

Effectiveness of iSupport-Brazil on reducing perceived burden, anxiety and depressive symptoms among family carers of people with dementia: Results of a randomized controlled trial



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Caregiver. Elderly. Dementia.																		
INTRODUCTION	METHODS	RESULTS	CONCLUSIONS	REFERENCES														
Informal caregivers of people living with dementia are exposed to significant physical and emotional health challenges resulting from disease progression and increasing dependence in activities of daily living. The lack of adequate support may intensify perceived burden and contribute to anxiety and depressive symptoms. Accessible interventions such as the online iSupport for Dementia program are relevant, as they provide education, promote socioemotional skill development, and offer caregiver support while overcoming socioeconomic and informational barriers. We aimed to evaluate the effectiveness of the iSupport program, adapted for the Brazilian context, on caregiver burden and anxiety and depressive symptoms among informal caregivers or people living with dementia.	-A randomized clinical trial (between January 2022 and July 2023) with 162 informal caregivers from all five regions of Brazil, randomly allocated to an intervention group (IG; n=77) or a control group (CG; n=85). -The IG had free access to the iSupport-Brazil platform for three months, while the CG accessed informational resources from the Brazilian Alzheimer's Association and the Care Guide for Older Adults. -Pre-and post-intervention assessments included sociodemographic data, caregiver burden measures (single-Item burden scale and the Zarit Burden Interview), and anxiety and depressive symptoms assessed using the Hospital Anxiety and Depression Scale (HADS). -Analyses were performed using an intention-to-treat approach.	<table><tr><th colspan="2">Sample</th></tr><tr><td>Gender</td><td>Women</td></tr><tr><td>Region of residence</td><td>Southeast</td></tr><tr><td>Mean age (years)</td><td>Approximately 50</td></tr><tr><td>Marital status</td><td>Married</td></tr><tr><td>Education level</td><td>High educational attainment</td></tr><tr><td>Race/Ethnicity</td><td>White</td></tr></table> • We found a significant reduction in anxiety symptoms at post-test. • Per-protocol analysis demonstrated significant reductions in caregiver burden and anxiety. • Although no statistically significant effects were observed for depressive symptoms, a downward trend in scores was noted. • In the CG, regression models indicated an overall worsening of scores over time except for anxiety.	Sample		Gender	Women	Region of residence	Southeast	Mean age (years)	Approximately 50	Marital status	Married	Education level	High educational attainment	Race/Ethnicity	White	✓ The iSupport-Brazil program was effective in reducing perceived caregiver burden and anxiety symptoms among informal caregivers of people living with dementia → feasible family-centered support strategy. ✓ Future studies including social and economically vulnerable populations and individuals with lower educational levels may further strengthen the evidence base for the implementation of iSupport-Brazil in Brazil. 	BRAZIL. Ministry of Health. National Report on Dementia. Brasília, 2024. MINISTRY OF HEALTH. National report on dementia in Brazil: strategies for coping and care. Brasília: Ministry of Health; UNIFESP, 2024. WORLD HEALTH ORGANIZATION. iSupport: An e-health solution to support caregivers of people living withdementia. In: World Health Organization, M. H. (Ed.): Genebra, 2016.
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