



Will a Self-compassion Intervention Improve Rural Caregivers of Persons with Early-stage Dementia Quality of Life?

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Purpose of the Project

To determine if there is a relationship between self-compassion, increase in caregiver dementia knowledge, and improvement in quality of life.

Background and Significance

- Estimated 5.8 million persons have AD in the US and is the 6th leading cause of death.¹
- Projected to grow to 13.8 million by 2050.²
- The southwestern area* of the US is expected to have a 42.9% increase in the number of people with AD.¹
- Demands for caregiving increases as the disease increases (progresses).²
- Rewarding (45%); Stressful (46%).²

Research Questions

- What is the significance of a PIP on rural caregiver's dementia care knowledge and quality of life?
- Will the PIP improve rural caregiver's quality of life after learning and practicing self-compassion strategies?

Method

• Data Collection:
Power analyses (.80), at $p < .05$ for low and high estimates of effect sizes (.60 to 1.0).
Effect size of 1.0, the analysis revealed the need for a total sample size of 34. Given a potential attrition rate of 30%, we estimated the effect size at .75 ($N = 58$).

• Measures:
Self-compassion Scale Short Form (SCS-SF)³
Alzheimer's Disease Knowledge Scale (ADKS)-Carpenter
Quality of Life-Alzheimer's Disease Scale (QOL-AD)-Logsdon
World Health Organization Quality of Life Scale (WHOQOL-BREF)

• Analysis:
Descriptive quantitative one-group pre-test-post-test intervention study to predict that rural caregivers of persons with early-stage dementia syndrome quality of life will improve by learning and using self-compassion strategies.

Setting/Sample

- Six 5-week PIP will be held in rural settings at community centers of Northern Arizona.
- Rural caregiver's of Northern Arizona who self-identify as a caregiver of a person with early-stage dementia and/or mild cognitive impairment.

PIP-G.R.A.C.E

Gratitude
Resilience
Attitude
Caring
Empathy
From Compassion Energy Theory

References

1. Alzheimer's Association (2019). *Alzheimer's disease facts and figures*. https://www.alz.org/media/HomeOffice/Facts_Figures/facts-and-figures.pdf
2. Family Caregiving Alliance (2016). *Caregiver resources*. <https://www.caregiver.org/health-issues/dementia>
3. Neff, K. (2011). *Self-compassion*. NY: Harper Collins.