Workshop 2 Worksheet <mark>Example</mark>

Research question:

Does Philadelphia Corporation for Aging's Caregiver Support Program reduce caregiver burnout for family caregivers providing care for a family member with Alzheimer's disease?

1. What are the primary concepts/variables for your research question?

Outcome – Caregiver burnout (this I will need to measure)
IV – Caregiver support program (this I will just need to describe the program)

Inclusion criteria – caregiving for a family member with Alzheimer's

2. What are different ways key concepts can be measured? (Example: Depression could be measured as Yes/No a depression diagnosis exists [nominal] or a score on the Beck Depression Inventory [I/R]).

Main concept to measure – caregiver burnout
- I could have self-report yes/no do you feel like you can no longer provide care for your family member.
- Standardized measure – Ex: Caregiver Self-Assessment Questionnaire

Inclusion Criteria – Family member with Alzheimer's
- Physician diagnosed Alzheimer's
- Family self-report caregiving for a family member with Alzheimer's
- Standardized measure – Ex: Mini-Mental State Exam (MMSE) and Mini-Cog test

Moving forward, I think I will just use a self-report option for caregiving for a family member with Alzheimer's and look for a standardized measure for measuring caregiver burnout because this is my primary outcome of focus so I will want to ensure it is a valid/reliable measure.

3. Using the data bases available through the school (Ex: Health and Psychosocial Instruments) or prior research studies, what standardized scales are options? (Note author & year so you can refer to your sources for your final paper)

- Caregiver Self-Assessment Questionnaire

- American Medical Association: https://www.healthinaging.org/sites/default/files/media/pdf/Caregiver-Self-Assessment-Questionnaire.pdf

- Modified Caregiver Strain Index
  - The Hartford Institute for Geriatric Nursing: http://www.npcrc.org/files/news/caregiver_strain_index.pdf

4. What are the strengths and weaknesses of each option? (Make sure you review reliability and validity)

- Caregiver Self-Assessment Questionnaire
  - reliability coefficient alpha was .7804
    - https://www.apa.org/pi/about/publications/caregivers/practice-settings/assessment/tools/self-assessment
  - Available in both English & Spanish
  - Recent research also suggests may also be a valid estimate of caregiver depression
    - Epstein-Lubow, G., Gaudiano, BA, Hinckley, M., Salloway, S., Miller, & I.W. (2010). Evidence for the validity of the American Medical Association's Caregiver Self-Assessment Questionnaire as a screening measure for depression. *Journal of the American Geriatrics Society*, 58(2), 387-388.
- Modified Caregiver Strain Index
  - Tested for reliability
    - Thornton, M., & Travis, S.S. (2003). Analysis of the reliability of the Modified Caregiver Strain Index. The Journal of Gerontology, Series B, Psychological Sciences and Social Sciences, 58(2)

5. Note the following information for your scale(s):

a. How is it scored/what do the results of the completed measure tell you?

- Caregiver Self-Assessment Questionnaire (https://www.healthinaging.org/sites/default/files/media/pdf/Caregiver-Self-Assessment-Questionnaire.pdf)
  - 18-item, caregiver self-report measure
  - assess the stress-levels of family caregivers of chronically ill older adult adults.
  - Caregivers are asked to respond either "Yes" or "No" to a series of statements, such as "During the past week or so, I have felt completely overwhelmed"
- Modified Caregiver Strain Index (https://www.sralab.org/sites/default/files/2017-07/issue-14.pdf)
  - 13-question tool

- o screen for caregiver strain with long-term family caregivers
- o 2 points for each 'yes', and 1 point for each 'sometimes' response
- o The higher the score, the higher the level of caregiver strain

b. How has it been applied in prior research? (Note author & year so you can refer to your sources for your final paper)

- Caregiver Self-Assessment Questionnaire:
  - Used in tele-support group for caregivers (https://www.sciencedirect.com/science/article/abs/pii/S0197457215000518)
- Modified Caregiver Strain Index
  - Used in research that explored the effectiveness of psychoeducational program for informal caregivers called 'Caring at home'. (https://search.proquest.com/openview/68b221142a0b55022cfc76d71440e24a/1?pq-origsite=gscholar&cbl=41277)

Note: Not necessary, but if you want to add in possible theories for feedback you are welcome to do so.

Theoretical Framework:
Possible Theories:
- Stress Process Model (Pearlin, 1990)
  - o How stressors influence mental health and how some people are more impacted than others
- Informal Caregiving Integrative Model (Gerain & Zech, 2019)
  - o Theory Development Paper: https://www.frontiersin.org/articles/10.3389/fpsyg.2019.01748/full
  - o **"**The rationale of the ICIM is to consider the different determinants of informal caregiver burnout (i.e., the caregiving setting, the caregiver, and the environment) on the same footing. Burnout is conceived of as a key mediator between these determinants and general outcomes, and the impact of the determinants on informal caregiver burnout is mediated by both the caregiver's appraisal and his or her relationship quality with the care-recipient."
- Role Theory (Bastawrous, 2013)
  - o Accumulation of roles (caregiving) can add to strain