

# **Effectiveness of web-based intervention for life change adaptation in family caregivers of individuals with acquired brain injury: A cluster RCT**

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## **Background**

Life changes due to the sudden onset of acquired brain injury (ABI) are drastic personal and social changes that require adaptation and are also an important indicator of the quality of life of family caregivers. Yet, the development of programs to promote life change adaptation has not yet been initiated globally.

## **Aim of the study**

To test the effectiveness of a web-based intervention in improving life change adaptation in family caregivers of community-dwelling individuals with ABI.

## **Methods**

A cluster RCT was used with 240 families in 16 clusters of associations for families of individuals with ABI in Japan. Participants were randomly assigned to the intervention or control group (1:1 ratio). The intervention group was assigned a web-based program to promote life change adaptation in addition to routine family group activities. The control group followed only routine family group activities. The primary outcome was the life change adaptation scale (LCAS) score at baseline, after three days, and at the end of the month of study.

## **Results**

Results indicated that the LCAS scores improved significantly in the intervention group over the whole study period ( $P < 0.001$ ). At each measurement time, the intervention group had better LCAS scores than those of the control group.

## **Conclusions and implications**

The program can be an effective means of enhancing adaptation to daily life in family caregivers of community-dwelling individuals with ABI in the coming era of online networks and society.