

The effects of family-centered empowerment model on depression, anxiety, and stress of the family caregivers of patients with COVID-19: A Randomized Clinical Trial

Samira Mohajer

Mashhad University of Medical Sciences, Iran

Abstract

Taking care of patients with Covid-19 is regarded as a challenging task for family caregivers. caregivers' practical stressors cause psychological stress, state-trait anxiety, and situational depression because of their challenging responsibilities. Several behavioral theories and psychological counseling interventions such as hope building, reassurance, health belief model, self-management, and guidance techniques have been proposed to reduce psychological distress and improve mental health. Family empowerment enhances patients' quality of life, responsibility, fulfillment, collaboration with healthcare providers, compliance with treatment, and attitudes toward the diseases. It can also lead to the anticipation of complications and the decline of treatment expenses so The present study seeks to examine the influence of online FCEM on depression, anxiety, and stress among family caregivers of patients with COVID-19 in Iran. Seventy caregivers were randomized to FCEM (n= 35) or control (n= 35). The four-stage of FCEM in four online sessions through WhatsApp was provided to the intervention group from the patient's discharge until 2 weeks later. The demographic information questionnaire and Depression Anxiety Stress Scale-21 were employed both before and five days after the FCEM sessions to gather the necessary data. Caregivers included 55.8% women and 44.2% men, with a mean age of 42.5 years. The results demonstrated a substantial difference in the average score of stress ($p= 0.023$), anxiety ($p= 0.003$), and depression ($p= 0.012$). The combination of a face-to-face orientation session and online methods of FCEM is likely to lower stress, anxiety, and depression among caregivers. It can be contributed to the practicability, simplicity, and effectiveness of the intervention.

Biography

Samira Mohajer has worked as a lecturer at the Nursing

School of Mashad University of Medical Sciences, Mashhad, Iran. She completed a master's and Ph.D. degree in Nursing Education at the University of Malaya, Mlaysia.