

How do Acceptance and Commitment Therapy interventions work for informal caregivers? A Systematic Review

ACT for Informal Caregivers?

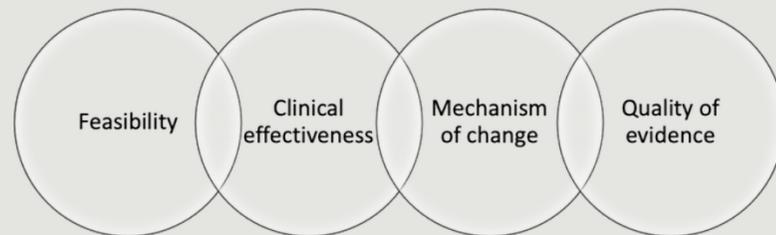


- **Informal caregivers** (e.g., family members or close relatives) of patients with chronic conditions may experience substantial negative mental health impacts (e.g., burden, anxiety).
- ACT-based interventions for family caregivers of children with chronic diseases have been well-reviewed previously.
- Further research needs to explore the potential utility of ACT in diverse family caregiver populations (e.g., caregivers of adult patients).

Aim



To present current evidence on ACT intervention studies in various informal caregiver populations and examine the following 4 aspects:



Systematic Review



- (n = 1668) papers systematically searched out of 5 databases.
- Multiple study designs were included if they were (i) published, (ii) written in English, (iii) described an ACT-based (online or face to face) intervention applied to informal caregivers of adult patients.

Take-Home Message:

ACT-based interventions for informal caregivers appeared to be:



Feasible



Acceptable



Promising



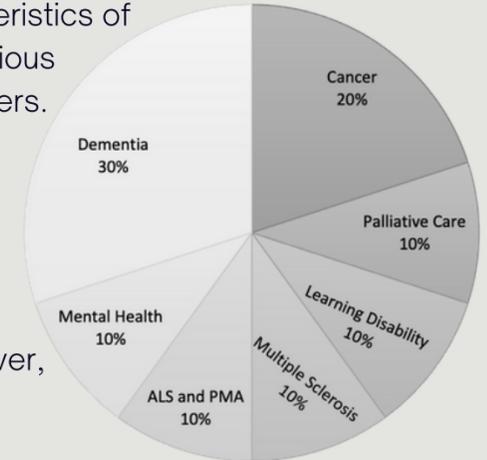
g.atofi@maastrichtuniversity.nl

How ACT worked out?



- A total of 11 articles (10 individual studies) were finally selected and reviewed.
- Figure 1, illustrates the characteristics of ACT-based interventions for various populations of informal caregivers.
- Generally, ACT appeared to be feasible and acceptable. However, Intervention efficacy varied.
- Effects on negative psychological symptoms (e.g., depression, anxiety) were more often assessed (7/10 studies).

Figure 1, Characteristics of studies



Discussion and prospect



- The applicability of ACT in various caregiver populations is highlighted.
- Psychological flexibility by promoting mental health may mediate the relationship with life satisfaction.
- ✓ Future research studies should focus more on the positive psychological outcomes of ACT (e.g. quality of life).
- ✓ Further ACT studies for various family caregiver populations especially caregivers of people with chronic conditions are desirable.

This research is carried out as part of the Marie Skłodowska-Curie Actions Innovative Training Network (ITN) action, H2020-MSCA-ITN-2018, under grant agreement number 813196.