

Deal-iD Study: Dealing with daily challenges in Dementia

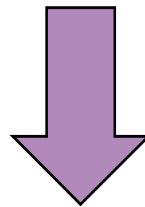
A feasibility study of the
Experience Sampling Methodology
in spousal caregivers of people with
dementia



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Background

Lack of ecologically valid and sufficiently detailed information on how caregivers perceive and react on a daily basis to the challenges of dementia



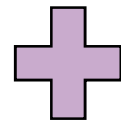
Experience Sampling Method (ESM)
momentary assessment in daily life

PsyMate



PsyMate

- ESM-based device
- 10 random beeps per day
- Monitors experiences and behavior of spousal caregivers in daily life
- Morning & evening questionnaire



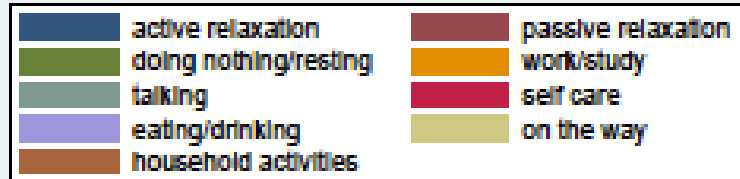
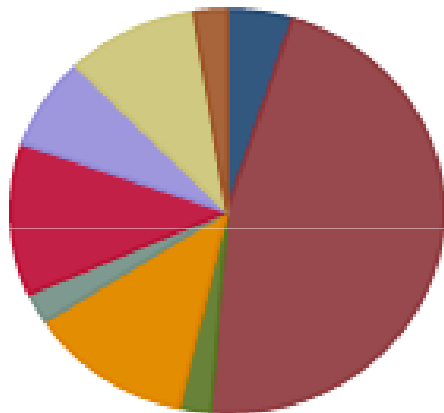
Feedback on daily caregiver functioning:
mood, burden, activities, events,
social situations

PsyMate - Benefits

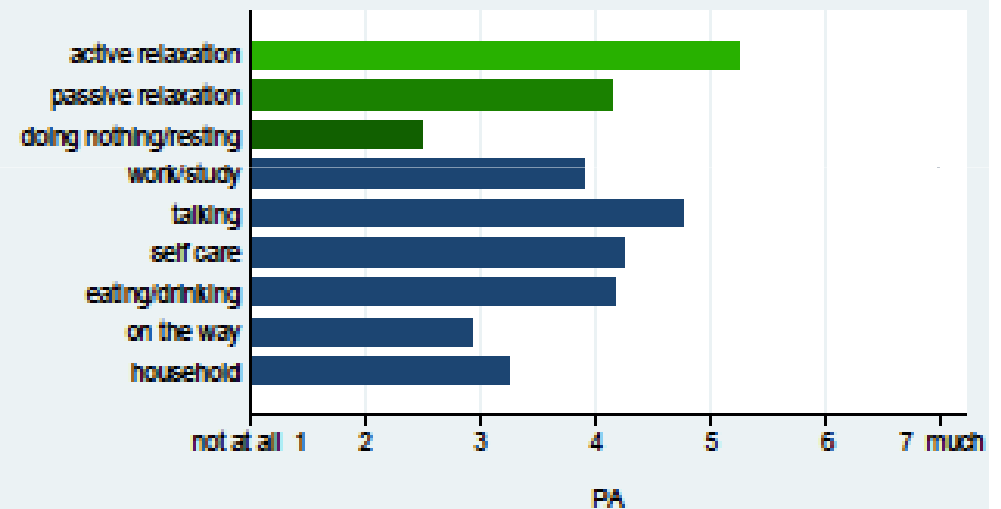
- Better monitoring of daily caregiver functioning
→ providing efficient care
- Person-tailored feedback on relevant patterns in daily life
→ which activities/situations are associated with **positive emotions**?
- In-depth information on interaction patterns between caregiver and person with dementia

Example of feedback

Type of Activities



PA per type of activity



① Feasibility study – background

- ESM has been studied intensively in psychiatric populations
- Introducing ESM in a new field
 - study Fonareva et al. (2012)
 - study Poulin et al. (2010)
- Adapt PsyMate to caregivers of people with dementia and conduct a feasibility study

① Feasibility study – objectives

- Examining compliance with the PsyMate
- Examining subjective experiences: difficulty, time burden, overall acceptability
- Examining presence of patterns in daily life

① Feasibility study - methods

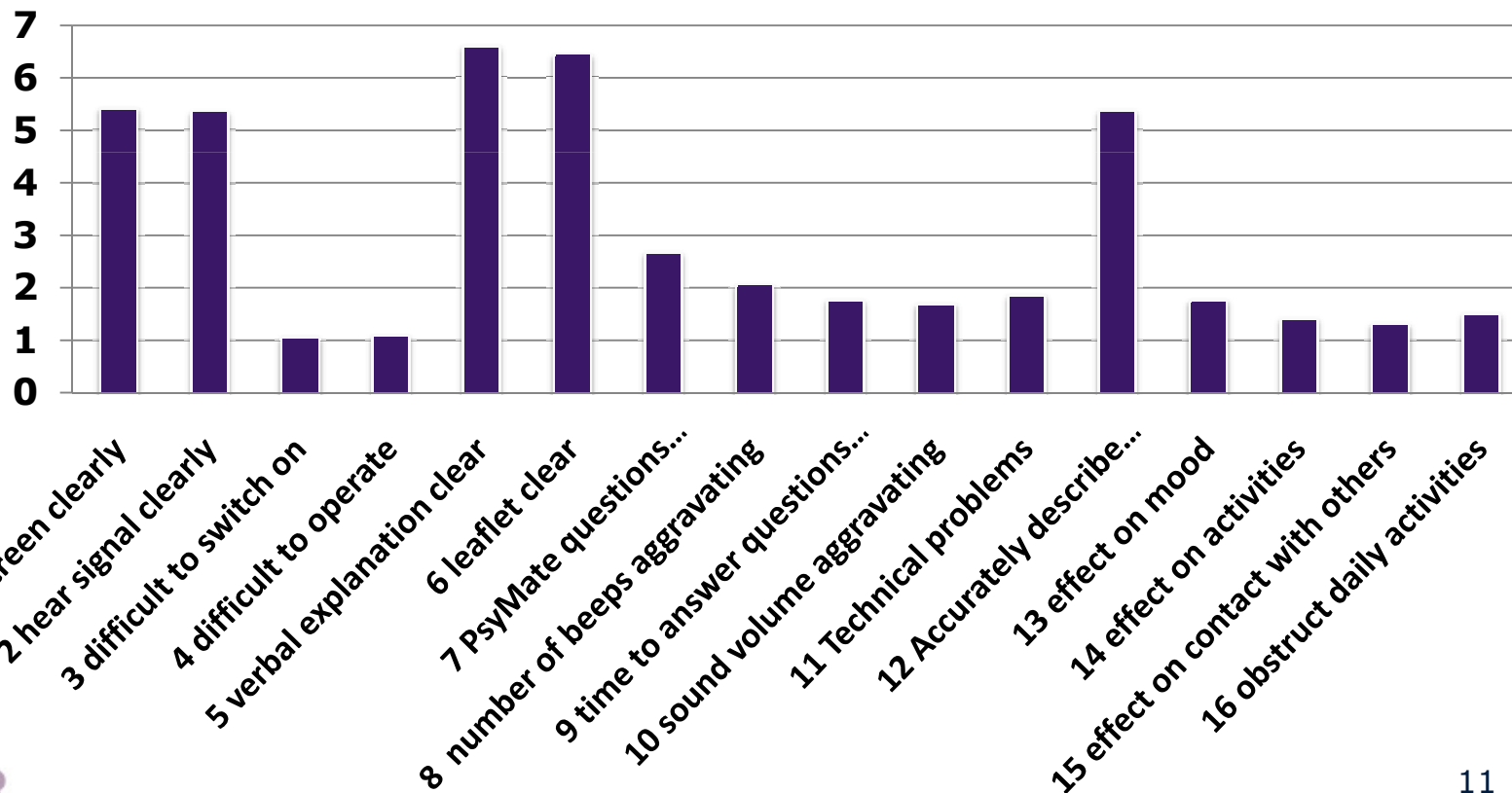
- 31 spousal caregivers of people with dementia
- **Introduction session:** explanation of study procedure and a 30-minute training session
- **ESM period:** ESM data collection for 6 consecutive days with PsyMate
- **Debriefing session:** assessment of general experiences with the PsyMate

① Feasibility study - results

- 12 men, 19 women: mean age 70.25 years (*SD*: 6,13 years; range 57-82 years)
- High compliance rate of 78.8% (1466/1860)
- 1 person was noncompliant with ESM
- No fatigue effects: missing data were not associated with number of days in the study

① Feasibility study - results

- Positive ratings regarding the difficulty, time burden, interference with daily activities, and overall acceptability



Feasibility study

" I could always express my feelings and thoughts in the PsyMate – it felt like a real buddy "

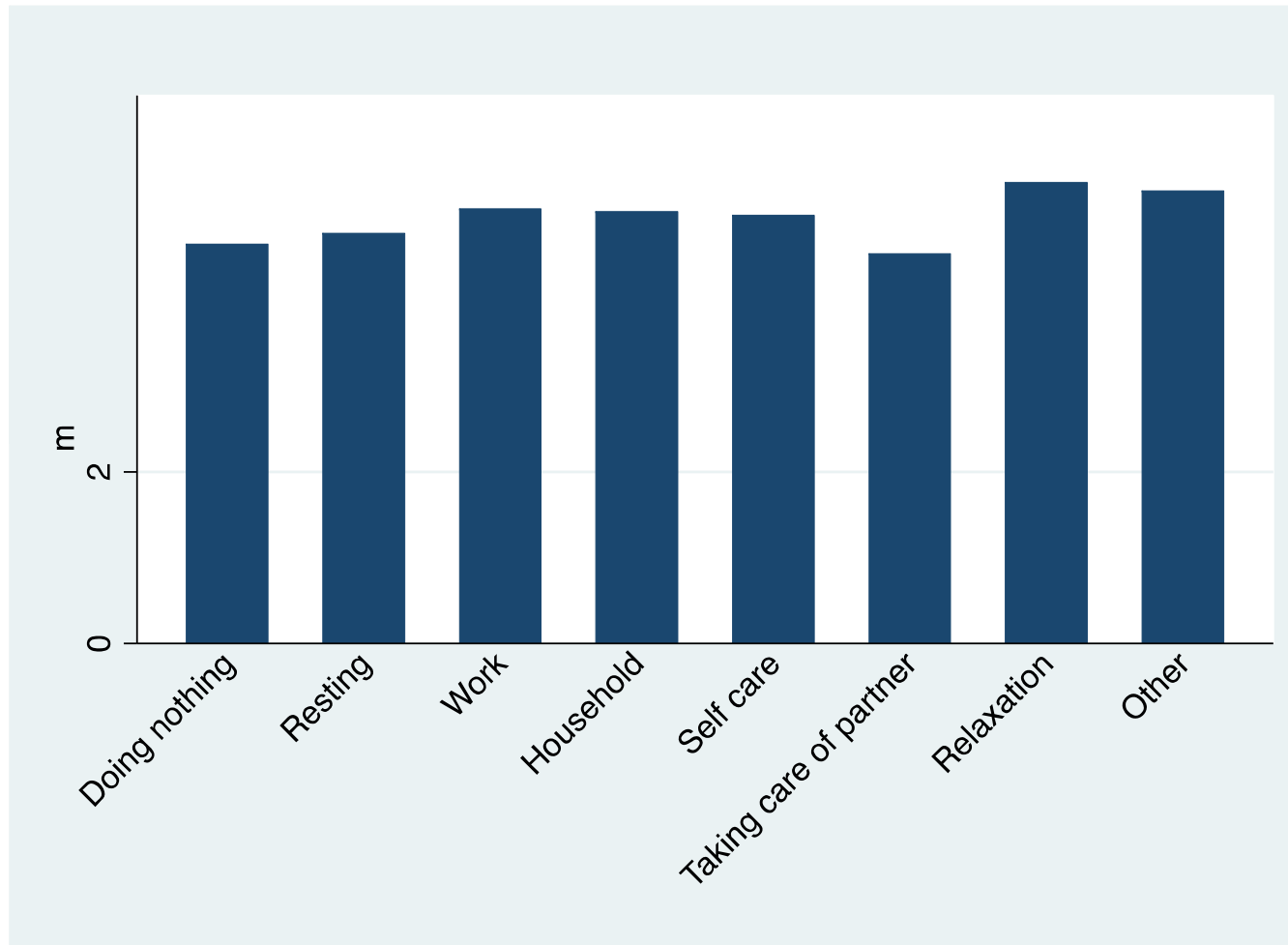


① Feasibility study - results

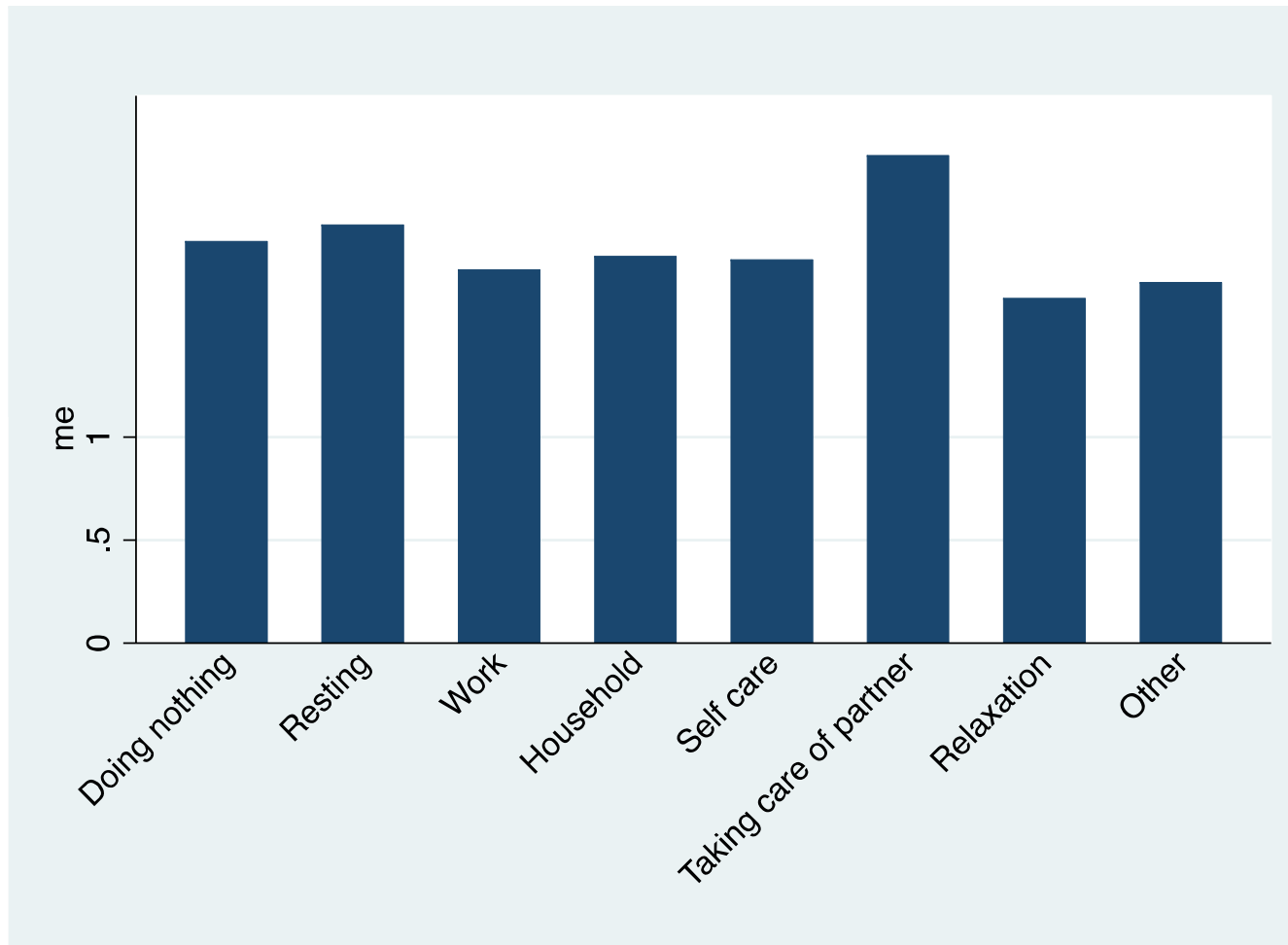
Type of activities



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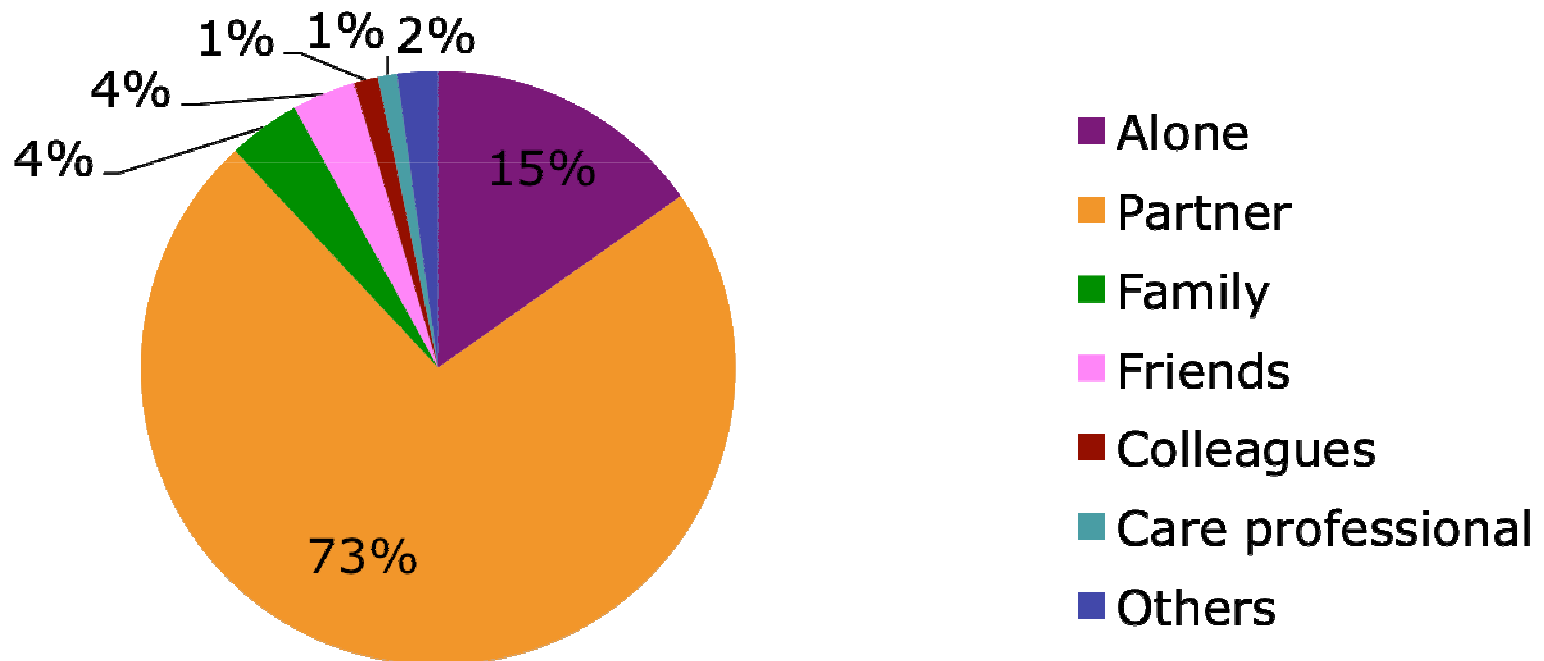


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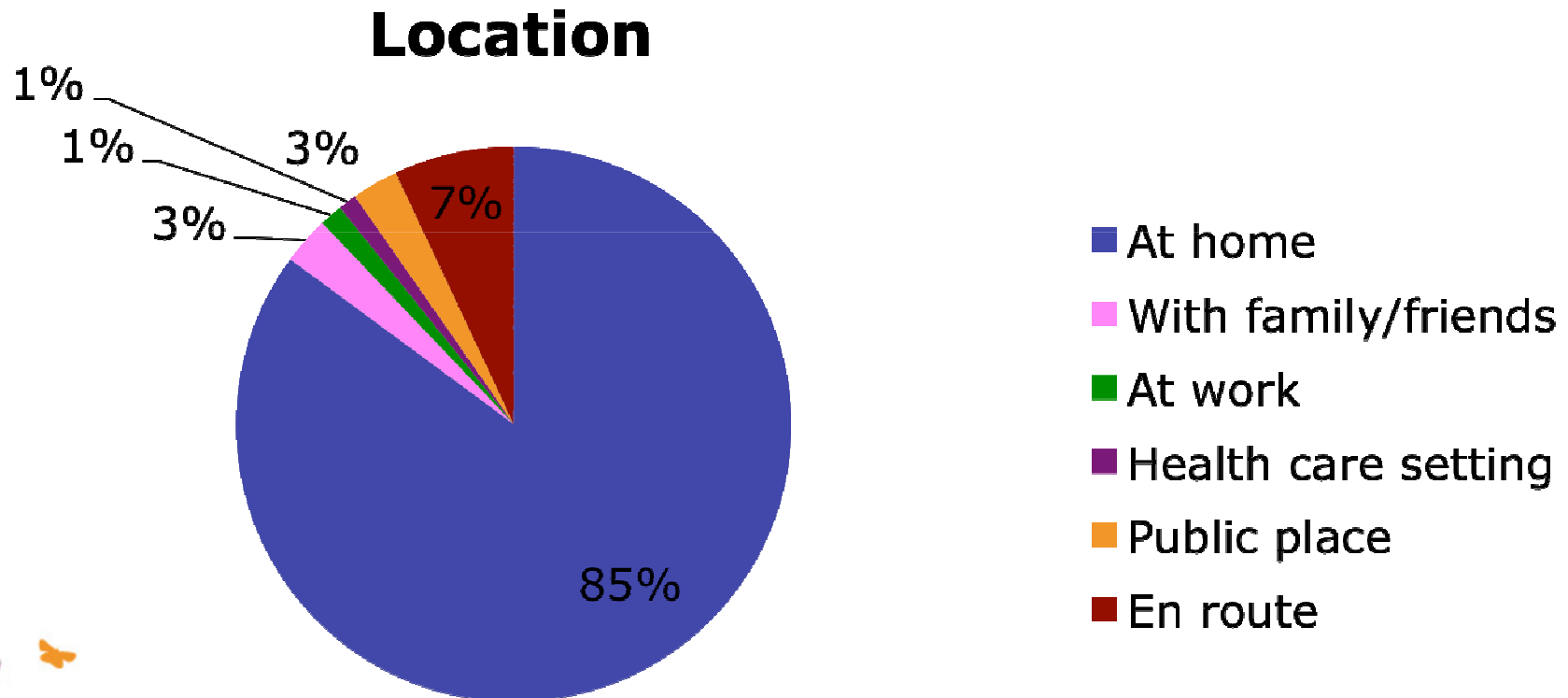


① Feasibility study - results

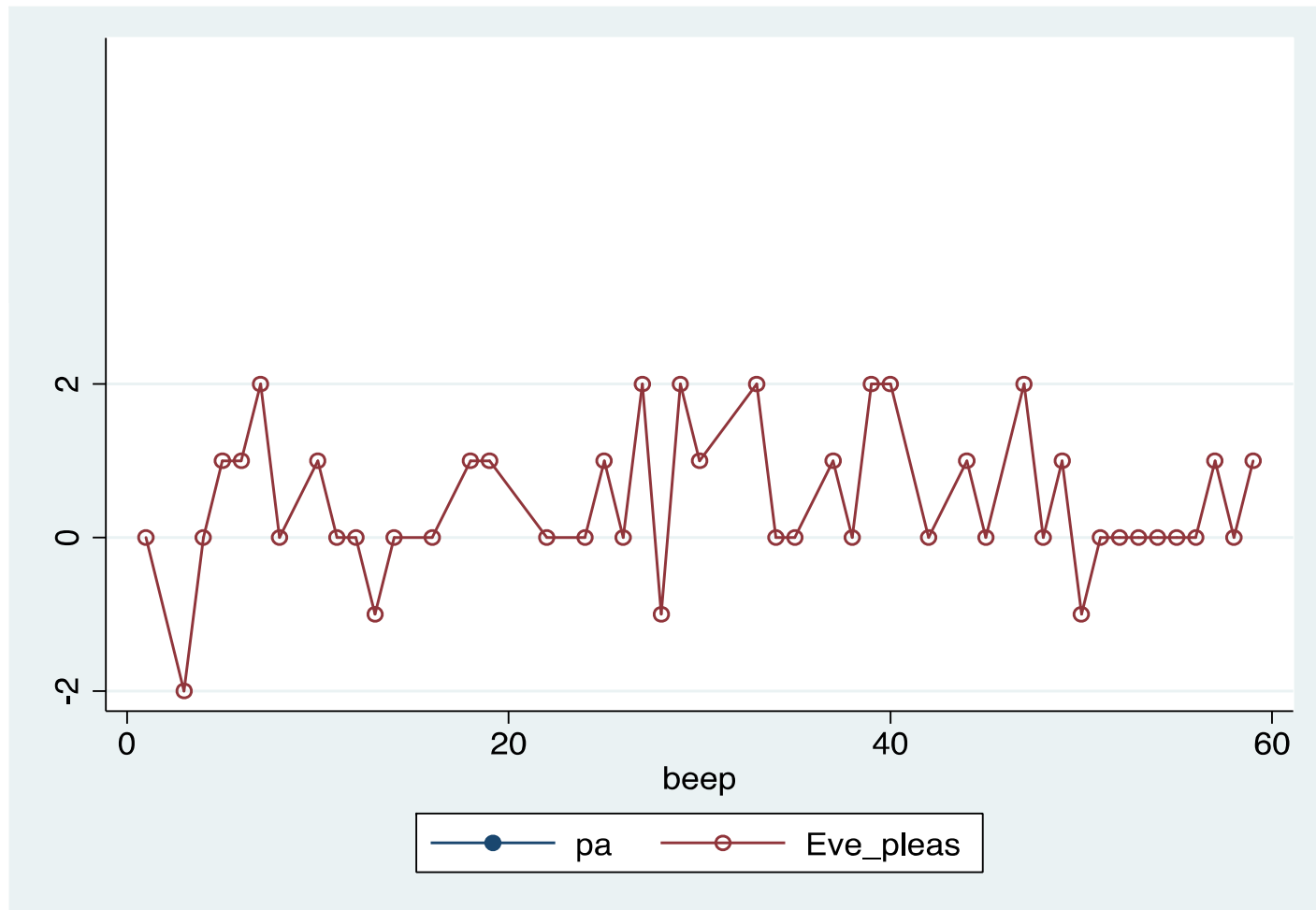
Social company



① Feasibility study - results



① Feasibility study - results



① Feasibility study - conclusions

- ESM seems to be a feasible method to gain more insight into daily caregiver functioning and relevant patterns in daily life
- The PsyMate is a feasible and user-friendly device to implement ESM in clinical practice

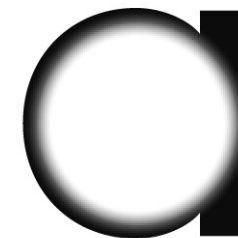
② Next step: intervention study

- Evaluation of the effectiveness of the PsyMate in daily life to increase feelings of competence and control
- 6-week intervention period:
 - ESM data collection with PsyMate
 - Face-to-face **feedback** every two weeks
- 105 caregivers randomly assigned to 3 treatment arms: 1) intervention group 2) pseudo-intervention group 3) control group

Acknowledgments

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