

**Testing the Effect of an Internet-Based
Structured Emotional Expressive Writing
Intervention with Alzheimer's Disease Family Caregivers**

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BACKGROUND / RATIONALE:

Structured written emotional expression (SWEE) is a promising, low cost, and innovative intervention designed to enhance meaning-making that involves asking participants to share brief written accounts expressing their deepest thoughts and feelings about a traumatic experience.

While emotional expression has been found to promote physical health, psychological well-being, and physiological functioning in a wide variety of populations, no research has focused testing the intervention in a population of Alzheimer's Disease and Related Disorders (ADRD) family caregivers or evaluating the feasibility for conducting and testing the SWEE intervention using the internet with a population of family caregivers.

OBJECTIVE (S):

The specific aims of this informatics initiative pilot-study are to evaluate the feasibility of:

1. Recruiting ADRD family caregivers over the internet;
2. Obtaining consent and providing instructions for data collection over internet;
3. Developing, implementing and testing a secure website for administering/collecting pretest data, conducting the SWEE intervention, and administering/collecting post-test data.

METHODS:

A randomized experimental and comparison group repeated measures will be used to assign the participants to one of two writing groups

STATUS:

Data collection is in progress.

IMPACT:

This proposed informatics pilot-study is designed to evaluate the effectiveness of conducting and testing an innovative intervention over a secure internet connection which is postulated to decrease the emotional and physiological burdens of care giving in family caregivers of persons with Alzheimer's Disease and Related Disorders (ADRD)

PUBLICATIONS: None at this time.