

# SELF-HELP INTERVENTION PREFERENCES AMONG INFORMAL CAREGIVERS OF ADULTS WITH KIDNEY CONDITIONS: an online cross-sectional survey



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## Why are we doing this research?

- Informal caregivers of adults with kidney conditions often experience mental health difficulties<sup>1,2</sup>
- Few interventions are tailored toward these informal caregivers<sup>3</sup>
- Informal caregivers can experience barriers to accessing mental health support (e.g. lack of time to attend appointments)<sup>4</sup>
- Few interventions for informal caregivers are implemented into practice<sup>5</sup>

## Our Goal

Inform adaptation of a Cognitive Behavioural Therapy (CBT) self-help intervention for informal caregivers of adults with kidney conditions

First step towards this goal...

Online survey among informal caregivers of adults with kidney conditions to explore CBT self-help intervention preferences

## CBT self-help interventions

- Written or internet-based interventions that deliver techniques used in CBT
- Recommended by NICE for the treatment of common mental health difficulties
- Evidence highlights benefits of support, which can be provided in any format (e.g. in-person, email, phone call)

### Why focus on CBT self-help interventions?

Good solution for informal caregivers:

- Evidence-based
- Possible for support to be provided by variety of trained professionals (e.g. mental health practitioner, staff at community organisations)
- Able to be delivered in different formats (e.g. online, blended care) – can be used at a time and place of their choosing

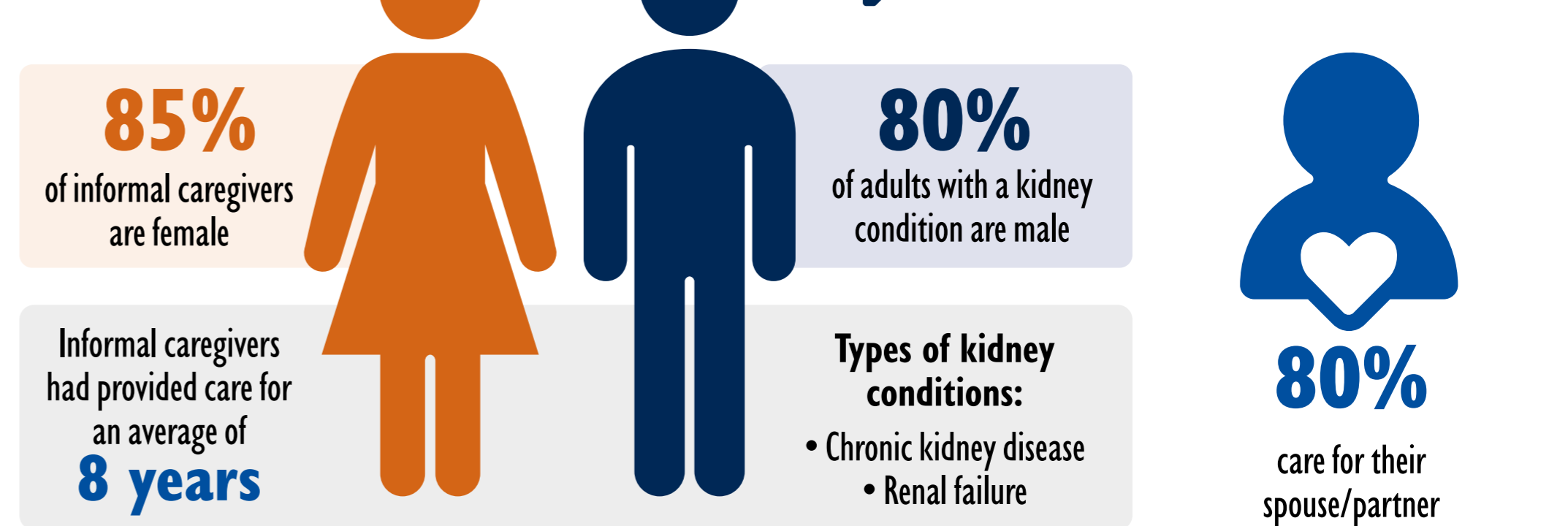
Both factors can improve access to mental health support

## How should a CBT self-help intervention be delivered?

Who should inform informal caregivers about the intervention?	Anyone (community organisations, healthcare professionals, peers, support groups)
How should the intervention be delivered?	Top 2: internet (e.g. website), workbook Bottom 2: phone and video-call
How should support be provided?	Top 3: personal email, in-person, phone Bottom 2: automated e-mail/SMS, personal SMS
Who should provide support?	Trained professional at a community organisation

## Results

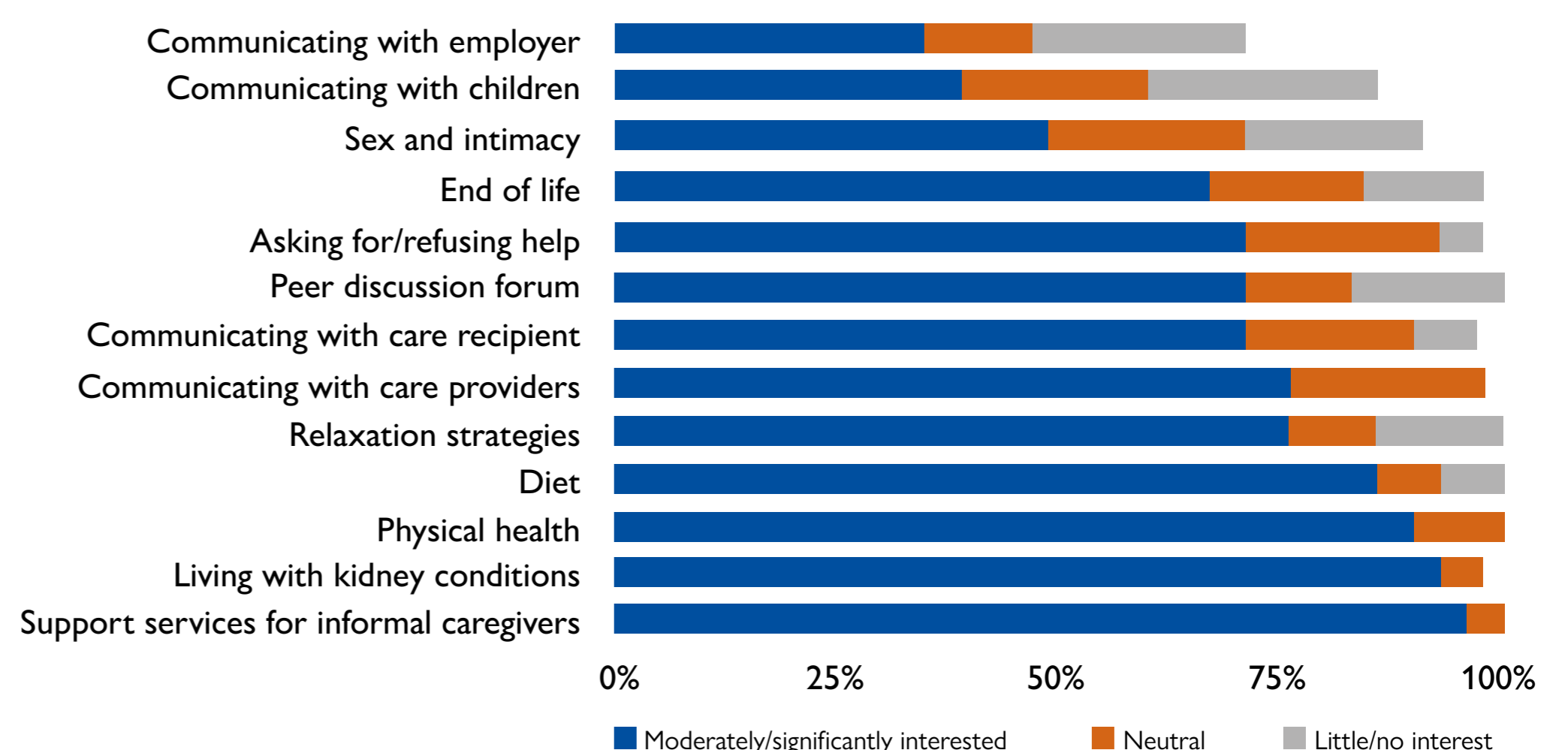
Preliminary findings from 46 informal caregivers



### How are informal caregivers doing?

- 44%** of informal caregivers experienced mild to moderate depressive symptoms
- 36%** have used a self-help programme before
- 48%** were likely/very likely to use a CBT self-help programme if experiencing mental health difficulties

### Interest in topics to tailor CBT self-help intervention to meet information needs of informal caregivers of adults with kidney conditions



## Preliminary take home messages

- An adapted CBT self-help intervention is an acceptable approach to support the treatment of mental health difficulties
- Interventions should include information on support services, living with kidney conditions, and physical health and diet to enhance acceptability
- Interventions need to be flexible to meet varied preferences and changing needs
- Internet-based CBT self-help is acceptable
- Healthcare professionals and community organisations need to be engaged in intervention development and implementation planning

## Next steps: Interviews with...

### Informal caregivers of people with kidney conditions

- Experiences receiving support
- Views on internet-based CBT self-help interventions

### Professional stakeholders

- (health and social care professionals, staff at community organisations)
- Factors that may influence implementation of internet-based CBT self-help interventions for informal caregivers of people with kidney conditions

**References:** <sup>1</sup>Gilbertson, E. L., Krishnasamy, R., Foote, C. et al. Burden of care and quality of life among caregivers for adults receiving maintenance dialysis: a systematic review. *Am Journal Kidney Dis*, 2019; 73, P332. <sup>2</sup>Hoang, V. L., Green, T., Bonner, A. Informal caregivers' experiences of caring for people receiving dialysis: A mixed-methods systematic review. *J Renal Care*, 2018; 44, 82-95. <sup>3</sup>Hovadick, A. C., Jardim, V. R., Paúl, C. et al. Interventions to improve the well-being of family caregivers of patients on hemodialysis and peritoneal dialysis: A systematic review. *PeerJ*, 2021; 9, e11713. <sup>4</sup>Mosher, C. E., Given, B. A., Ostroff, J. S. Barriers to mental health service use among distressed family caregivers of lung cancer patients. *Eur J Cancer Care*, 2015; 24: 50-59. <sup>5</sup>Gitlin, L. N., Marx, K., Stanley, I. H. et al. Translating evidence-based dementia caregiving interventions into practice: state-of-the-science and next steps. *The Gerontologist*, 2015; 55: 210-226. <sup>6</sup>van't Hof, E., Cuijpers, P. & Stein, D. J. Self-help and Internet-guided interventions in depression and anxiety disorders: a systematic review of meta-analyses. *CNS Spectrums*, 2009; (Suppl 3): 34-40.