

G.11 Supporting informal carers

G.11.1 Supporting informal carers of people living with dementia

- How effective are carers' assessments in identifying the needs of informal carers of people living with dementia?
- What interventions/services are most effective for supporting the wellbeing of informal carers of people living with dementia?

G.11.1.1 Psychoeducational interventions

Quality assessment						No of patients		Effect estimate	Quality
No of studies	Design	Risk of bias	Indirectness	Inconsistency	Imprecision	Intervention	Usual care	Summary of results	
Carer burden (lower values favour intervention)									
3	RCT	Serious ¹	Not serious	Not serious	Serious ²	201	172	SMD -0.14 (-0.34, 0.07)	Low
Carer depression (lower values favour intervention)									
3	RCT	Not serious	Not serious	Serious ³	Very serious ⁴	192	185	SMD -0.02 (-0.31, 0.28)	Very low
Carer anxiety (lower values favour intervention)									
2	RCT	Not serious	Not serious	Not serious	Serious ²	151	96	SMD -0.08 (-0.34, 0.18)	Moderate
Carer stress (lower values favour intervention)									
2	RCT	Not serious	Not serious	Not serious	Very serious ⁴	41	31	SMD -0.20 (-0.67, 0.28)	Low
Carer quality of life (higher values favour intervention)									
1 (Hattink 2015)	RCT	Not serious	Not serious	N/A	Very serious ⁴	21	25	SMD 0.34 (-0.25, 0.92)	Low
Carer self-efficacy (higher values favour intervention)									
3	RCT	Serious ⁴	Not serious	Not serious	Serious ²	174	159	SMD 0.20 (-0.02, 0.41)	Low
Carer social support (higher values favour intervention)									
1 (Hebert 2003)	RCT	Not serious	Not serious	N/A	Very serious ⁴	60	56	SMD 0.04 (-0.33, 0.40)	Low
Revised memory and behaviour problems checklist – severity (lower values favour intervention)									
2	RCT	Not serious	Not serious	Serious ³	Very serious ⁴	153	134	SMD -0.04 (-0.75, 0.67)	Very low
Revised memory and behaviour problems checklist – reaction (lower values favour intervention)									
2	RCT	Not serious	Not serious	Not serious	Serious ²	153	134	SMD -0.16 (-0.40, 0.07)	Moderate
Activities of daily living – person living with dementia (higher values favour intervention)									
1 (Gitlin 2001)	RCT	Not serious	Not serious	N/A	Serious ²	93	78	SMD 0.22 (-0.08, 0.52)	Moderate

Quality assessment						No of patients		Effect estimate	Quality
No of studies	Design	Risk of bias	Indirectness	Inconsistency	Imprecision	Intervention	Usual care	Summary of results	
Proportion entering long stay care (lower values favour intervention)									
1 (Nobili 2004)	RCT	Not serious	Not serious	N/A	Serious ²	156	136	RR 1.29 (0.80, 2.08)	Moderate
1. Unclear reporting of methods 2. Crosses one line of a defined MID 3. $i^2 > 40\%$ 4. Crosses two lines of a defined MID									