

## P151: A Chronic Grief Management-Intervention-Video: A Profile of the Sample

**Authors:** Olimpia Paun, Arlene Miller, Sarah Ailey, Ben Inventor, Masako Mayahara, Jessica Bishop-Royse, Hugh Vondracek

**Objectives** of this presentation are to:

- Describe the Chronic Grief Management Intervention-Video (CGMI-V) – an ongoing stage I clinical trial
- Describe the profile of the study sample using baseline data

**Study purpose:** to pilot-test the CGMI-V for establishing effect sizes in caregiver outcomes including chronic grief, symptoms of depression and anxiety, positive states of mind, satisfaction with care in the facility and conflict with staff.

**Methods:** Participants were randomized to either a control condition or to CGMI-V, a manualized intervention delivered on-line over eight consecutive weeks to family caregivers of persons diagnosed with dementia who were placed in long-term care. Caregivers were measured with standardized demographic and situational surveys (baseline only) and with the following instruments at weeks 8 and 24:

- Knowledge of Alzheimer's (FKAT)
- Marwit-Meuser Caregiver Grief Inventory (MM-CGI)
- CES-D 20
- Family Perception of Caregiver Role
- Family Perception of Caregiving Tool
- State Trait Anxiety Instrument
- Positive States of Mind

Recruitment was conducted via direct contacts with facilities, radio and online advertising.

**Results :** For the purposes of this presentation, we are reporting only baseline demographic and situational characteristics of the entire sample. Enrollment closed in November, 2022. The study remains open for follow-up only. The final sample size is 99 participants (Intervention=50; Control=49) recruited from across 14 states in the USA.

**Participant Characteristics:** There were no significant differences in demographics between participants in both conditions. The sample was predominantly Caucasian and female with over two thirds being highly educated, adult children. The average caregiver age was 62.06 ( $SD=10.20$ ) for those in the CGMI-V condition and 58.18 ( $SD=11.27$ ) respectively, for those in the control condition. Similarly, there were no significant differences in care recipient demographics. The sample was predominantly Caucasian and female. Over one third of care recipients across both conditions were diagnosed with dementia within the past four years of interviewing. Further analyses are pending.

**Conclusions:** Sample characteristics illuminate similarities across dementia caregivers who placed family members with dementia in long-term facilities across 14 states in the USA. These findings may inform future grief interventions.