

Review of: "Effectiveness of a novel multi-modal intervention for family caregivers of persons with age-related macular degeneration: a randomised controlled trial"

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Potential competing interests: No potential competing interests to declare.

Effectiveness of a novel multi-modal intervention for family caregivers of persons with age-related macular degeneration: a randomized-controlled trial.

This is one of the first studies to develop and test an intervention for reducing burden and improving well-being in caregivers (CGs) of people with age-related macular degeneration (AMD).

The study is ground-breaking because, despite being a very important/debilitating health problem in older adults, research examining family CGs of these patients has been minimal, especially interventions.

This study also is important because it employs CBT, one of the most efficacious therapies for treating psychological problems.

Although the study was not able to recruit and/or retain CGs in the protocol, the field is still advanced by this research because the researchers learned much about the processes that need to be overcome in order to study and treat CGs of people with AMD.

In addition to redesigning the intervention to allow for a more flexible protocol and adherence regimen, the authors should expand their literature search and study the ways in which interventions have been implemented with CGs of older adults with other types of chronic health problems. In particular, there is extensive research on interventions with spouses and daughters of people with Alzheimer's disease and some of these studies have been conducted in Australia.

Importantly, these researchers are not far from their goal. Even with the reduced sample sizes, their effect sizes are impressive.

Some additional issues to consider. Please know that because spouse CGs are of similar age to their care-recipients, they may also have health problems and that these problems need to be considered when doing interventions with care-recipients. This has been highlighted in meta-analyses/reviews. Indeed, caregiver depression and anxiety are reasons why the study was not able to recruit more participants into the study. The authors should also look into cognitive problems among caregivers.

