

Abstract

This pilot study explored the effectiveness of cognitive-behavioral therapy (CBT) in reducing distress, and increasing self-efficacy and knowledge in family carers of patients with Alzheimer's disease in a Chinese population in Hong Kong. Twenty-seven Chinese female adults, who were the primary carers of their demented family members, were randomized to join either the treatment group or the wait-list control group. The carers in the treatment group underwent a 13-weekly sessions of Coping with Caregiving psychoeducational program (CWC), which taught and practiced specific CBT skills in a group format. The results showed the carers in the CWC group had significantly increased their self-efficacy in handling disruptive behaviors of the patients and controlling upsetting thoughts in their caregiving work after attending the CWC group treatment. Although the effectiveness of the CWC group in reducing anxiety, depression, perceived stress and enhancing knowledge of the Alzheimer carers were not evinced in the current study, trends could be observed that the carers in the CWC group appeared to have had better improvement in these domains. These results and observations shed light into future research directions and served as a basis for further research in this area in Hong Kong.