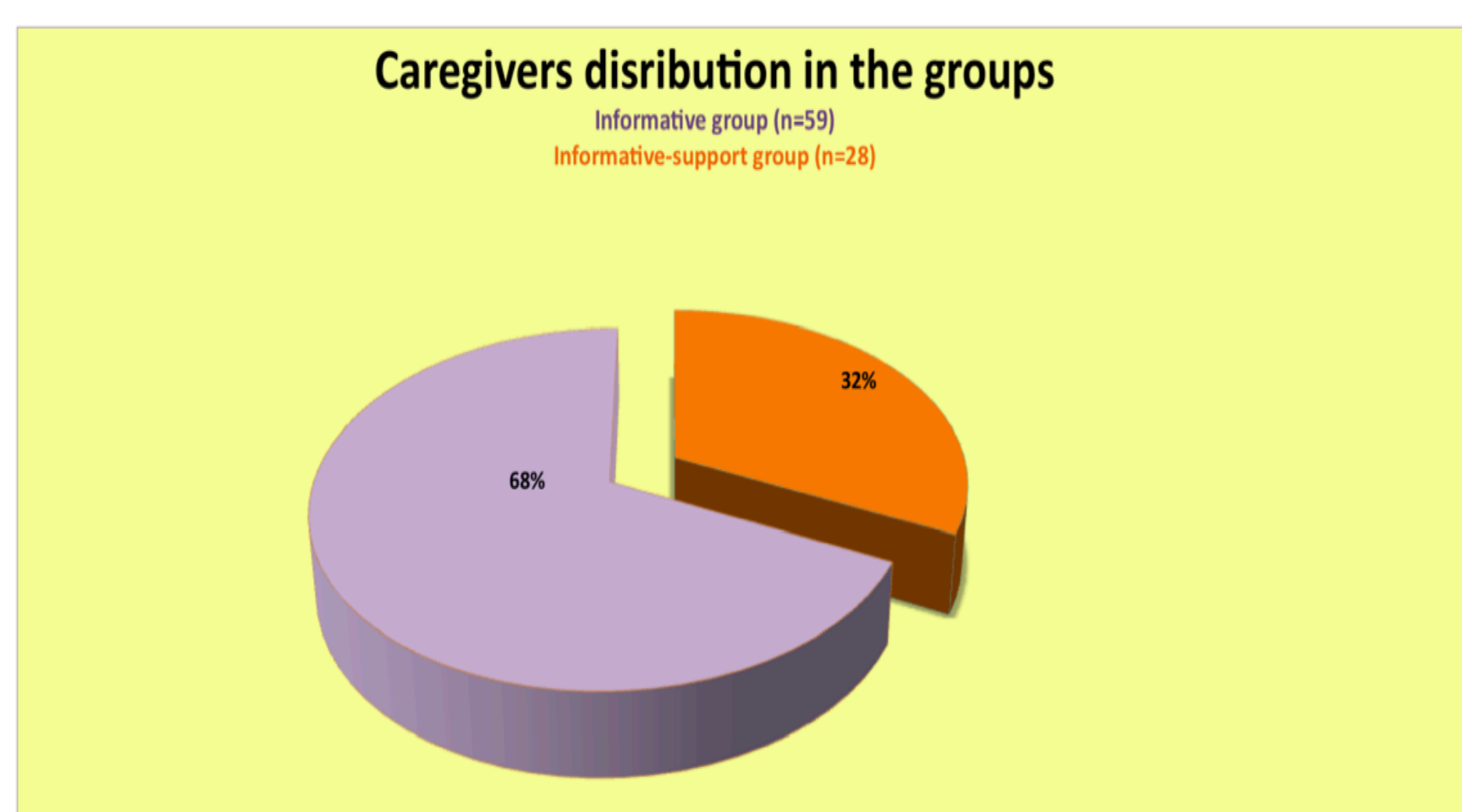
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## Objectives

Assisting a person with dementia can result in a stressful experience involving changes in daily round of activities, work, social and emotional life. So it's necessary to consider family as an object of care, support and information in order to preserve a therapeutic and supportive role and to protect the quality of life of the family together with that of the patient. Every year the Cognitive Disorder Centre of Fidenza organizes informative meetings for caregivers of people with dementia and meetings organized with the support group method. The purpose of this present work is to assess the efficacy of these interventions.

## Methods

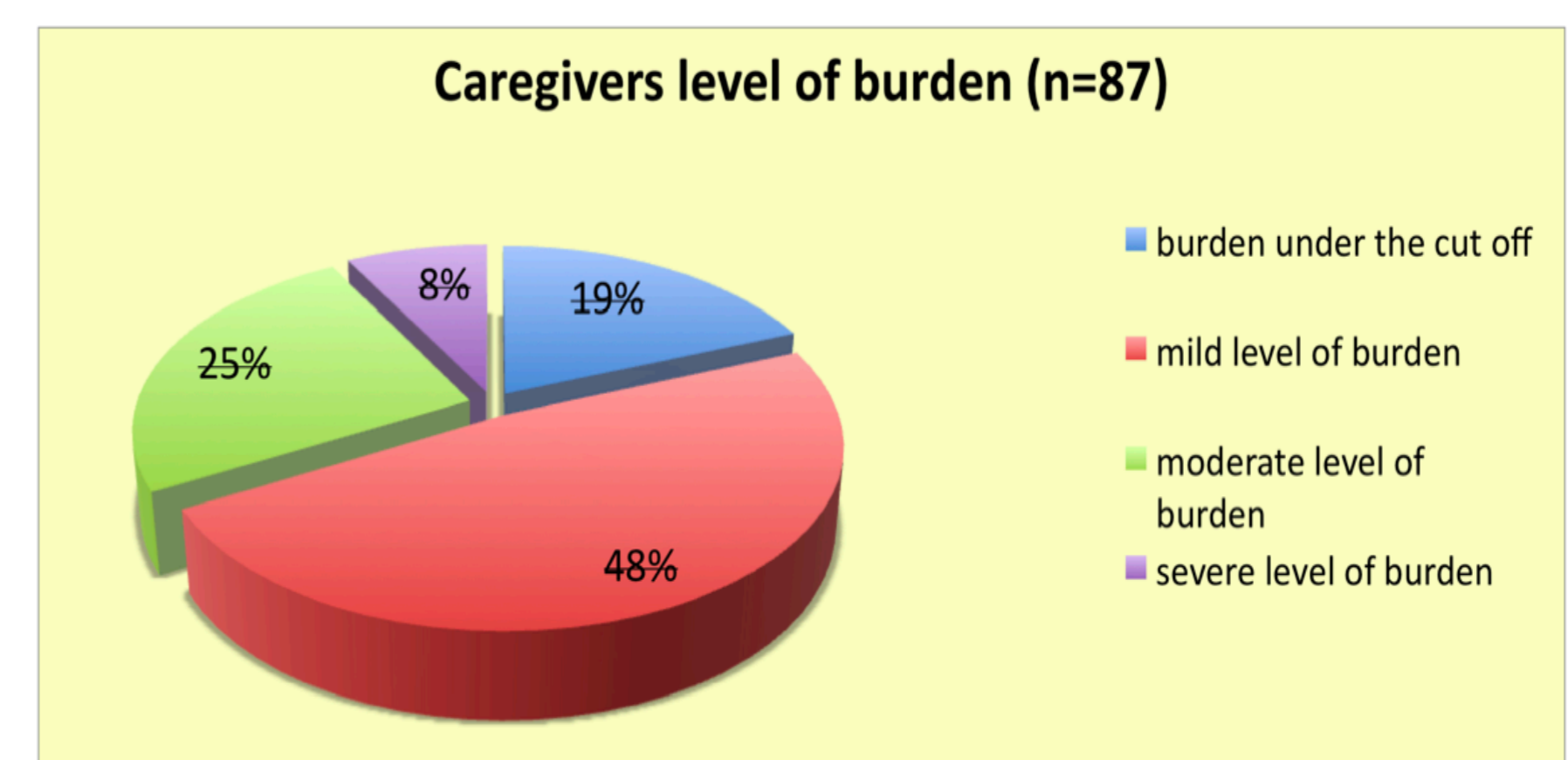
The research was conducted comparing two groups, one group of caregivers that participated in the informative meetings together with the support group meetings (n=28) and another group of caregivers that participated only in the informative meetings (n=59).



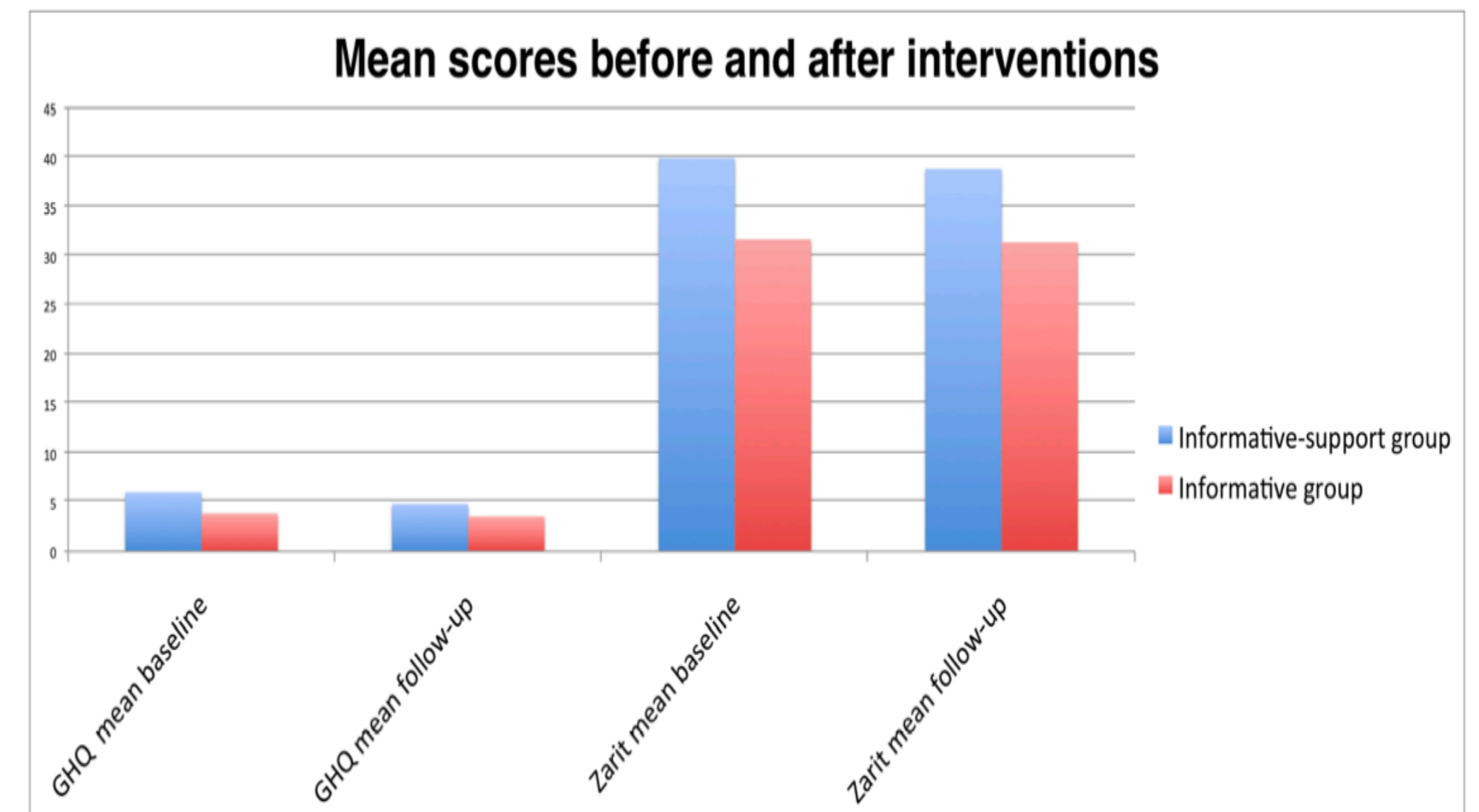
Two questionnaires were administered to both groups together with a form for socioanagraphic data. The two questionnaires are: the GHQ – 12 (General Health Questionnaire) and the ZBI – 22 (Zarit Burden Interview). Questionnaires were administered in three different moment: before interventions, at the end of the support group programme and at the follow-up after eight months.

## Results

Questionnaires were administered to a total number of 87 caregivers, of which 16 showed a level of burden under the cut-off (19%), 42 subjects showed a mild level of burden (48%), 22 subjects a moderate level of burden (25%) and 7 subjects a severe level of burden (8%).



At the end of the interventions (T1) a general health improvement was observed in subjects that participated in all the meetings (informative group and support group) (GHQ mean: from 6 to 4,8).



At the follow up after 8 months (T2), scores obtained from subjects of the informative group only were stationary while scores of the subjects that participated in all the meetings (both informative and support group) were increased (Zarit mean: 48 - GHQ mean: 6,9).

## Conclusions

Data of present study shows a significant utility of psychoeducational intervention for caregivers. A general health improvement was observed in subjects that participated in all the meetings (both informative and support group). Support group showed their potentiality as an intervention method to intercept and to help family members perceiving a higher level of burden.

## Bibliography

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