

Review Article

Review On Effectiveness of Cognitive Behavioral Therapy of Caregivers of Children with Special Needs with Special Reference to Mental and Emotional Wellbeing

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ABSTRACT

The goal of a literature review in any research project is to gain a thorough understanding of the previous work, different discussions pertinent to the research subject, and how to convey one's issue in written form. A thorough literature review enables one to have a solid understanding of their topic. By being familiar with key ideas, experimental methodologies and research techniques also involved the research methodology. In this article, recent review on effectiveness of cognitive behavioural therapy of caregivers of children with special needs with special reference to mental and emotional wellbeing has been highlighted.

Keywords: Effectiveness, Cognitive, Therapy, Mental, Emotional

INTRODUCTION:

A successful literature review makes the researcher's thoughts into a jigsaw puzzle of the pertinent research topic, with a few missing pieces that stand in for the research gaps. Through his research, the researcher hopes to close some of these gaps. Many people conflate quoting numerous research articles on the issue with conducting a literature review, while the latter entails meticulously evaluating numerous resources and offers a comprehensive summary of the subject.

RECENT REVIEW OF LITERATURE:

According to Fossey A et al. (2020), a randomised controlled trial (RCT) was conducted with carers of people with dementia who had mild anxiety or depression to compare online cognitive-behavioral treatment (CBT) with and without telephone support, respectively, to online psychoeducation. Compared online CBT with and without telephone support to online psychoeducation in a three-arm parallel-group RCT. Participants and setting dementia caregivers participated in an online study. The major end measure at 26 weeks was the General Health Questionnaire-12 (GHQ-12) scores on the mental health subscale. The Hospital Anxiety and Depression Scale (HADS), the Relative Stress Scale (RSS), and the Short Sense of Competency Questionnaire were among the secondary outcomes. The main study employed analysis of covariance to examine participants who completed the GHQ-12 at baseline and 26 weeks. 208 of the 638 participants who were randomly assigned to the 3 treatment arms were used in the analytic population. All treatment arms experienced GHQ-12 improvements relative to baseline (P.001 for all interventions), but neither CBT with telephone support nor without it offered any discernible benefit over psychoeducation. For the secondary outcomes, there were no statistically significant differences between CBT with telephone support and psychoeducation, but CBT without telephone support was less effective than psychoeducation for the HADS depression subscale and caregiver stress (RSS mean difference of 3.11, 95 percent CI 0.13, 6.09, and P =.004, respectively). All three treatment arms experienced good safety, with no fatalities or

major adverse effects. Summary and Implications Psychoeducation and online CBT with telephone support both significantly improved mental health and mood over the course of 26 weeks compared with baseline, but there were no advantages for CBT when compared to the psychoeducation intervention. According to the most recent research, CBT without telephone support was less successful than psychoeducation in terms of mood outcomes and shouldn't be advised.

According to Oud M. et al. (2019), CBT is the first-choice treatment for teenage depressive disorders and symptoms. However, improvements are required due to the therapy's low overall efficacy. Understanding the contextual and structural aspects of CBT and its components may improve its effectiveness. Our method's objective is to assess CBT's effectiveness for depression in young people and to look at contextual and structural elements that may have an impact. In order to conduct a systematic review of randomised controlled trials, searches in CINAHL, CENTRAL, EMBASE, MEDLINE/PubMed, and PsycINFO were conducted. The GRADE approach was used to evaluate confidence in the results and conduct a meta-analysis of outcomes. To identify elements or other factors connected to an in-or decrease in CBT effects, meta-regression was employed. 4335 people participated in the 31 trials that we included. CBT was found to reduce depressive symptoms at the end of therapy and at follow-up, and CBT used as a recommended preventative reduced the risk of depression at follow-up by 63%. Long-term improvements in youth outcomes were linked to CBT that included both behavioural activation and challenging thoughts components (as part of cognitive restructuring) or intervention with caregiver(s). There is proof that CBT helps young people with (subclinical) depression. Our studies demonstrate that when behavioural activation and challenging ideas are included in CBT, together with the involvement of the caregiver (s), the outcomes may be enhanced. However, additional RCTs should be conducted to examine the significant effects of these three moderators.

Research on parents of children with chronic diseases has revealed, according to Anclair M et al. (2017), that this parent group frequently experiences psychological issues such as declining life quality and stress-related disorders. The health-related quality of life (HRQOL) and life satisfaction of parents of children with chronic diseases are the main topics of the current feasibility study. The study employed a repeated measures approach and either a group-based mindfulness training (MF; n = 9) or cognitive behavioural treatment (CBT; n = 10). There was a six-month waitlist for trial participants. The findings show that participants in both therapy groups made progress in a few key domains of HRQOL and life satisfaction. Parents in the two treatment groups experienced significant improvements in their mental component summary (MCS) scores as well as their scores on the mental subscales vitality, social functioning, role emotional, and mental health after eight group therapy sessions. Additionally, the MF group displayed significant improvement on some of the physical subscales, including role physical, bodily discomfort, and general health. When evaluating clinical relevance by comparing the samples to mean values of a normative population, the MCS scores were significantly lower during the pre-measurements but no significant differences were found after the measurement. When compared to the norm population, a significantly higher score for the Physical Component Summary (PCS) scores was found at the post-measurement. Additionally, the results show an improvement in life satisfaction in terms of free time, relationships with children, and relationships with partners. According to the study's findings, CBT and mindfulness may improve HRQOL and life satisfaction.

According to Nicolás Ruiz-Robledillo and Luis Moya-Albiol (2015), the caregivers of people with autism spectrum disorder (ASD) are constantly subjected to high levels of stress. In turn, this stress is linked to a lot of poor health effects. Little research, meanwhile, has examined how psychotherapy therapies affect this population's health. The major objective of the current study was to assess a cognitive-behavioral intervention program's efficacy. We employed a sample of 17 unofficial caregivers of ASD patients for this. Pre-post design was the foundation of the investigation. In addition to having fewer physical symptoms, lower levels of sadness, and better mood states than at baseline, caregivers had lower burden levels immediately following the intervention than they had at baseline. These findings demonstrate the effectiveness of the cognitive-behavioral intervention designed to lessen carers' chronic stress and health concerns. The curriculum may also be helpful early in the caregiving process to equip

caregivers with practical methods for averting future health issues. For this population, the program's inclusion into more general psychological interventions would be extremely advantageous.

According to Kwok T et al. (2014), due to logistical issues and privacy concerns, family caregivers of dementia patients (PWD) may get caregiver training. This study investigated the effectiveness of an online intervention in increasing family caregivers' self-efficacy in managing behavioural and psychological symptoms of dementia (BPSD) and their emotional well-being. A 9-week online intervention based on the cognitive behavioural therapy model involved 36 family caregivers of dementia patients. The Neuropsychiatric Inventory Questionnaire in Chinese and two dimensions of the Revised Scale for Caregiving Self-Efficacy were used to assess the intervention's results. The comparison of the change in outcome variables was performed using Wilcoxon signed rank tests. A statistically significant decrease in the severity of BPSD in PWD and BPSD-related distress in family carers was observed following the intervention. According to a subgroup analysis, caregivers with PWD in moderate to severe stages had a considerable improvement in self-efficacy in managing troubling thoughts. Online cognitive behavioural therapy for family caregivers of people with disabilities decreased their BPSD and the associated caregiver distress.

CONCLUSION:

A good literature review attempts to compare and contrast the source under consideration with other pertinent literature, allowing the researcher to evaluate each one according to the strength of its supporting data and methodological foundation. It also acknowledges the value that excellent writing has in advancing our understanding of a subject. By conducting a literature review in the manner described above, a researcher is able to frame his ideas in a way that significantly advances his field of study.

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