

Société Alzheimer Society

Title of Study: Acceptance and Commitment Therapy (ACT) Through Tele-Counselling for Family Caregivers in New Brunswick: A Pilot and Feasibility Study

Location: New Brunswick

Study Description:

The Alzheimer Society of NB (ASNB) launched a new Acceptance and Commitment Therapy (ACT) Tele-counselling program for family caregivers of persons with dementia in February 2020 which has yet to be evaluated. The aim of the program is to increase access to high-quality psychotherapy for caregivers struggling with mental health concerns by offering the program remotely through digital technology, in both French and English at no cost. ACT has been shown to reduce depression, anxiety and burden in caregivers worldwide but has never been investigated in Canada.

The collection of information gathered in this study will support the development of essential knowledge translation products, i.e.: policy brief, infographic, best implementation practices report.

What Will Happen During the Study?

We aim to recruit 80 family caregivers who will be randomized to:

1. a Usual Care (control group): 2 check-in telephone calls from ASNB staff over 3 months.
2. or the ACT Program (intervention group): 6 to 8 counselling sessions over 3-6 months by telephone, videoconference or text.

Participants will also be asked to answer two sets of questionnaires (20 minutes each)- the first before and the second immediately after the ACT Program or Usual Care. These questionnaires include questions about the participant's age, gender, mood, and feelings.

Prior to participation, you will be asked to answer a survey to make sure that the study is appropriate for you. If you are not eligible to participate in the study, we will assist you to find appropriate services at the Alzheimer Society of NB and elsewhere.

Eligibility: Who Can Participate?

To be eligible to participate in this study, you must meet the following criteria:

- Friend or family (unpaid) caregiver to a person living with dementia;
- Over 18 years of age;
- Speak and read in English or French; and
- Reside in New Brunswick (NB)

Recruitment Start Date: May 1, 2022

Recruitment End Date: September 30, 2022

Contact Information:

Name: Isabelle Boulay

Title/Position: Research Assistant/Coordinator

Affiliated Institution: Alzheimer Society of New Brunswick

Société Alzheimer Society

Email: iboulay@alzheimernb.ca

Phone: (506) 268-2686