ABSTRACT

In the present study, “Effectiveness of Selected Interventions on Affective and Cognitive Resources of Female Primary Caregivers of Alzheimer’s patients”, the researcher has attempted to see how effectively empathy can be developed using role play among female primary caregivers of patients of Alzheimer’s disease, how effectively Psycho-education can increase the clarity among female primary caregivers in knowing and handling the patients of Alzheimer’s disease? and how effectively bio-feedback can reduce stress levels among female primary caregivers of patients of Alzheimer’s disease using Pre-test- Post-test Experimental design on three different treatment groups of 10 female primary caregivers of Alzheimer’s disease patients.

The interventions were role play, biofeedback and psycho education and measured by using ADCT, Cohen’s Stress scale and Empathy Scale. The Quality of Care Check list was used during the home visit to measure for the presence or absence of care and also recorded the extent of the care in different contexts provided by the caregiver for Alzheimer’s patient on day -1 before the intervention and on day -40 after the intervention i.e one month interval post test (follow-up).

The non-parametric test Wilcoxon’s signed rank tests and Wilcoxon’s Z test were used. The following results were found in the present study.

A) With regard to psycho education: It was found that 10 days psycho-education has significantly enhanced the clarity levels among the Female Primary Caregivers after the intervention.
B) With regard to role play: 10 days role play had sufficiently enhanced the empathy levels among the Female Primary Caregivers.

C) With regard to biofeedback: The 10 days bio-feedback intervention has significantly reduced the stress levels among the Female Primary Caregivers.

D) With regard to Total Quality of care: F value clearly indicates statistically same for all the three interventions thus inferred that all three are equally effective in increasing the Quality of Care.

Thus, the 10 days intervention on role-play, psycho-education and biofeedback had been equally effective in increasing the Quality of Care and was statistically significant to enhance empathy, increase clarity and reduce stress levels among female primary caregivers of Alzheimer’s disease patient.