

Effects of a Mindfulness Intervention in Caregivers of People With Dementia (CARING)

Status: OPEN TO ACCRUAL

Eligibility Criteria

Age: 50 years and over

This study is also accepting healthy

Healthy Volunteers: volunteers

Inclusion Criteria:

- English speaking
- Self-reporting informal caregivers of persons with dementia

Exclusion Criteria:

- Self-reported major depressive disorder with psychotic features
- History of schizophrenia
- Bipolar disorder
- Uncorrected severe sensory impairments or chronic debilitating health problems that could hinder participating in the interventions
- Previous MBSR training or regular meditative practice within previous 6 months

Conditions & Interventions

Interventions:

Behavioral: Mindfulness Training, Behavioral: Reappraisal Training

Conditions:

Caregivers, Burnout, Sleep

Keywords:

well-being, sleep, caregiver

More Information

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Phase: N/A

IRB

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