A GUIDED INTERNET-BASED SELF-HELP PROGRAMME FOR BEREADED 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, psychological distress at baseline.

INTERVENTION

The main components of this self-help intervention are ten text-based sessions with several exercises and writing tasks, as well as a supportive E-mail a week. Participants are encouraged to work through one session a week and complete the exercises. One session takes about 60 minutes.

Assessment of current situation:

Description of frequent emotions in the context of interpersonal loss, personal analysis of changes in life since the loss and identification of obstacles for a positive adaptation.

Psychoeducation:

Information about the self-help intervention, grief reactions, predictors and treatment of complicated grief.

Redefinition of the relationship to the lost partner:

Writing a farewell letter to the lost partner.

Social relationships:

Clarifying current relationships of the participant using a sociogram, defining goals related to social relationships (e.g. changing relationships, building up new social well-being etc.).

Creating a new life without the partner:

Identifying changes in daily life since the loss and sources of support and strengths before and after the loss. Information about posttraumatic growth.

Unfinished business:

Identification of unfinished business and regrets; writing task to formulate unfinished business and to find ways how to put issues at rest.

Fostering positive thoughts and emotions:

Information about emotion regulation and cognitive-behavioural strategies to promote positive thoughts and emotions.

Finding comfort:

Suggestions for self-soothing strategies and exercises to promote positive feelings: e.g. diary for positive experiences.

Self-care:

Checklists for current physical, emotional and practical self-care, formulation of self-care goals and suggestions for implementing self-care behaviour in daily life.

Accepting memories and pain:

Integrating painful memories of the loss into the autobiographical memory by writing down the story of the loss.

10 internet-based self-help sessions plus one E-mail a week

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

• 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 internet-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.

PERSPECTIVE

References

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