

# C4C

## Caring for Caregivers

Pilot randomised control trial of Positive Written Disclosure for Older Adult Carers of people with psychosis.



# Participants

**We are looking for people to take part in the C4C research study**

To take part, you **must** be:

- Aged **60 or over**
- Currently a **caregiver**
- Your care recipient must have a **psychosis** diagnosis
- Able to read and write in **English**



# Caregivers

## What is a caregiver?

“Any person who provides **unpaid** support to a partner, child, relative or friend who couldn’t manage to live independently or whose health or wellbeing would deteriorate without this help”



# Intervention

## Positive Written Disclosure

Aim: To improve mood and wellbeing

Duration: 20 minutes, for 3 consecutive days

Write about your deepest thoughts and emotions towards a **positive** experience or memory



# Procedure

**Initial Meeting** → **Intervention** → **Follow Up** → **Debrief**

Chat about the study, take consent, and complete the baseline questionnaires

Randomly allocated to receive either:

- PWD
- Writing Control
- No writing

Complete some questionnaires 1, 3 and 6 months later

Get feedback on the study, and some people complete an interview

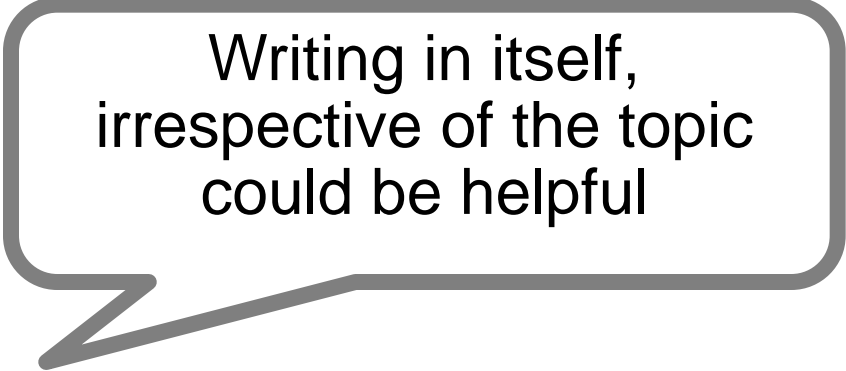


# LEAP

What **impact** has the Lived Experience Advisory Panel (LEAP) had on the **C4C** study?



# Control Group



Writing in itself,  
irrespective of the topic  
could be helpful

# Control Group

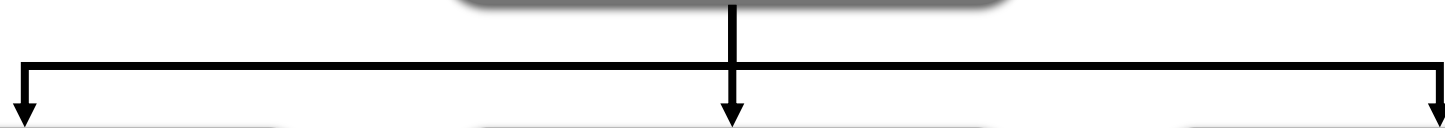
Writing in itself,  
irrespective of the topic  
could be helpful

Random  
Allocation

Positive  
Written  
Disclosure

Writing Control  
Task

No Writing





# Images

Those images are not neutral –  
they could trigger positive or  
negative emotions



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# Questionnaires

All of these measures have a negative focus



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# LEAP

**Why did you decide to get involved in the C4C study?**

**How have you found being part of the C4C study?**

LEAP = Lived Experience Advisory Panel



# Future Plans

## LEAP will advise on:

- Recruitment strategies
- Making sense of the study results
- Disseminating the results
- Planning the next steps for this research

LEAP = Lived Experience Advisory Panel



**Sussex**

**Caring for Carers  
Conference  
2017**



**You are invited to celebrate Carers Week 2017 with the Brighton and Sussex Medical School at the Sussex Caring for Carers Conference 2017.**

Local researchers and organisations will share what they are doing to improve the support available to carers. There will be plenty of opportunities to learn about carer research, put your questions to the researchers, and find out how you can get involved.

**This event is open to everyone - including carers, care recipients, researchers, and clinicians.**

**Thursday 15<sup>th</sup> June 2017**

**9am - 5pm**

Brighton and Sussex Medical School  
University of Sussex, Falmer  
BN1 9PX

Lunch and refreshments will be provided

**FREE Admission for all**

**Book online at: [sussexcarersconference.eventbrite.co.uk](http://sussexcarersconference.eventbrite.co.uk)**

This event is supported by the Doctoral School's Researcher-Led Initiative (RLI) Fund

# Still time to register for the **Sussex Caring for Carers Conference**

Thursday 15<sup>th</sup> June

9.30am to 5pm

Brighton and Sussex Medical School

Free admission

[www.sussexcarersconference.eventbrite.co.uk](http://www.sussexcarersconference.eventbrite.co.uk)

C4C

Caring for Caregivers

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