

# Efficacy of an Intervention Program based on a Brief Cognitive-Behavioral Psychoeducation with Balneotherapy in Informal

## Caregivers of Older People

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### Introduction

- Caring for older relatives with chronic illness can be very stressful.
- Although family care is mainly provided by women, most dependent elders receive help from secondary caregivers
- Interventions helping caregivers to balance care-recipient's and care-provider's demands are needed
- Balneotherapy and psychoeducation have proved their efficacy reducing caregivers' stress

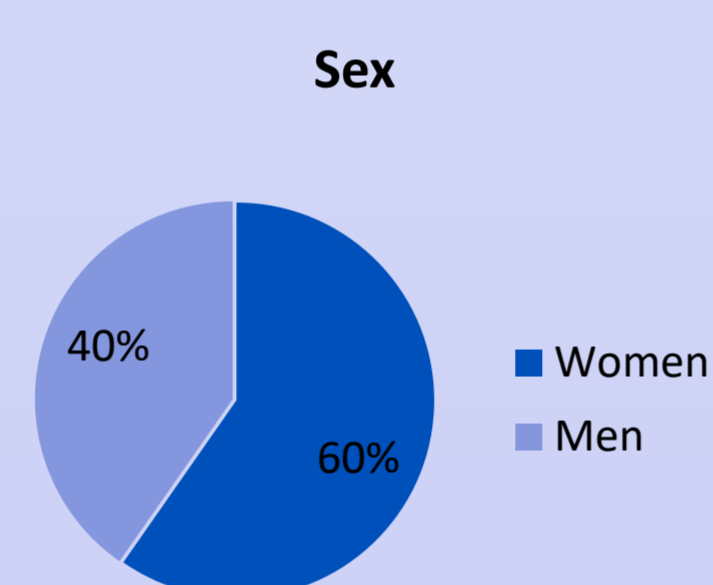
### Objective

Analyze the efficacy of a group intervention program that combined balneotherapy with a brief psychoeducation including primary and secondary caregivers

### Method

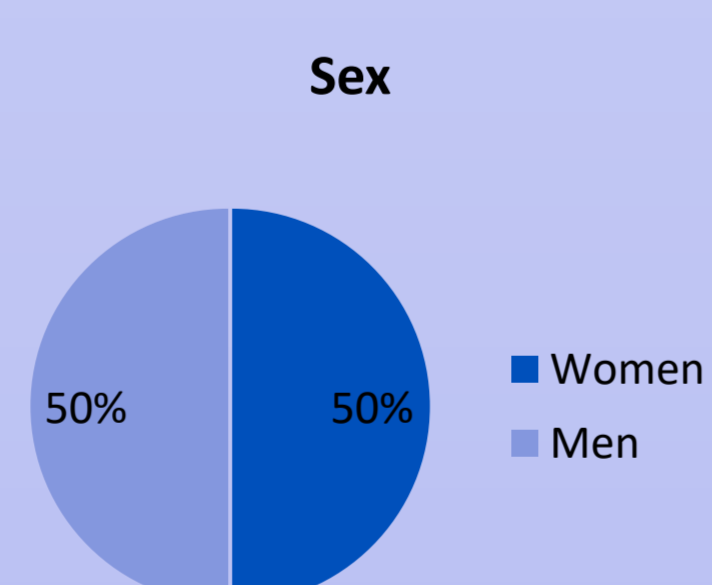
•INTERVENTION GROUP  
(Psychoeducation and Balneotherapy)

N= 124 caregivers (65 primary/59 secondary)  
Mean age= 59.25



•COMPARISON GROUP  
(Balneotherapy)

N= 76 caregivers (41 primary/35 secondary)  
Mean age= 55.38



Psychoeducational program  
(5 sessions)

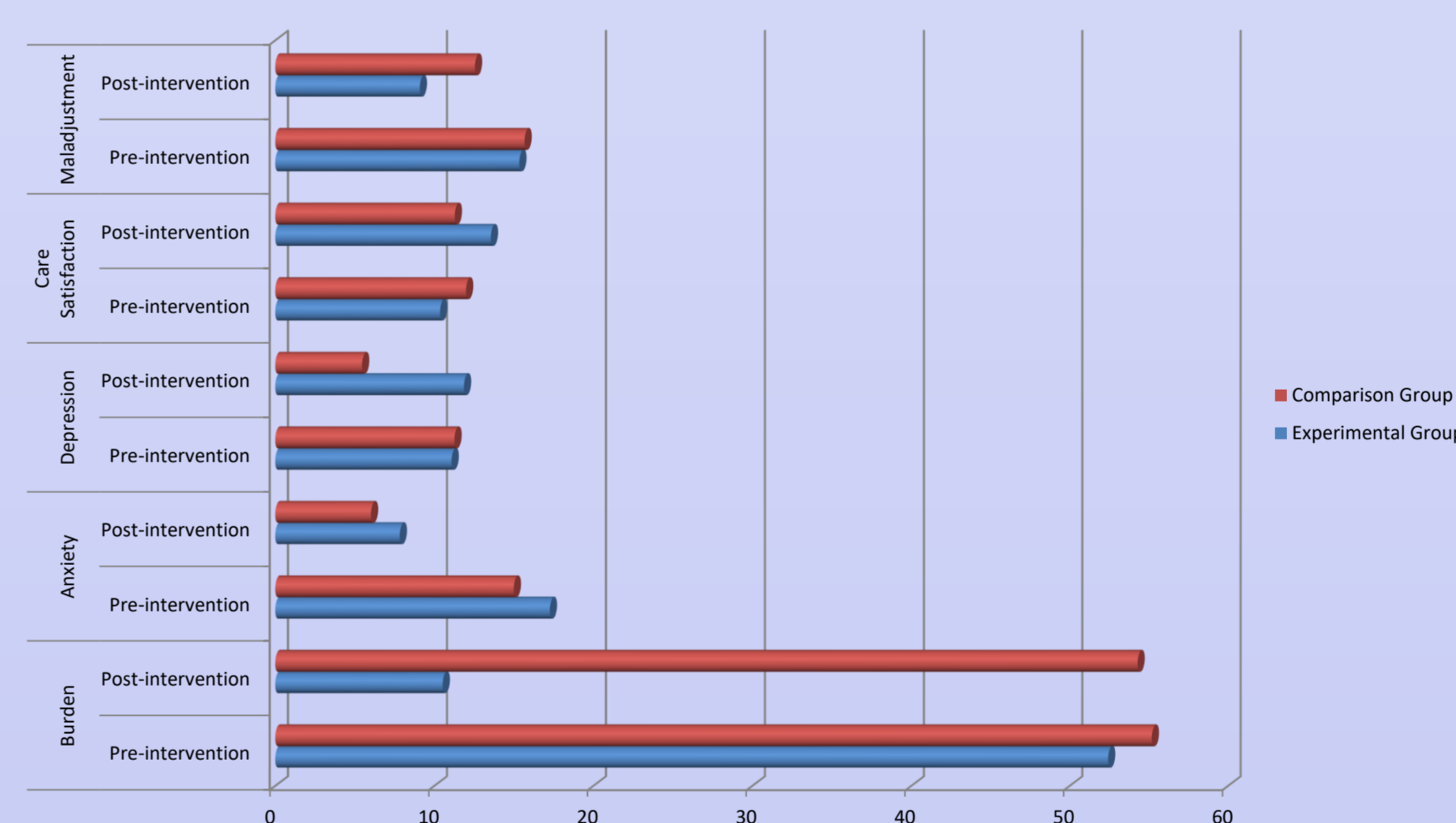
- Balance the care-recipient's and their own demands
- Promote co-responsibility
- Increment caregivers' social networks

Balneotherapy  
• 3 thermal baths circuits

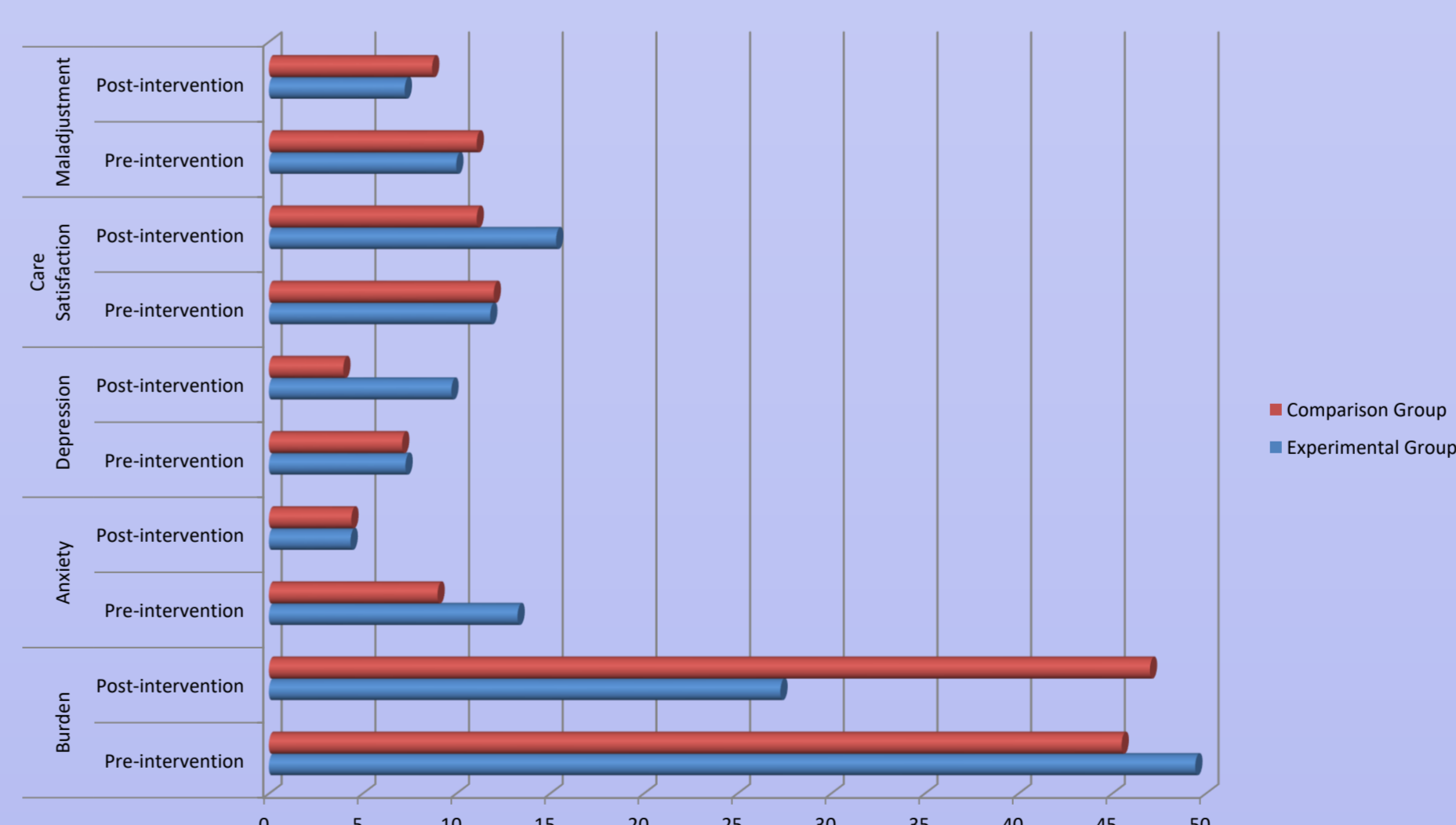
### Results

- Caregivers' burden and satisfaction showed a better improvement in both primary and secondary caregivers participating in the balneotherapy with psychoeducation program ( $p<.001$ ).

#### 1. Primary Caregivers



#### 2. Secondary Caregivers



- Secondary caregivers' anxiety and primary caregivers' maladjustment also showed greater results in the experimental group ( $p<.01$ ).
- Although depression decreased significantly in both intervention groups, the experimental group did not show greater results than the comparison group ( $p>.05$ ).

### Discussion

- Psychoeducational program helped caregivers to develop and use coping strategies that, in turn, reduced burden and increased the positive aspects associated with caregiving.
- Balneotherapy may have helped caregivers to, first, disconnect from the caregiving environment, focus on themselves and, later, psychoeducation may have gone further providing specific strategies to take care of other important areas,

### Conclusion

These results support the beneficial effects of combining balneotherapy and psychoeducation in a culture of care organization based on balancing the care-recipient's needs, caregivers' self-care and co-responsibility