



Health App Recommendation Tool, Hart: Preliminary Evidence From An Ongoing N-of-1 Trial With Young And Middle-aged Dementia Caregivers



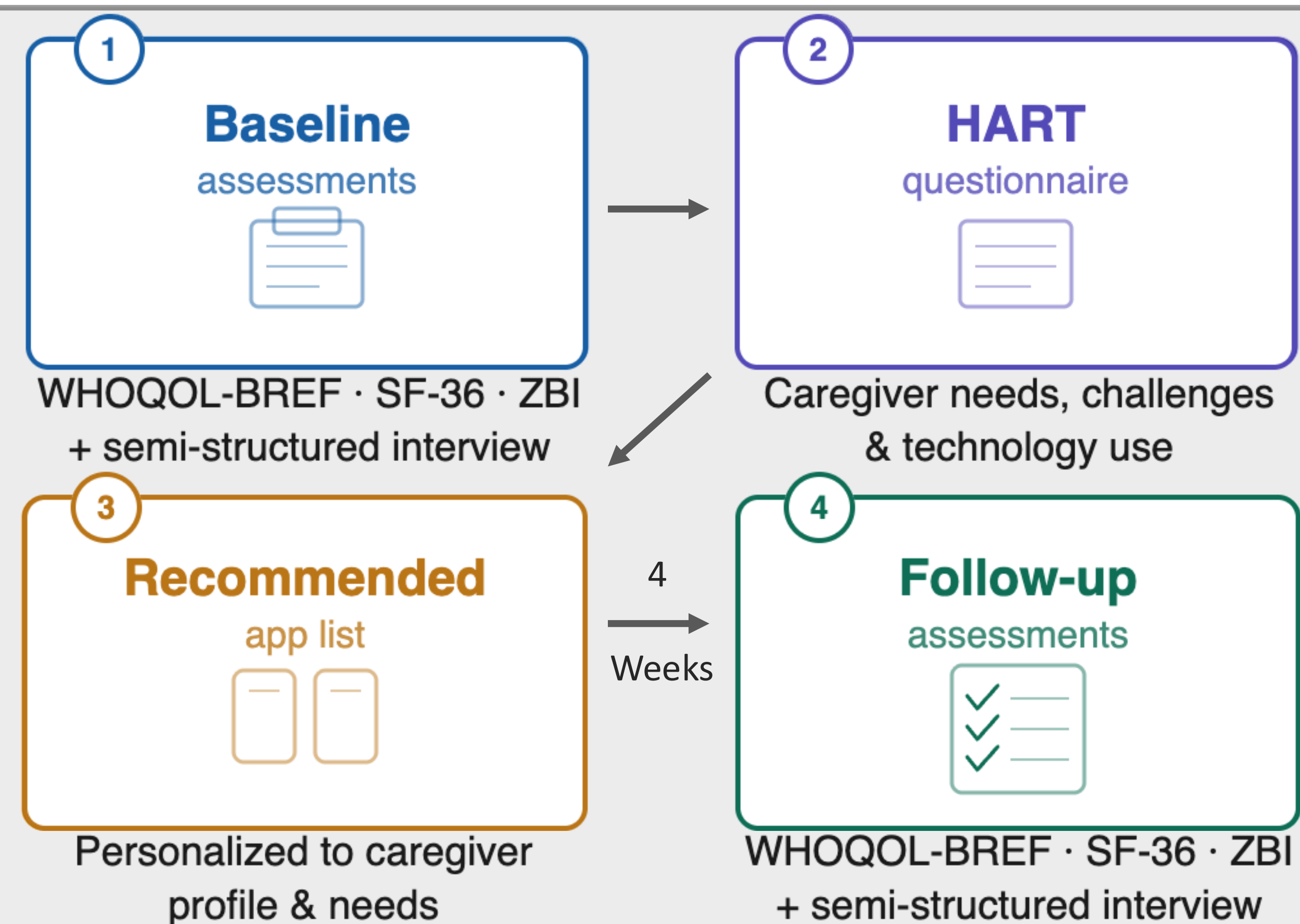
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BACKGROUND

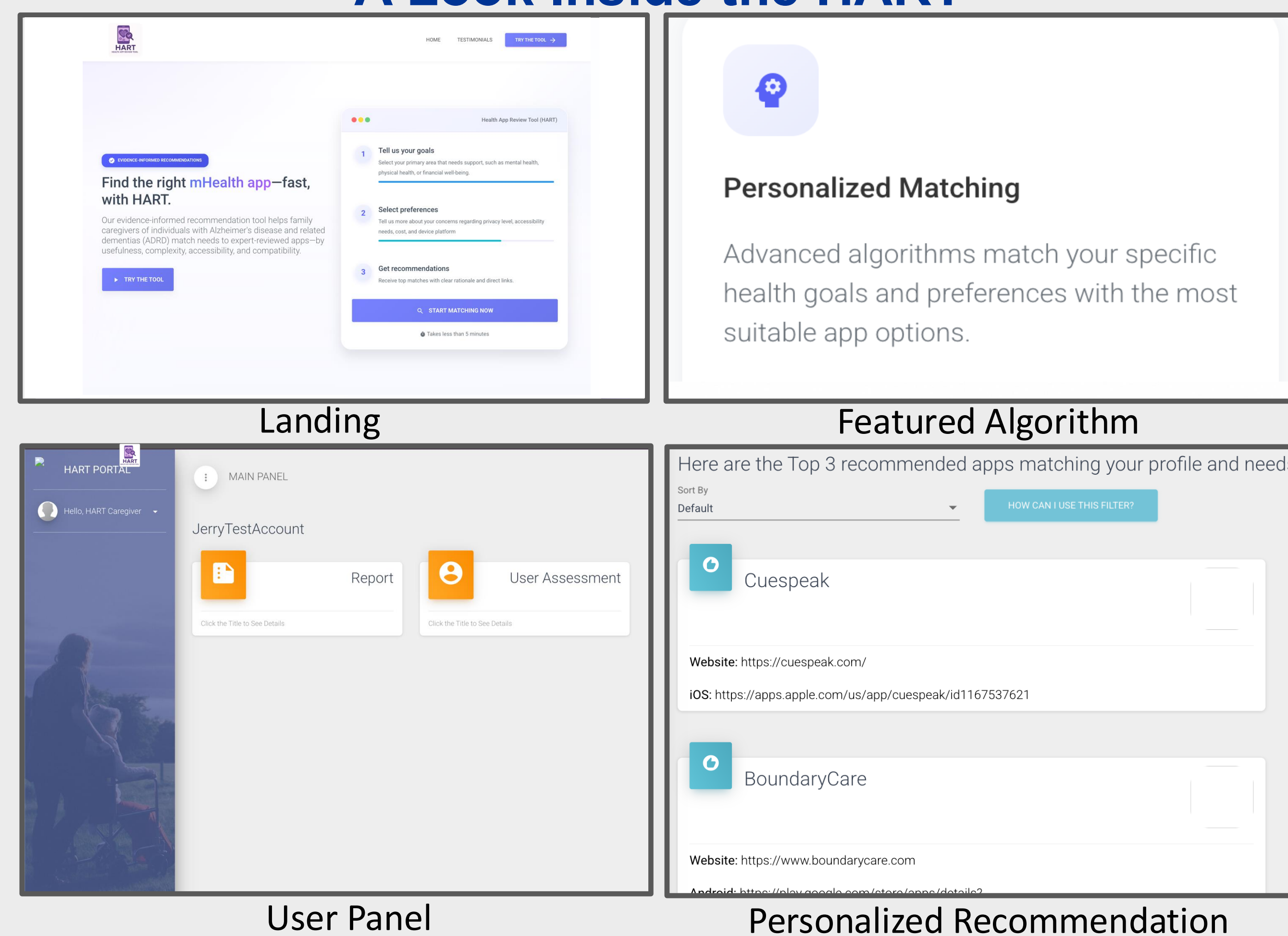
- 2/3 of U.S. dementia caregivers are young or middle-aged.
- Caregivers face challenges of managing careers and families while devoting up to 145 hours/month to caregiving.
- “Caregiver Penalty”: this balancing act makes dementia caregivers more likely to experience hypertension, depression, and chronic pain.
- With caregivers typically seeing a specialist 1-2 times a year, most day-to-day questions, stressors, and health needs receive no support.
- Health apps offer a scalable, accessible solution:
 - Real-time support
 - Symptom tracking
 - Mindfulness tools
 - Care coordination
- Critical barriers remain:** caregivers face a confusing landscape of hundreds of thousands of apps with no reliable way to identify which are trustworthy or relevant.

METHODS

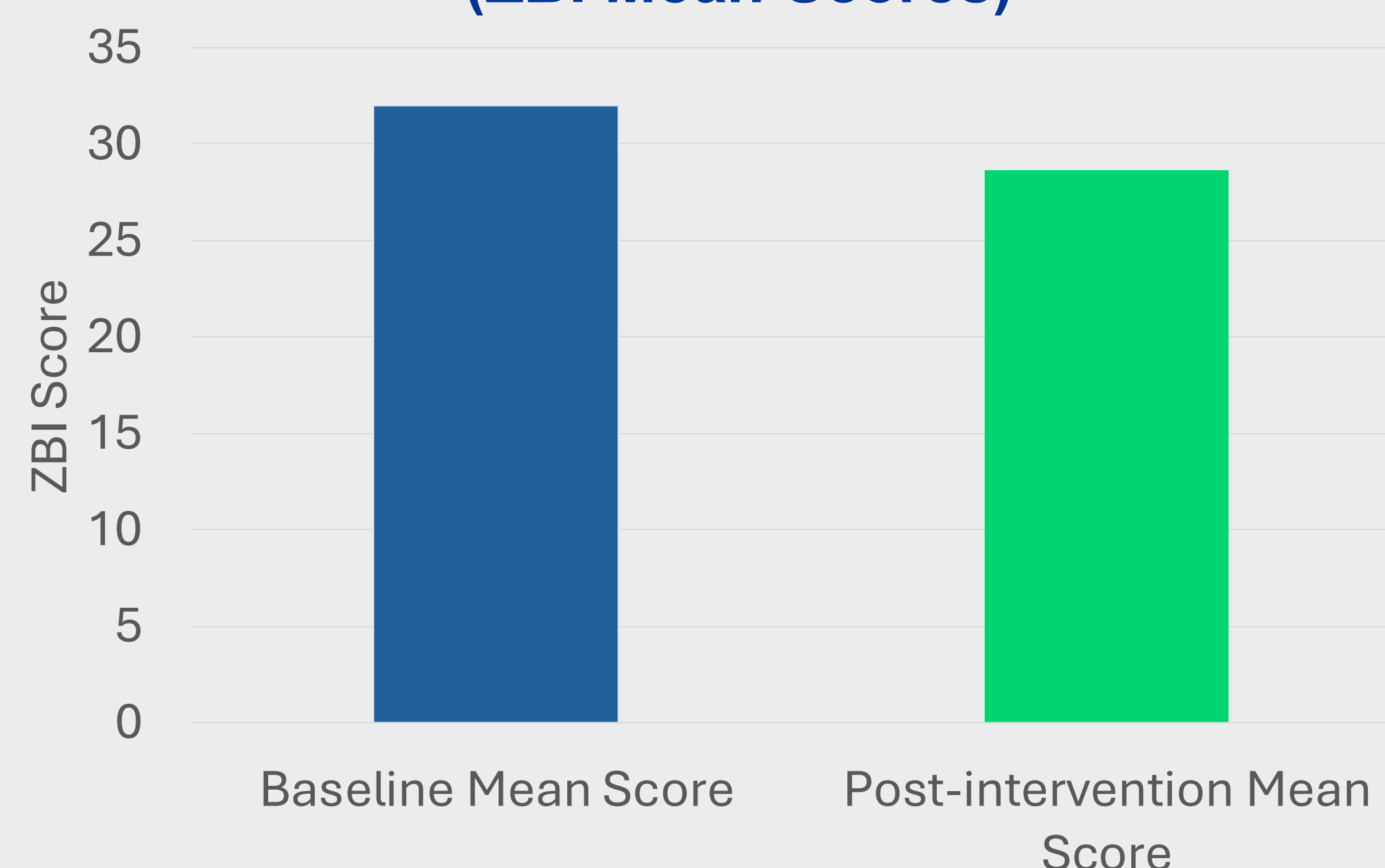
- Dementia caregivers were recruited through targeted registries to completed a 4-week trial, engaging with HART-recommended apps in their daily lives. (Study ongoing)
- Semi-structured interviews and the following targeted assessments were conducted pre- and post-intervention:
 - Quality of life (WHOQOL-BREF)
 - Physical and mental health (SF-36)
 - Caregiver burden (Zarit Burden Inventory)



— A Look Inside the HART —



Baseline vs Post-Intervention Caregiver Burden (ZBI Mean Scores)



RESULTS

Baseline:

- 6 dementia caregivers have completed the study protocol to date (2 males, 4 females)
- Participants reported mild-to-moderate caregiver burden (ZBI M = 32.0, SD = 13.1).
- Moderate quality of life with Social Relationships scoring lowest (WHOQOL-BREF M = 45.8).
- Physical Health highest (M = 58.3), and greater challenges in mental health relative to physical functioning (SF-36 MCS M = 47.9; PCS M = 58.3).

Post-intervention:

- Burden showed a modest mean reduction (ZBI M = 28.6; mean change = -5.4)
- Variable responses across participants.

CONCLUSION

- Preliminary findings begin to point to the HART's usefulness as a caregiver support. Full Study results will be reported upon project conclusion
- Results will inform platform refinement, with future work targeting a fully-powered pilot trial with N=100 caregivers.

FUNDING

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REFERENCES

