Web-based support intervention for young informal carers of people with mental illness

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Background

- Support thru the internet has shown to be an more available method worldwide.

- Young people are very comfortable in using the internet when seeking help.

- Young informal carers are unknown to the psychiatric care and carries the "burden" themselves.

- Important development for young caregivers
  - They stay anonymous and reveal what they want about themselves
Purpose

To compare the impact of two interventions, a web-based support and a folder support, for YIC of persons with mental illness

-The primary outcome was stress (PSS)
-Secondary outcomes were caring situation (COPE-index), general self-efficacy, well-being, health, and quality of life.
Participants

- National Register 6941 persons was identified as young persons, age 16-25 years.
  - 3703 persons was phoned and asked to participate in the study.
  - 406 young persons was invited to the study.
  - 226 persons completed the baseline measures.
Design

• Participatory Design (PD) (Spinuzzi, 2005)
  – Empower the users by involving them in the design and artifacts

• The project is a research program comprising three phases.
  – Phase I was a survey of young caregivers needs for internet based information, education and support. (n=14)
  – Phase II was the development of the support website (n=8)
  – Phase III is an web-based intervention based on the previous phases. (n=241)
Method

- Randomized control trial, following the CONSORT statements, which compared the impact of; web-based and folder-based support.
- Data was collected in June 2010 to April 2011
  - self-assessment questionnaires three times, four months apart,
  - comparing the two interventions and also to detect changes.
- Approval for the studies was obtained from the Regional Ethical Review Board in Gothenburg.
Aktuellt

2010-01-13
Hallå där...

... Jens Malmström, projektledare för Killfrågor.se. Vi skrev om ett ättarsjubileum i december, men vi blev nyfikna och vill gärna vete lite mer. Vad är Killfrågor.se för en sjalt?

- Killfrågor.se är en sajt där unga killar eller de som känner sig som killar kan chatta eller mejla med vuxna prackompisar.
- Chatten är öppen tre kvällar i veckan och man får mejlsvar inom en vecka. Man får prova om precis vad man vill och är alltid anonym.

>>> Läs vidare

Sista chansen! Tyck till om Molnhopp och vinn signerad roman av Ulrika Lidbo!

Farsta fritt fall är Ulrika Lidbos andra bok, som handlar om Mira och Henrika. De är mycket olika, men lika ändå. Och som det står i bokens omslagstext: Allt är inte som det ser ut på ytan.

VILL DU VARA MED I UTLOTTNINGEN av boken, som Ulrika Lidbo har signerat?

Skicka ett **MEJL** till redaktionen (anmäler uppren mejl i nytt fönster)
Frågor och svar

Här kan du läsa tidigare ställda frågor och svar.

Vill du skicka in en egen fråga till oss? Läs mer: Ställ en fråga

Svar

Jag hatar mitt liv och ser ingen mening med att leva längre!

Hur ska jag få mamma sluta dricka?

Vad ska jag göra? Har inget att leva för. Hur hittar jag livslusten?
Results

• The result showed that stress levels were high in both groups at baseline, but decreased significantly in the folder group.
• The folder group had significant improvement in their caring situation (also significantly different from the web group), general self-efficacy, well-being, and quality of life.
• The web group show significant increase in well-being.
Clinical relevance

• The findings in this study are uniquely valuable because of the target group and the comparison of two different interventions to support them.

• The non-significant differences in the data show that each intervention can be effective, and that it depends upon the individual’s preferences.

• This highlights the importance of adopting person-centred approach, in which young persons can themselves choose support strategy.
Conclusion

• Being a Young informal carers who take on the responsibility for people close to them with mental illness; suffer consequences on their own health.
• Young informal carers live in a life-situation characterized by high stress and low well-being.
• This signals a need for support for these young persons.
Philosophical Discussion

• The experience of encountering the face of another is what brings us absolute responsibility.

• It is the face of the other that calls the person to responsibility towards another human being, to protect and care for that person.

• To look into another person’s face and become aware of the frailty and need of the other (Levinas 1985).
Thank you for your attention