

Title of Study: Improving Access to Support: Development and Evaluation of a Mindfulness-Based Virtual Program for Care Partners of People with Dementia

Location: Saskatchewan

Study Description:

The aim of this study is to evaluate an online and app-based program for care partners of people with dementia. This program is designed to use mindfulness-based self-compassion to support emotional wellbeing.

The findings of this study would be used to refine the virtual support program and the app. The next iteration would be used in a larger scale study with participants from across Canada. The ultimate goal of the project is to have a free resource available to care partners to support emotional well-being.

What Will Happen During the Study?

In the first phase of this study, 57 participants used the first version of the app. In this second phase, we are looking for 20 care partners interested in using Version 2 of the app along with weekly virtual meetings with other participants, self-compassion trainers, and facilitators. The program will run from mid-September to mid-November 2021.

Participants will be asked to: a) answer several questionnaires on the phone before starting (about 30 minutes in total); b) use the content on the app for about 20 minutes each week prior to the weekly meetings (2.5 hours total); c) participate in one hour weekly virtual meetings for eight weeks (8 hours); and d) answer questionnaires and participate in an evaluation discussion (1 hour).

Participants will receive a \$50 gift card in appreciation for their time.

Eligibility: Who Can Participate?

To participate, you must:

- Be a care partner for a person who has memory loss or other symptoms of dementia
- Be 18 years of age or older
- Be able to read and speak English
- Have access to a smartphone and a computer with Wi-Fi

Recruitment Start Date: March 9, 2021

Recruitment End Date: September 8, 2021

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