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Poster Abstract

A RCT on the effectiveness of a psychoeducation on quality of life, social support, psychological well-being, rewards of caregiving, and self-efficacy for family caregivers of a person in home hospice care

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Abstract

Objectives: To evaluate the effectiveness of the intervention in improving caregivers quality of life, increasing social support, reducing stress and negative emotions, increasing self-efficacy in self-care, and increasing perceived rewards from caregiving.

Methodology: A randomised control trial (RCT) was conducted, with two-group pretest and repeated posttest design (week 4 and week 8) using survey questionnaires. Eighty-nine caregivers were recruited for the study (44 control, 45 intervention). Participants in the control group received routine home hospice care. On top of the routine care, participants in the intervention group received a one-hour face-to-face session where they watched a video CD on managing stress and emotions followed by development of a caregiver care plan, two telephone follow up calls, and were invited to participate in an online forum.

Results: ANOVA repeated measures was used for data analysis. Participants in the intervention group reported higher quality of life ($F=30.21$, $P=0.000$), higher social support satisfaction ($F=21.76$, $p=0.000$) and number ($F=9.24$, $p=0.001$), lower stress and depression ($F=19.86$, $p=0.000$), increased self-efficacy in self-care ($F=29.20$, $P=0.000$), and increased perceived rewards from caregiving ($F=15.97$, $P=0.000$).

Conclusion: The psychoeducation intervention was found to be beneficial for home hospice caregivers.

Keywords:

family caregivers, home hospice care, psychoeducation intervention