

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
- Caregiver support interventions rarely address barriers:
 - 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

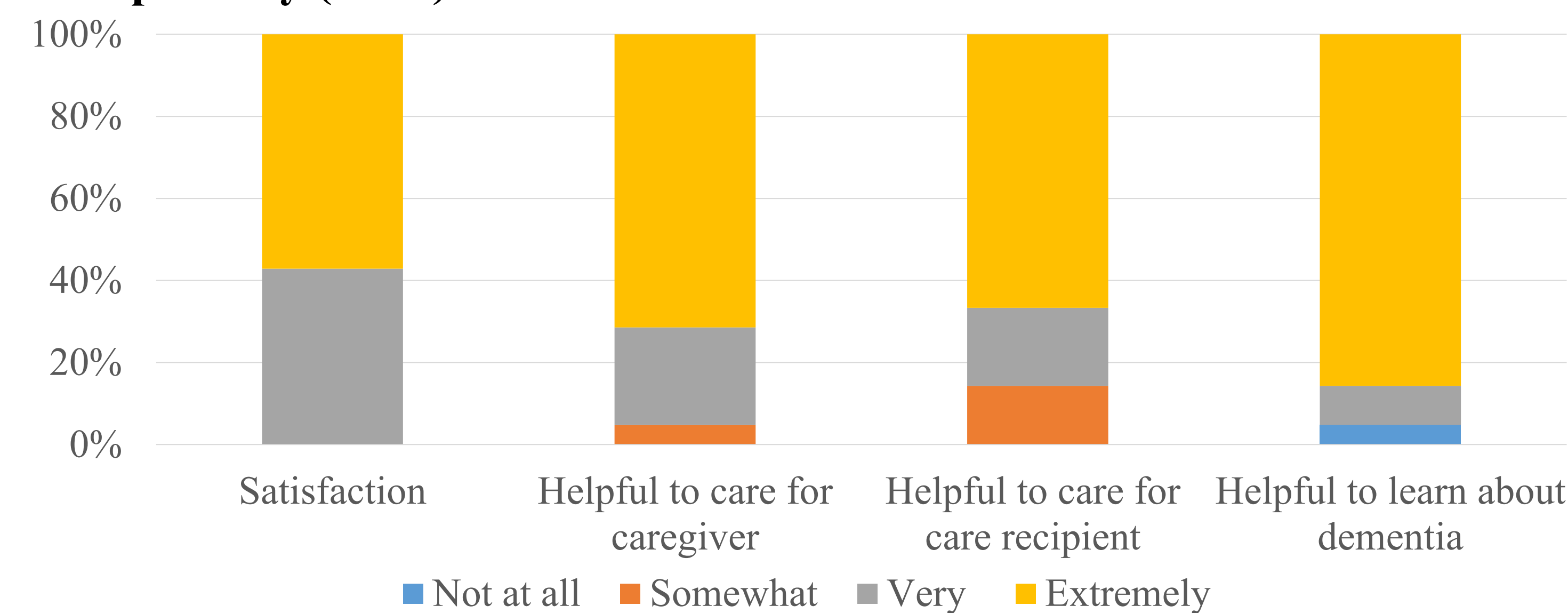
Baseline characteristics of participants (n=24)

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%

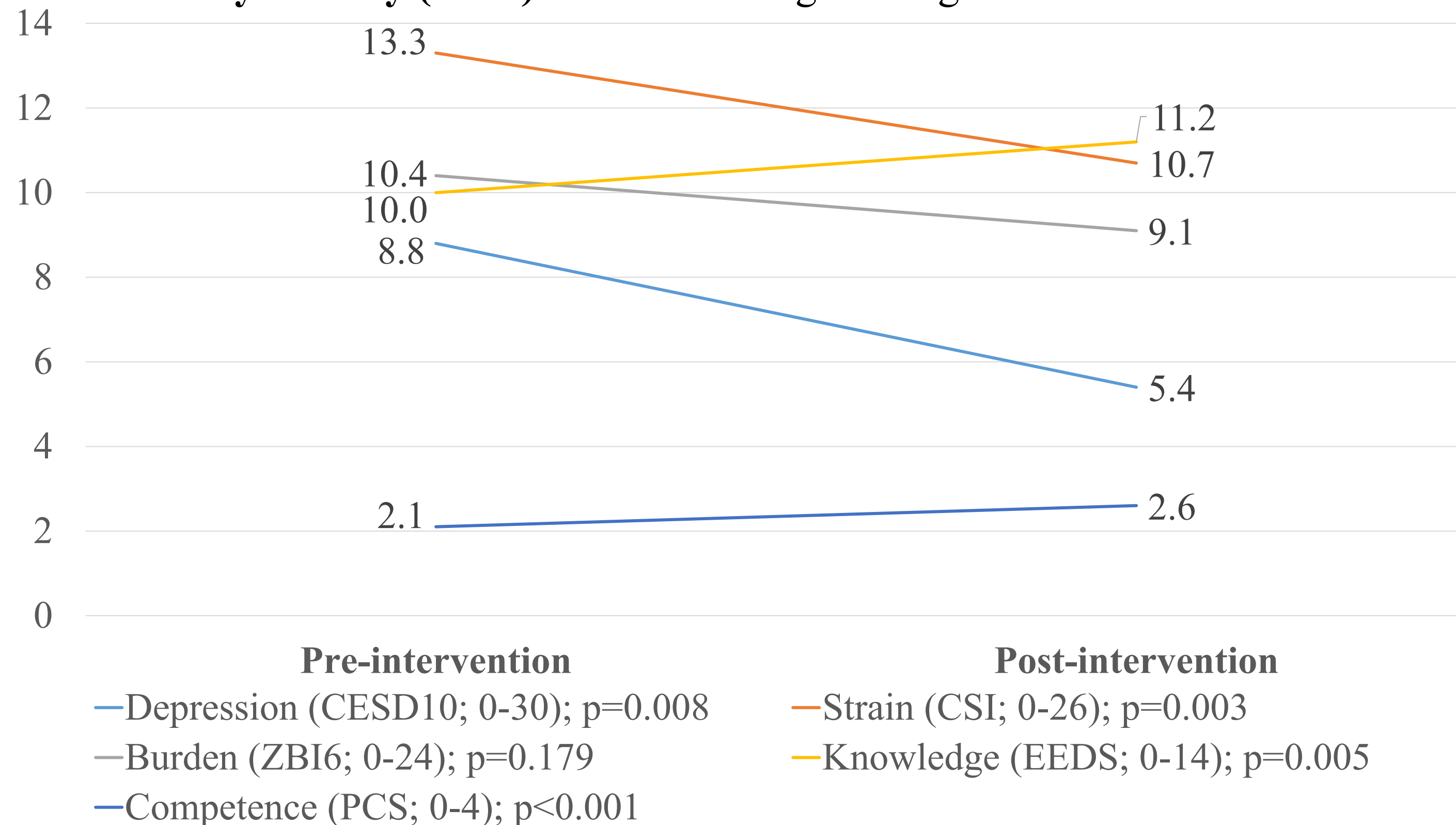
Feasibility outcomes (n=24)

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)



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



METHODS (cont.)

CuidaTEXT Intervention

- Bilingual 6-month text message intervention based on the Stress Process Framework and community feedback
- **Content:** dementia education, self-care and problem-solving tips and strategies, and community resources

Daily automatic text messages (1-3/day)



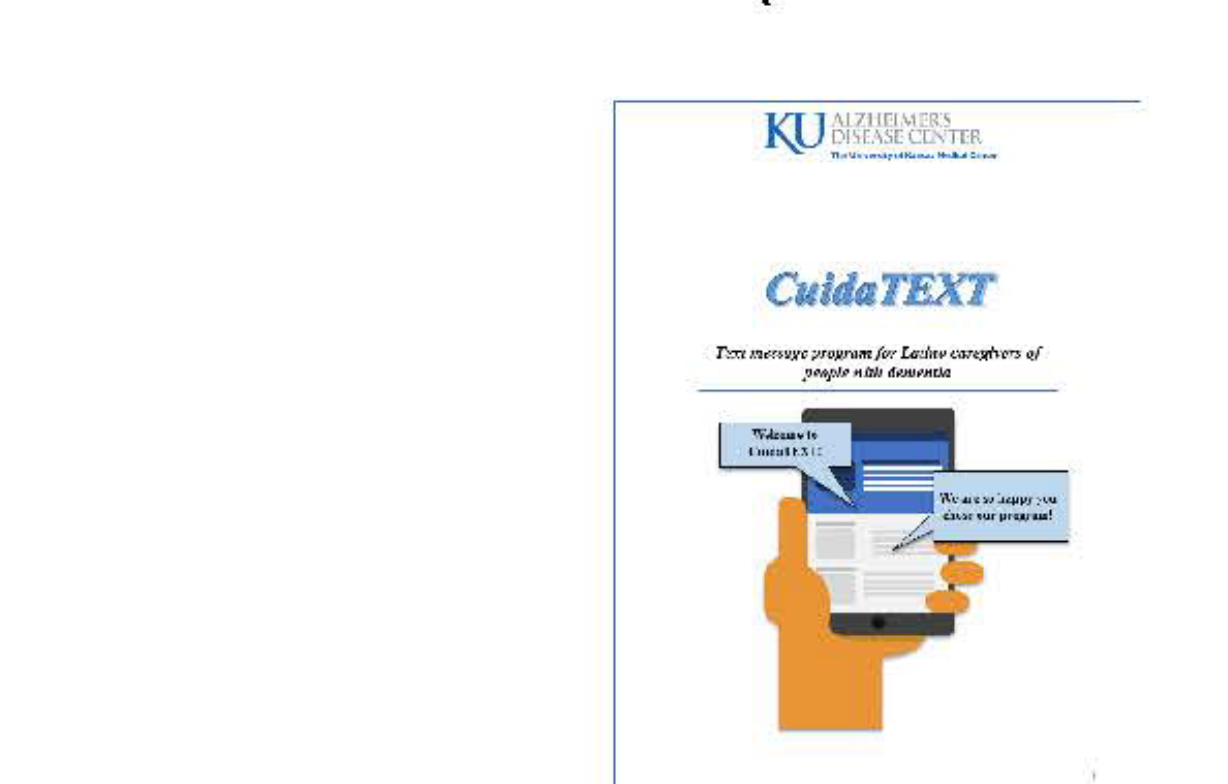
Keyword-driven text messages (upon request)



Live chat text messages (upon request)



CuidaTEXT booklet (at the time of enrollment)



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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