

Cultural adaptation of the WHO-iSupport intervention for caregivers of persons with ADRD in Uganda

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Background: Family caregivers of persons with ADRD face major stressful emotional, social and economic burdens, and the negative consequences associated with caregiving are well documented. Given the projected global increase in the number of people with dementia (82 million by 2030 and 152 million by 2050), plus a current Dementia prevalence among persons 60 years and older in Uganda, ranging from 5.5% to 20%, there is paucity of information regarding the psychotherapeutic management of challenges that family caregivers of persons with ADRD go through in many settings in sub-Saharan Africa, including Uganda. This study will contribute to the cultural adaptation of the WHO-iSupport that is an appropriate intervention for caregivers of persons with ADRD in Uganda.

Objective: To investigate the current approaches that caregivers use in the support of persons with ADRD, so as to inform the adaptation of the WHO iSupport intervention for Uganda.

Methods: This is a cultural adaptation study involving adaptation and pre-test the WHO-iSupport for family caregivers of persons with ADRD in Wakiso, Uganda. We are using a group consensus method that includes a professional translator and independent groups of bilingual experts. Caregivers of patients with ADRD are being recruited into the study. Data will be collected by the researcher and trained research assistants.

Outcomes: The primary outcome of this study is the adaptation of the WHO-iSupport psychotherapy. **Analysis:** Primary analyses will be based on Intention to treat (ITT) principle to avoid any biases that may occur by subjective choice of ineligible subjects. Summary statistics like age will be given as a mean (SD) while for categorical data will be given as a proportion and summarized in tables and graphs.

Utility: The proposed study is instrumental as it will be the first known study in our setting that provides a step-by-step guide in the cultural adaptation of an intervention for care giving of persons with ADRD. The A-iSupport is a caregiver focused intervention, that promises better health and care outcomes for family caregivers of persons with ADRD, thus reducing the health care load on mental health workers.

Preparing for implementing "iSupport" in Tunisia: Experience and needs of caregivers of persons with dementia

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Context: Caregivers of persons with Alzheimer's disease or related dementia (ADRD) are essential for a better quality of life of those they care for. Their role can have a severe impact on their own physical and mental health, as well as on their social and financial situation, according to the current literature. For this reason, WHO has provided the iSupport tool to provide support to caregivers of people with ADRD. Its adaptation and implementation in Tunisia is challenged by the lack of Tunisian data concerning the experience and needs of this population.