S-221: Dementia therapy: What can psychology contribute?

Gabriele Wilz, Katja Werheid (chair)

Due to the raising prevalence of dementia worldwide, there is a pressing need to develop supportive intervention strategies for patients affected by dementia and their caregivers. However, research on clinical application and efficacy of psychological interventions in these populations is scarce.

The present symposium gathers evidence on the various psychological treatments for patients with dementia as well as caregivers, ranging from psychotherapy to focused and social interventions. Scientists from different European countries will present latest evidence on the evaluation of psychological treatments and discuss future developments in this area.

Description and outcomes of a psychological and occupational therapy intervention for dementia family caregivers

Losada, Andrea Dept. of Psychology, Universidad Rey Juan Carlos, Madrid, Spain

Preliminary results of a multicomponent and interdisciplinary (cognitive-behaviour-therapy and occupational-therapy) intervention for dementia caregivers are presented. Caregivers were randomly assigned to an intervention condition (n = 40) or a control condition. Both conditions were conducted over two measuring times. The results show a significant reduction from pre-intervention to post-intervention of depression (p < .01), anxiety (p < .05) and dysfunctional thoughts (p < .01), and a significant increase in pleasurable activities (p < .01) and satisfaction with life than their husbands. Despite their impairment, the demented subjects participated actively. Conclusions: Relations between exchange, well-being, and health decline comprise essential information for couple interventions.

Description and outcomes of a psychological and occupational therapy intervention for dementia family caregivers

Losada, Andrea Dept. of Psychology, Universidad Rey Juan Carlos, Madrid, Spain

Preliminary results of a multicomponent and interdisciplinary (cognitive-behaviour-therapy and occupational-therapy) intervention for dementia caregivers are presented. Caregivers were randomly assigned to an intervention condition (n = 40) or a control condition. Both conditions were conducted over two measuring times. The results show a significant reduction from pre-intervention to post-intervention of depression (p < .01), anxiety (p < .05) and dysfunctional thoughts (p < .01), and a significant increase in pleasurable activities (p < .01) and satisfaction with life than their husbands. Despite their impairment, the demented subjects participated actively. Conclusions: Relations between exchange, well-being, and health decline comprise essential information for couple interventions.