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
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
What impact has the Lived Experience Advisory Panel (LEAP) had on the C4C study?
Writing in itself, irrespective of the topic could be helpful.
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Those images are not neutral – they could trigger positive or negative emotions.
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All of these measures have a negative focus
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Why did you decide to get involved in the C4C study?

How have you found being part of the C4C study?
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
Still time to register for the Sussex Caring for Carers Conference

Thursday 15th June
9.30am to 5pm
Brighton and Sussex Medical School
Free admission

www.sussexcarersconference.eventbrite.co.uk
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