

Title of study:

Evaluation of a new cognitive-behavioural therapy (CBT) to reduce psychological distress and improve quality of life for patients with Alzheimer's type dementia and their caregivers

Province:

Quebec

Description of the study:

Our study, conducted in collaboration with the Alzheimer Society of Montreal, will test the efficacy of a new form of psychotherapy specifically designed to reduce psychological distress and improve quality of life for persons living with Alzheimer's disease (AD) and their caregivers. Through this study, which is the first of its kind, the patient-caregiver dyad will gain access to innovative therapeutic tools which should improve their quality of life without having to resort to tranquilizers and antidepressants.

What will happen during the study?

Participants will be asked to come to the research centre of the Institut universitaire de gériatrie de Montréal (or to the Alzheimer Society of Montreal) once a week for eight consecutive weeks to take part in different therapy groups. Each session will last two hours with a 15-minute break. Participants will also undergo four clinical assessments of approximately two hours each over a one-year period. These assessments will provide an opportunity for us to evaluate memory, psychological health and quality of life. The collected results will be published in scientific journals and presented at national and international conferences (participants will not be identified). The content of the therapy will also be published if we are able to demonstrate its efficacy.

Eligibility: Who can participate?

- 1) You have been diagnosed with dementia (Alzheimer's disease)
- 2) This diagnosis was a shock to you.
- 3) You have a caregiver (minimum eight hours of contact per week)
- 4) You understand and speak French

Recruitment start date:

2017/01/01

Recruitment end date:

2017/07/15

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