

Title of Study: Systematic Evaluation of Mobile Applications for Informal Caregivers of People Living with Dementia

Location: Canada-wide

Study Description:

The purpose of our study is to evaluate two selected apps among family caregivers of people living with dementia. The results of our study address the lack of evidence on the effectiveness of apps for informal caregivers of people living with dementia. Findings from our study can inform future developments of apps that best address the needs of caregivers of people living with dementia.

What Will Happen During the Study?

Participants will be randomly assigned to one of the two app-using groups or a control condition. A subset of participants will be invited to participate in a phone interview further assessing their experiences in using the apps.

Depending on group assignment, you may be asked to download and use a currently available app on your mobile phone for a 2-week period. You will be asked to complete a series of brief questionnaires about your levels of overall health, stress, and knowledge before, after the 2-week period, and at a 3-week follow-up, with a brief weekly phone call to check in. After the end of the study, you may be invited to participate in a 30-minute interview led by the researcher over the phone/Zoom. You will be asked questions about your perceptions of mobile apps for caregivers.

Eligibility: Who Can Participate?

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

- 1) You are providing informal and unpaid care (e.g., spouses, children) for a person living with dementia
- 2) You identify as a primary caregiver for a person living with dementia (i.e., the person living with dementia is not living in a long-term facility)
- 3) You own a smartphone (e.g., iPhone, Android)
- 4) You are not currently using a mobile app created for caregivers of people living with dementia

Recruitment Start Date: January 1st, 2022

Recruitment End Date: June 30th, 2022

Contact Information

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