RESULTS OF A SELF-ESTEEM GROUP FOR CAREGIVERS OF PERSONS WITH DEMENTIA

Cáceres, R.1, Herrero de Vega, M.2, Beyebach, M.3, González-Ingelmo, M.E.3, Pérez-Sáez, E.1, Elías, V.1 & Marcos, E.1

1. Empresariextenas al CHE Alzheimer de Salamanca-Imserso 2. Universidad Pontificia de Salamanca. 3. CIE Alzheimer de Salamanca-Imserso.

Introduction

Dementia is a major cause of disability and generates a strong impact on the family. In addition, caring for a person with dementia may have a negative impact on the welfare of those who assume the duties of care, the primary caregivers. Family therapy is emerging as a major contribution to promote family adaptation to the new reality and the establishment of a new welfare.

Self-esteem is one of the variables related to adaptation and well-being of caregivers. Specifically, high self-esteem is associated with better psychological health by reducing levels of anxiety, depression and burden. At the same time, high self-esteem is associated with increased social support and well-being.

Materials

Each participant was assessed before and after the intervention with the administration of the following measures:

- Beck Depression Inventory (BDI) (Beck et al., 1961),
- Anxiety Subscale from the Hospital Anxiety and Depression Scale (HAD-A) (Clingon & Sanath, 1983),
- Caregiver Burden Interview (CBI) (Zarit et al., 1980),
- Self-Esteem Scale (Rosenberg, 1965),
- Social Support Questionnaire, Short Form - Revised (SSQSR) (Samarison et al., 1987),
- Psychological Well-being Scales (Ryff, 1989),
- Connor-Davidson Resilience Scale (CD-RISC) (Connor & Davidson, 2003),

Results

We conducted several T-tests of related samples to compare the results obtained on different scales pre and post-intervention. The results showed that the administration of the program was followed by a significant increase in Self-Esteem Scale (p < 0.01), Connor-Davidson Resilience Scale (CD-RISC) (p < 0.01), and the following of Psychological Well-being Scales (Ryff, 1989). Autonomy (p < 0.05), personal growth (p < 0.05), purpose in life (p < 0.01). In addition, there was a significant reduction (p < 0.01) of scores on the Beck Depression Inventory (BDI), the Anxiety Subscale from the Hospital Anxiety and Depression Inventory (HAD-A), the Caregiver Burden Interview (CBI) and the State-Trait Anger Expression Inventory-2 (STAXI-2).

Conclusions

Our results suggest that the Self-esteem Group Program carried out in Alzheimer’s NRC (Imserso) had beneficial effects on the psychological well-being of caregivers of persons with AD, despite their being exposed to a highly stressful situation. Our findings lead us to speculate that this program might also be useful to promote positive relationships in the family and could therefore contribute to a higher quality of care of the dementia patient. In future studies we intend to measure this possible impact of the program on the family as a whole.