

# **Dementia Caregivers' Responses to Two Internet-based Information-Support Programs**

## **Abstract**

**Purpose:** The aim of this study was to examine the impact on dementia caregivers' experienced stress and health status of two Internet-based intervention programs. **Design and Methods:**

Ninety-one dementia caregivers were given the choice of being involved in either an Internet-based chat support group, or an Internet-based video conferencing support group. Pre-post outcome measures focused on distress, health status, social support, and service utilization.

**Results:** In contrast to the chat group, the video group showed significantly greater improvement in mental health status. Also for the video group, improvements in self-efficacy, neuroticism, and social support were associated with lower stress response to coping with the care recipient's cognitive impairment and decline in function. **Implications:** The results show

that, of two Internet-based intervention programs for dementia caregivers, the video conferencing intervention program was more effective in improving mental health status and improvement in personal characteristics were associated with lower caregiver stress response.