IDEA Intervention to prevent Depressive symptoms and promote well-being in EArly stage dementia development and feasibility

https://www.neurodegenerationresearch.eu/survey/idea-intervention-to-prevent-depressive-symptoms-and-promote-well-being-in-early-stage-dementia-development-and-feasibility/

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Country

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Title of project/programme

IDEA Intervention to prevent Depressive symptoms and promote well-being in EArly stage dementia development and feasibility

Source of funding information

Alzheimer's Society

Total sum awarded (Euro)

€ 473,580

Start date of award

01/02/16

Total duration of award in years

4.0

The project/programme is most relevant to:

Alzheimer's disease & other dementias

Keywords
Research Abstract

Depression in dementia is a highly common syndrome producing substantial decrements in well-

being. People with dementia and depression experience more functional and behavioural problems, and are at high risk of entering care. Anti-depressants are ineffective in treating or reducing depressive symptoms. Given therefore the serious burden of depression and limited treatment options, preventing, or at least delaying the onset of depression in people with dementia is a major clinical priority.

Existing research in psychological interventions in dementia suggests that these can reduce depressive symptoms but definitive evidence is lacking. The primary aim of the proposed research is to develop a coping intervention to prevent depressive symptoms for people with early-stage dementia. The development of the intervention will be guided by Medical Research Council (MRC) guidelines, preventive interventions for depression in late life and in-depth consultations with key-stakeholders. The secondary objective is to test the feasibility and acceptability of the intervention.

A total of 60 people with dementia will be recruited, with minimum size needed to estimate acceptability being 56 (expected value 75%, 95% Confidence Intervals (CIs) = 59-87%). Participants will have a diagnosis of early-stage dementia, will be living in the community and have a carer who can participate in the intervention. The feasibility study will estimate parameters for a main definitive trial such as number of eligible participants, percentage finding the intervention acceptable, follow-up rates, and number of sessions attended. Additional data collected will be suitability of outcome measures and piloting procedures and parameters for a future trial.

Types:
Fellowships

Member States:
United Kingdom

Diseases:
Alzheimer's disease & other dementias

Years:
2016

Database Categories:
N/A

Database Tags:
N/A