

# A Feasibility Study on Smartphone Psychoeducation Application for Family Caregivers of People Living With Dementia

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## The Study

**Purpose:** To develop and examine the effectiveness of a psychoeducation intervention delivered through a smartphone application (app) for family caregivers of people living with dementia (PLWD) in managing behavioural and psychological symptoms of dementia (BPSD).

**Design:** A feasibility trial will be conducted.

**Intervention:** Participants will receive an 8-week psycho-educational intervention delivered through an app.

**Participants:** A convenience sample of 60 family caregivers of PLWD will be recruited and randomised into intervention and control group.

**Outcomes:** Measured at baseline and 8th week after the intervention

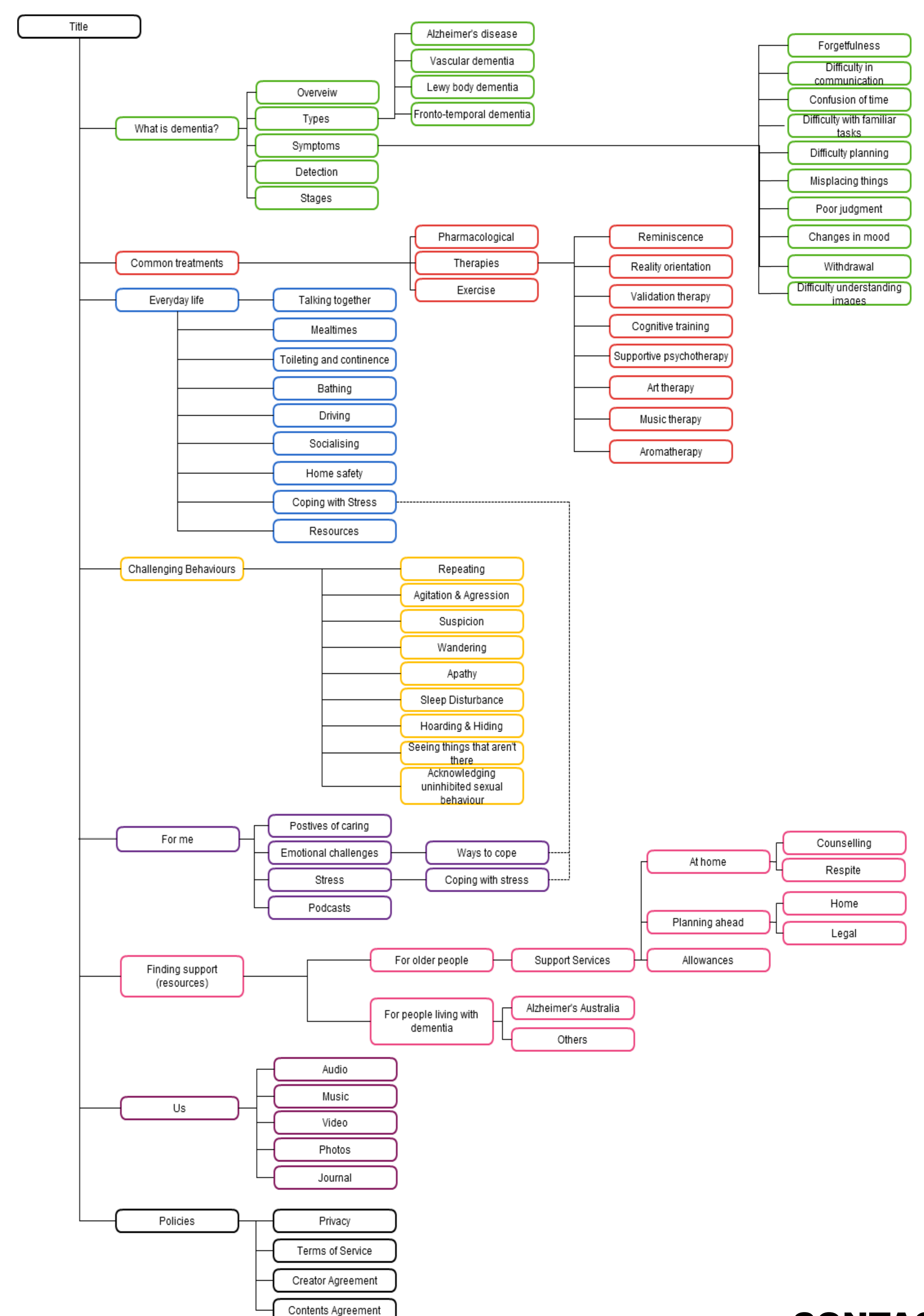
- Frequency and severity of BPSD
- Caregivers' reaction to BPSD
- Level of depression and burden
- Coping strategies
- Gain in caregiving



## Significance

- This study will provide information on the clinical usefulness and potential efficacy of a psychoeducational app for family caregivers of PLWD in managing BPSD.
- If the intervention will achieve the possible outcomes, it would improve the quality of care for the PLWD and relationships between family caregivers and PLWD, and reduce the unnecessary institutionalization for PLWD.
- The app could outreach to caregivers who have no time to attend the traditional face-to-face support services.
- The app can be translated into other languages for cross-cultural studies.

## App site map

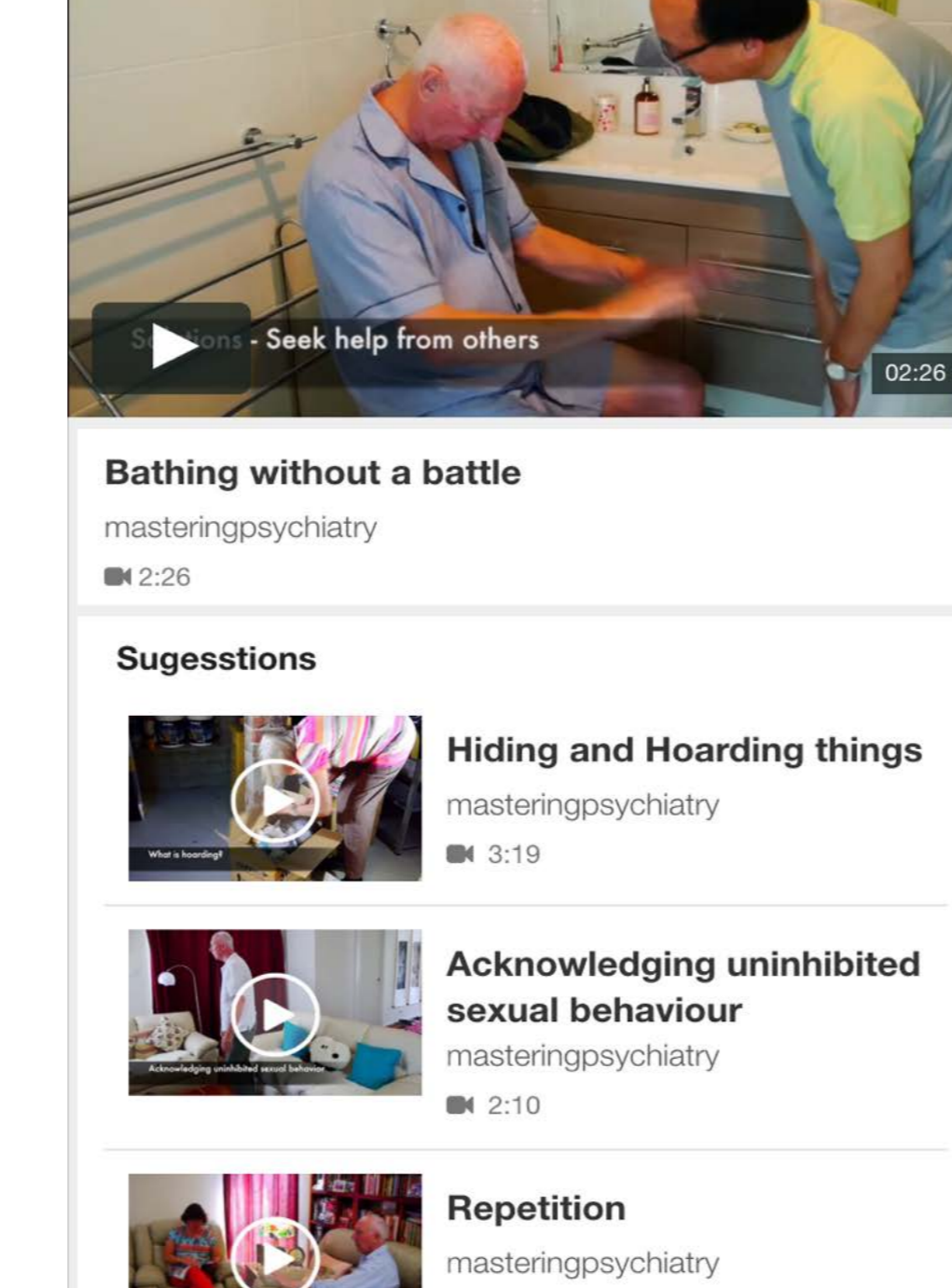
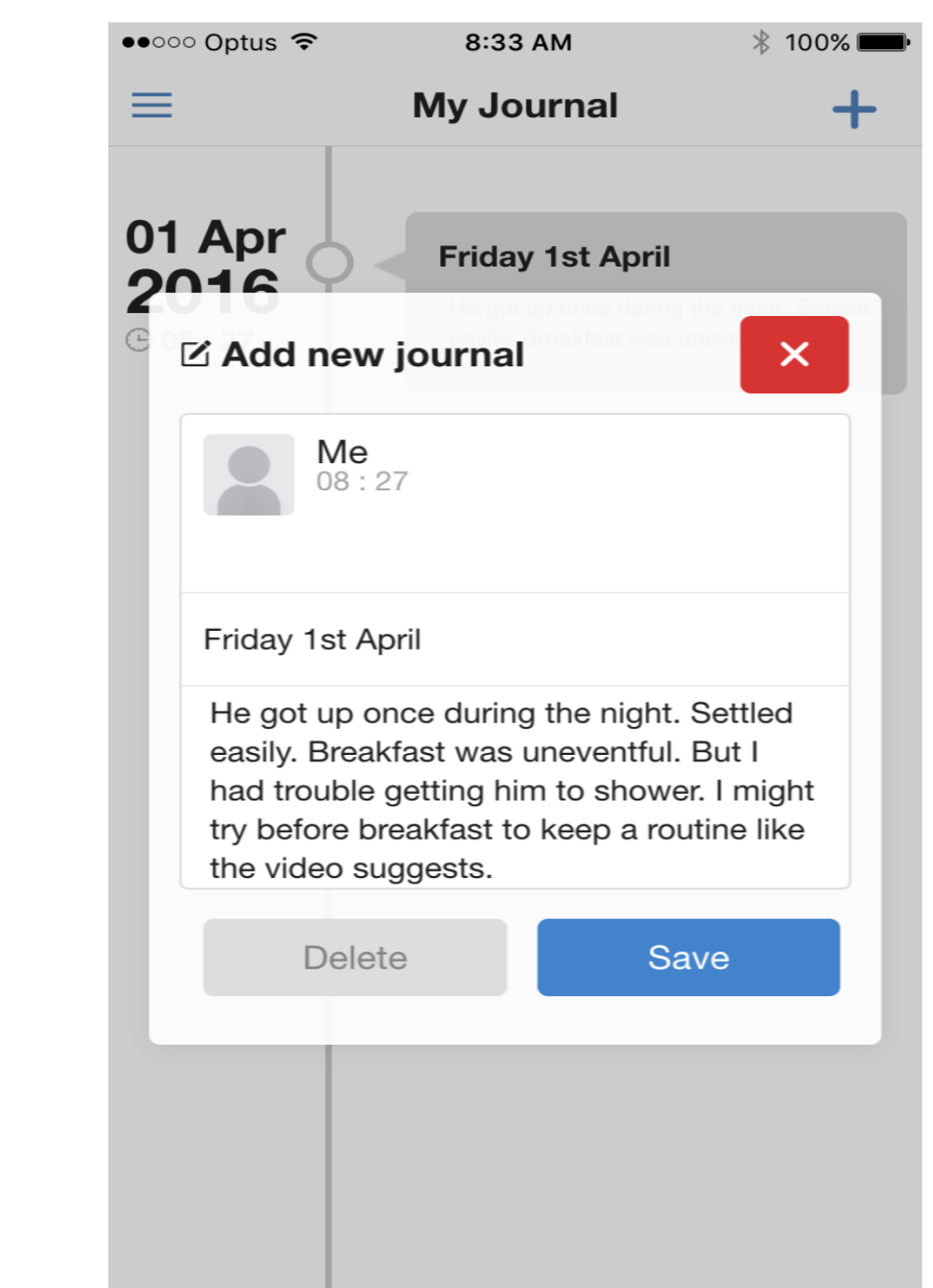
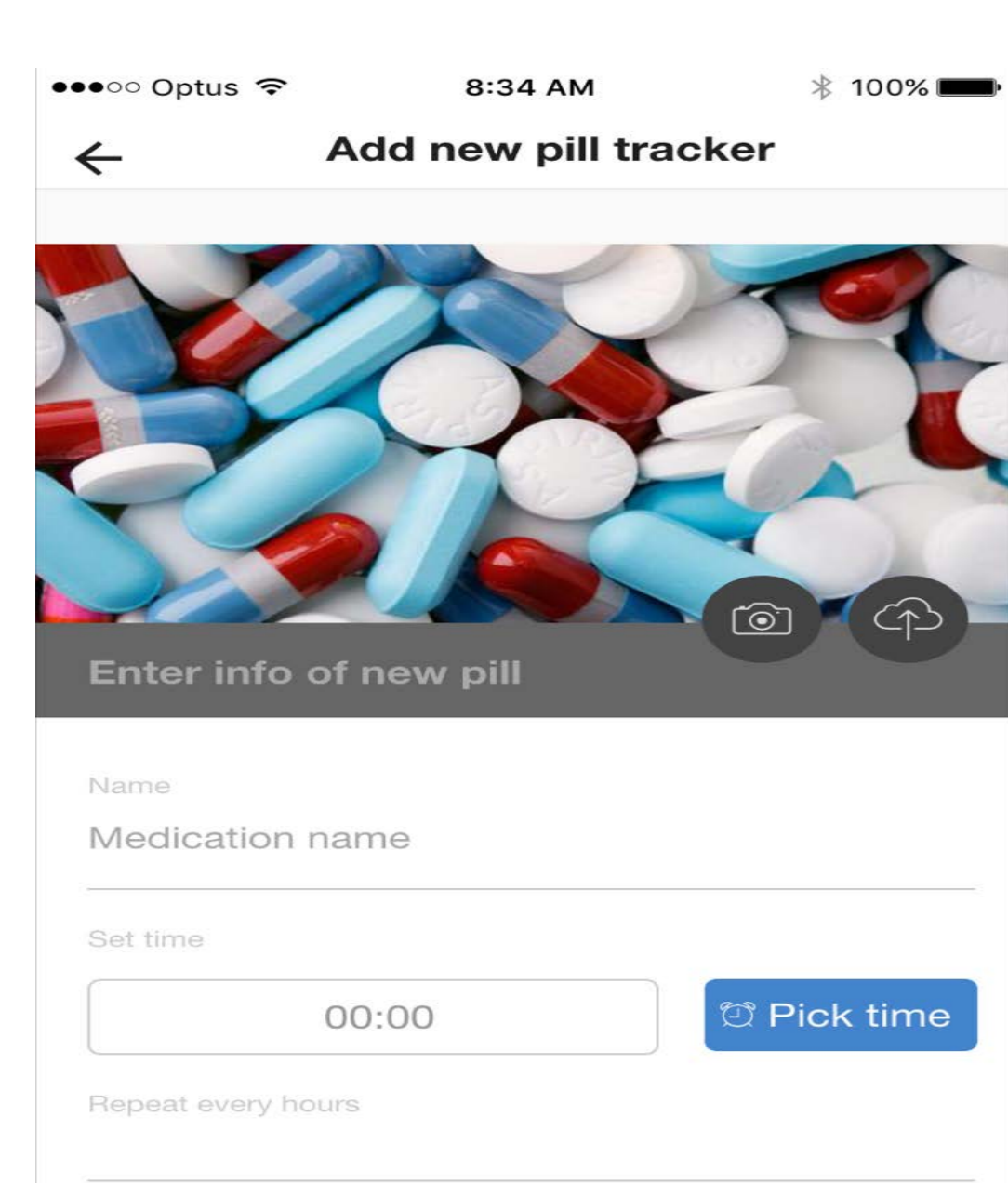
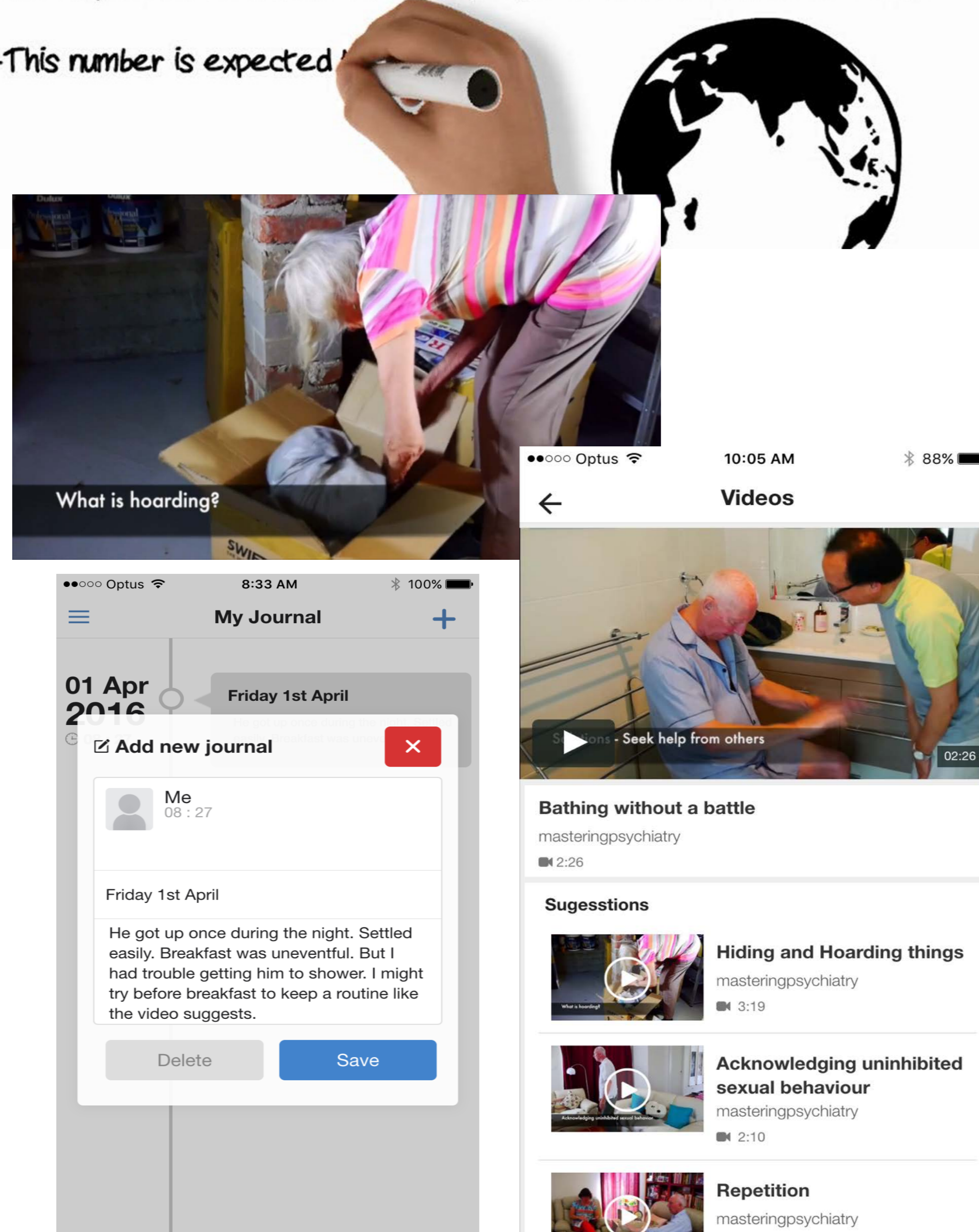


## App content

- Videos
- Podcasts
- Mindfulness exercises
- Medication tracker
- Animation
- Daily questionnaires
- Outcome assessments
- User generated content (photo, audio, video uploads, and journal)

Currently there are about 44 million people with dementia in the world.

-This number is expected to...



## CONTACT

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