A Text Message Intervention to Support Latino Dementia Family Caregivers (CuidaTEXT): Feasibility study
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BACKGROUND

Family caregivers of individuals with dementia experience a serious emotional, physical and financial toll.
- Examples: Depression, distress, pain, and healthcare costs

Why focus on Latino caregivers?
- More care recipients’ behavioral symptoms of dementia
- Poorer levels of depression and emotional health
- Lower access to caregiver support
  - Transportation and time constraints
  - Cost, language and Cultural barriers

Caregiver support via text messaging might address these barriers
- Most Latinos own cell phones and can text
- Potential for fidelity, efficacy, access anywhere and at any time, low cost, personalization, privacy, high engagement

We aimed to test the feasibility, acceptability, and preliminary efficacy of CuidaTEXT: a tailored text message intervention to support Latino dementia family caregivers

METHODS

Design: 6-month, one-arm pre-post-intervention trial
Setting: Remote, community-living, anywhere in the USA
Participants:
- Latino family dementia caregivers 18+ with cellphones
- Spanish/English speakers and able to read and write

Outcomes
- Feasibility: Metrics of recruitment, enrollment, retention, assessment, engagement, and intervention delivery
- Acceptability: Likert scales on satisfaction and helpfulness
- Preliminary efficacy: Center for Epidemiologic Studies Depression Scale (CES-D-10), Caregiver Strain Index (CSI), Zarit Burden Interview (ZBI-6), Preparedness for Caregiving Scale (PCS), Epidemiology/Etiology Disease Scale (EEDS)

RESULTS

Baseline characteristics of participants (n=24)
Age (mean) 53 Only speaks Spanish (%) 43%
Women (%) 83% Adult children of PLWD (%) 75%
US Born (%) 42% Married (%) 54%
Lives in Midwest US (%) 71% Uninsured (%) 21%
Years of education (mean) 15 Poor/fair health (%) 50%

Feasibility outcomes (n=24)
Recruitment time (days) 61 Completed all scales (%) 83%
Enrollment time (days) 20 Sent 1+ messages (%) 92%
Enrolled w/o tech issues (%) 100% Opted out of CuidaTEXT (%) 0%
Retention rate (%) 88% Read most messages (%) 86%

Acceptability (n=21)
Satisfaction Helpful to care for caregiver Helpful to care for care recipient Helpful to learn about dementia
Not at all 11.2 10.7 9.1
Somewhat 10.3 9.1 7.9
Very 9.1 8.8 8.8
Extremely 8.8 8.8 8.8

Preliminary efficacy (n=21)
*See score ranges in legend

Depression (CESD10; 0-30); p=0.008
Strain (CSI; 0-26); p=0.003
Burden (ZBI-6; 0-24); p=0.179
Knowledge (EEDS; 0-14); p=0.005
Preparedness (PCS; 0-4); p=0.001

CONCLUSION

- CuidaTEXT and its trial are feasible
- CuidaTEXT leads to high levels of satisfaction and perception of helpfulness
- CuidaTEXT holds promise in improving caregiver outcomes
- The next logical step is a fully-powered efficacy trial

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