



# A GUIDED INTERNET-BASED SELF-HELP PROGRAMME FOR BEREAVED OLDER ADULTS

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## THEORETICAL BACKGROUND

Internet-based self-help interventions have proved beneficial effects on a broad range of disorders including Complicated Grief Disorders (CGD). However, no self-help intervention has been implemented for milder grief symptoms not fulfilling the criteria of a CGD after marital bereavement and after a separation/divorce in older adults.

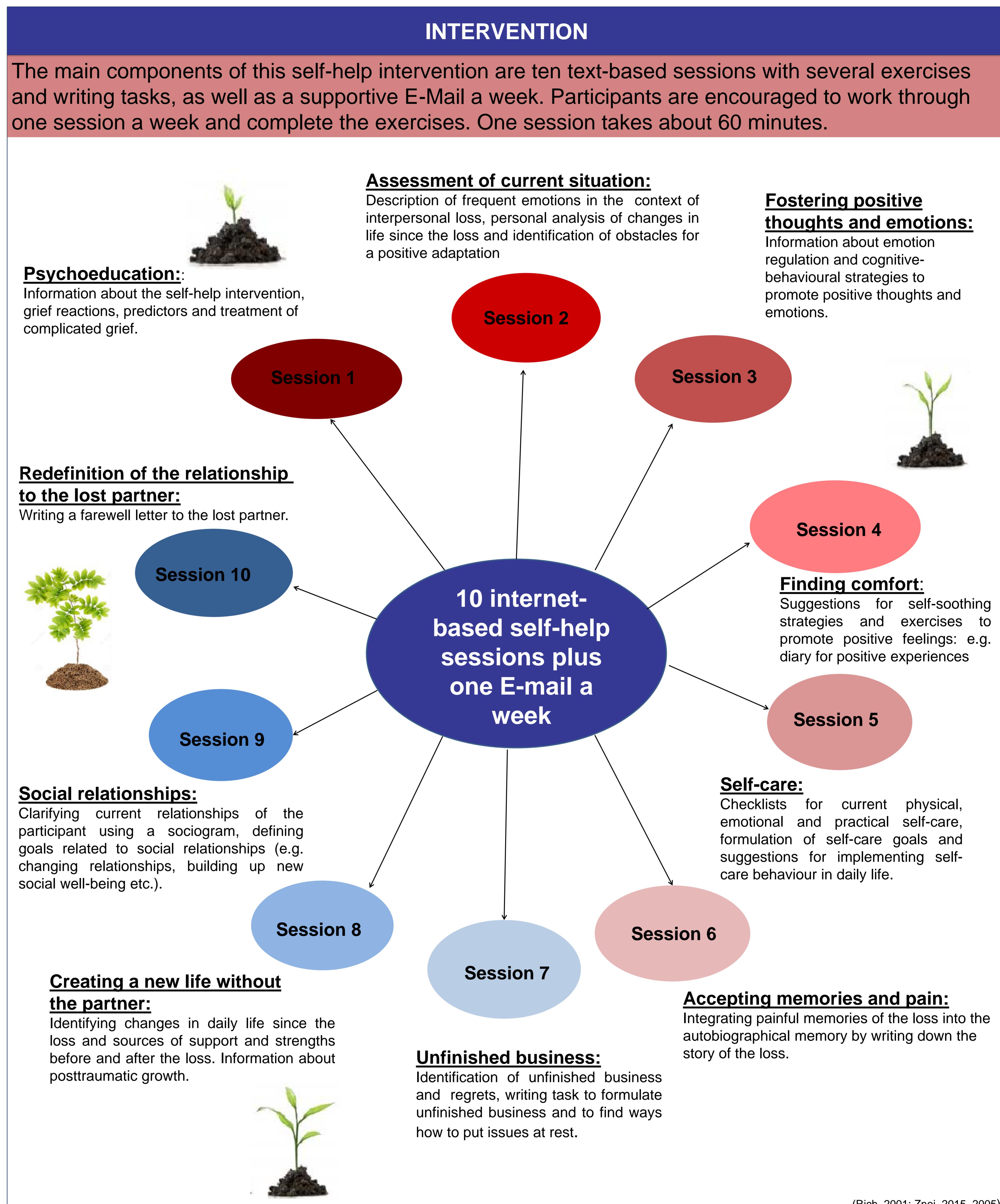


## The present research

Based on the dual process model of coping with bereavement (Stroebe & Schut, 1999), the two-track model (Rubin, 1981), and cognitive-behavioural models of emotion regulation, we developed a randomised guided internet-based self-help intervention for coping with prolonged grief symptoms after marital bereavement or separation/divorce (LIVES IP 212).

## Aims

1. Evaluation of the efficacy of the intervention compared to a waiting-control group.
2. Analyzing predictors, moderators and mediators of the outcome in order to improve the intervention, i.e. type of loss, age, psychopathological distress at baseline.



(Rich, 2001; Znoj, 2015, 2005)

## VARIABLES / INSTRUMENTS

### Primary Outcomes:

**Grief symptoms:** Texas Revised Inventory of Grief-Deutsch (TRIG-D), a widely used 16-item measure to assess the severity of grief symptoms (Znoj, 2008); **Psychological distress:** Brief Symptom Inventory (Franke, 2000).

### Secondary Outcomes:

**Depressive Symptoms:** German version of the Beck Depression Inventory (Hautzinger, Kühne & Keller, 2006); **Satisfaction with life:** (Diener et al., 1985; Schumacher, 2003); **Embitterment:** Verbitterungsfragebogen Kurzversion (Znoj & Schnyder, 2014); as well as session-related outcomes and evaluation of single sessions and the programme in general.

## PERSPECTIVE

- By the end of 2016, we aim at recruiting 220 participants who suffer from marital bereavement or separation/divorce.
- Effects of intervention will be assessed as changes from baseline to the post (12 weeks) and follow-up measures (24 weeks and 6 months later). Stability of the effects will be assessed as changes from the post measures to the follow-up measures.
- We expect that participants will show decreased grief symptoms after the online-intervention but not after the control condition and that the outcomes remain stable during the 6 months follow up.
- Exploratory analyses will compare the outcome for bereaved and divorced participants and analyse further moderators and mediators using Structural Equation Modelling.