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### Title

Mindfulness-Based Intervention for Family Caregivers of Persons with Alzheimer's Disease or Other Dementias

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# Mindfulness-Based Intervention for Family Caregivers of Persons with Alzheimer's Disease or Other Dementias

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## BACKGROUND

- Dementia involves progressive cognitive impairment and is the 5th leading cause of death in California.
- Diagnosis affects both **persons with dementia (PWD)** and family caregivers, who experience intense emotional and physical strain.
- The Asian American communities pose unique challenges in that there are language barriers, social stigma, and general lack of knowledge about dementia and dementia caregiving.

## OBJECTIVES

- To improve well-being of family caregivers for PWD via culturally-sensitive, home-based mindfulness (i.e. deep breathing exercise) intervention

## METHODS

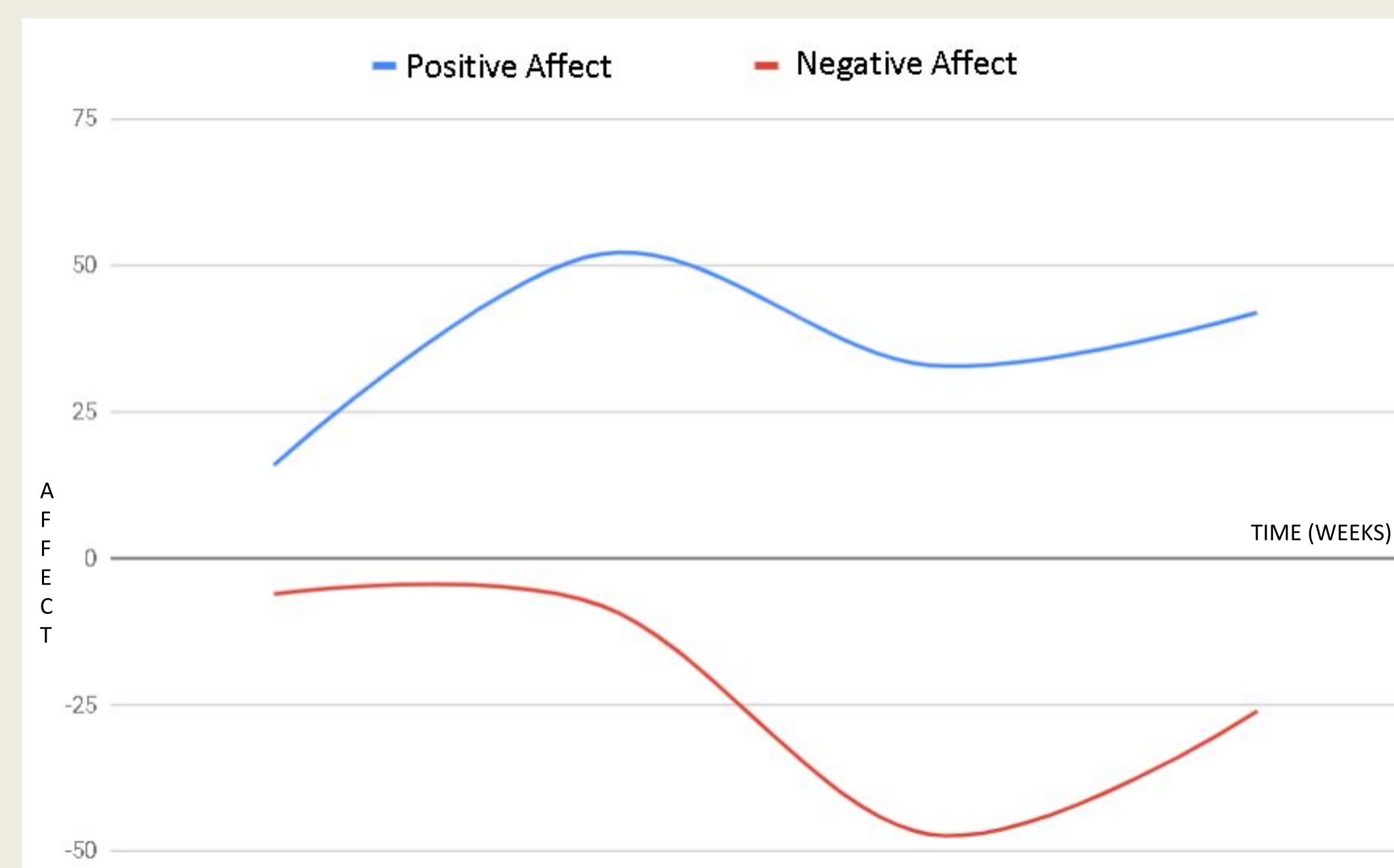
- Culturally-sensitive single arm home interventions and materials were developed in three languages (Vietnamese, Korean, English).
- Participants were recruited via caregiver support groups, local community centers, physicians, and the snowball method (word-of-mouth)
- Each intervention involved:
  - ❖ Weekly house visit (month long)
  - ❖ Mindfulness technique (deep-breathing)
  - ❖ Dementia education (concerning PWD behavior, safety, activities, etc.)
  - ❖ Care resources and stress management
  - ❖ Surveys measured feelings (affect), happiness, feelings of connectedness with PWD

## RESULTS

Table 1. Participant Characteristics

	All (N=20)	Korean (n=7)	Vietnamese (n=9)	English (n=4)
<b>Caregiver Age (mean, range)</b>	62.5 (26-82)	66.7 (57-82)	57 (34-79)	63.8 (26-79)
> 49	3 (10.0%)	0	2 (22.2%)	1 (25.0%)
50-59	6 (30.0%)	2 (28.6%)	4 (44.4%)	0
60-69	3 (10.0%)	2 (28.6%)	1 (11.1%)	0
70-79	7 (35.0%)	2 (28.6%)	2 (22.2%)	3 (75.0%)
>=80	1 (5.0%)	1 (14.3%)	0	0
Gender (female)	19 (95.0%)	7 (100%)	8 (88.9%)	4 (100%)
Education (high school completion)	17 (85.0%)	6 (85.7%)	7 (77.8%)	4 (100%)
Caregiver relationship with PWD				
Spouse (wife)	10 (50.0%)	4 (57.1%)	3 (33.3%)	3 (75.0%)
Adult child (daughter, daughter-in-law)	10 (50.0%)	3 (42.9%)	6 (66.7%)	1 (25.0%)
Having a religion	19 (95.0%)	7 (100%)	8 (88.9%)	4 (100%)
Protestant	7 (35.0%)	7 (100%)	0	3 (75.0%)
Catholic	9 (45.0%)	0	5 (55.6%)	1 (25.0%)
Buddhist	3 (15.0%)	0	3 (33.3%)	0
Years living in US*, mean year (range)	31.7 (12-45)	34.6 (19-45)	28.7 (12-44)	N/A
Acculturation (Home country), mean (range) score (0-36)	28.6 (18-37)	28.4 (24-36)	28.8 (18-37)	N/A
Acculturation (American), mean (range) (0-36)	15.8 (3-34)	13.7(6-21)	17.9 (3-34)	N/A
English Proficiency, mean (range) (0=Cannot speak English, 5=Excellent)	1.69 (0-3)	1.71 (0-3)	1.67 (0-3)	N/A

Figure 1: Effects of Mindfulness Intervention on Affect



- Increasing trend in positive affect (PA)
  - **Pre-Intervention:** M= 16.25 (SD=4.67)
  - **Post-Intervention:** M=17.45 (SD=4.05)
  - **T-test:** t(df)=-1.45(19), **p-value** = .163
- Decreasing trend in negative affect (NA)
  - **Pre-Intervention:** M= 5.9 (SD=2.97)
  - **Post-Intervention:** M= 4.95 (SD=1.28)
  - **T-test:** t(df)=1.57(19), **p-value** = .133

- Increasing trend in happiness
  - **Pre-Intervention:** M= 4.11 (SD=.937)
  - **Post-Intervention:** M=4.37 (SD=.761)
  - **T-test:** t(df)=-1.23(19), **p-value** = .235

Figure 2: Effect of Mindfulness Intervention on Happiness



## RESULTS

- Intervention was administered to 20 family caregivers (mean age 62.5; 95% female) in home language (Vietnamese, Korean, or English).
- Vietnamese and Korean caregivers were immigrants with a mean of 31.7 years living in the United States (US) (mean acculturation score to home country = 28.6; mean acculturation to the US = 15.8; mean English proficiency = 1.69); English caregivers were born in the US.

## CONCLUSIONS

- Home-based mindfulness interventions showed potential to increase positive affect, increase happiness, and reduce negative affect.
- Participants reported reduction of caregiving burden and improvement in ability to communicate with PWD.

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