



**UNIVERSITI PUTRA MALAYSIA**

***DEVELOPMENT AND EVALUATION OF A PSYCHO-EDUCATIONAL  
INTERVENTION PROGRAM TO ENHANCE THE PSYCHOLOGICAL  
WELL-BEING OF DAUGHTER AND DAUGHTER-IN-LAW CAREGIVERS  
OF STROKE SURVIVORS***

**SAKINEH GHOLAMZADEH**

**IG 2013 6**



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STROKE SURVIVORS**

**By**

**SAKINEH GHOLAMZADEH**

**Thesis submitted to the School of Graduate Studies, Universiti Putra Malaysia, in  
Fulfillment of the Requirement for the Degree of Doctor of Philosophy**

**February 2013**

## DEDICATION

**Dedicated to the omnipresent God, my dear Lord for all he has been to me, my family for their love and endless support, and my supervisor professor Tengku Aizan Hamid for her valuable guidance and help.**



Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfilment  
of the requirement for the degree of Doctor of Philosophy

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INTERVENTION PROGRAM TO ENHANCE THE PSYCHOLOGICAL  
WELL-BEING OF DAUGHTER AND DAUGHTER- IN-LAW CAREGIVERS  
OF STROKE SURVIVORS IN IRAN**

By

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**February 2013**

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**Institute: Institute of Gerontology**

This study was aimed to develop, implement and evaluate a psycho-educational intervention program to enhance the psychological well-being (PWB) of daughter and daughter-in-law caregivers of severe ischemic stroke survivors after hospital discharge. The study followed an action research approach, which employed a collaborative cycle of reflection, re-planning, and taking action. The study includes four following steps: 1) exploration of caregiver needs and coping behaviors, 2) construction of the program, 3) action taking, and 4) randomized evaluation of the program. The data analysis from focused group and face to face interview revealed seven main categories that provided a perspective on daughters and daughters in-law needs and coping behaviors which includes: information and training, financial support, home health care assistance, self-care support, adjusting with the cultural imperative in providing care for a parent in-law, dissatisfaction with the health care system and needs for teaching problem-oriented coping approaches. There was no

obvious theme specific to the type of relationship except cultural imperative in providing care for a parent in-law. In addition, content analysis of focus group interview with a panel of clinical and academic nurses revealed two major themes which include preventing burnout and information and training. Based on caregiver needs and nursing panel suggestion at phase I, literature review, and conceptual framework of the study a hospital-home transition program (HHTP) was established, validated, and modified with daughter and daughter in-law caregivers. After construction of the program, it was implemented to ensure acceptability and feasibility in a small sample of three caregivers. In the action research process, an individualized hospital-home based support program which consisted of seven sessions was implemented and evaluated in a larger sample (n=96) through a randomized sampling design.

In the randomized study, the relationship between caregivers and stroke survivor's demographics with PWB was examined at pre-intervention stage on a total sample of 96 caregivers to identify covariate variables. Only positive religious coping significantly affected caregivers' psychological well-being. About 7.2% of changes in PWB can be explained by positive religious coping. Therefore, pre-intervention of the positive religious coping was used as the covariate in the next analysis. The results of the Mixed-ANCOVA revealed a statistical significant difference in psychological well-being score between intervention and control groups by time [F (1.45, 135.652) =8.53,  $p < 0.01$ ,  $\eta^2 = 0.084$ ] that showed the effectiveness of the new program. In addition, multi mediation analyses demonstrated that reductions in threat appraisal and increases in perceived preparedness (accounting for other mediators) mediated the effects of the intervention on psychological well-being. Intervention

affected psychological well-being indirectly through changes in threat appraisal ( $\beta=0.1008$   $CI_{BCA}=-0.0516-0.1726$ ) and preparedness ( $\beta=0.0939$   $CI_{BCA}=-0.0103-0.2044$ ). The multiple mediator model accounted for 34.28% of the variance in the PWB change ( $p < 0.001$ ). These findings supported the mediating hypothesis for two of five hypothesized mediators. The results of this study would be a good starting point for focusing on the reasons for the success and or failure of intervention program by testing mediating factors in intervention studies.



Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk ijazah Doktor Falsafah

**PEMBANGUNAN DAN PENILAIAN PROGRAM INTERVENSI PSIKO  
PENDIDIKAN UNTUK MENINGKATKAN KESEJAHTERAAN  
PSIKOLOGI ANAK PEREMPUAN DAN MENANTU PEREMPUAN  
PENJAGA PESAKIT STROK DI IRAN**

Oleh

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**Februari 2013**

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Kajian ini bertujuan untuk membangun, melaksana dan menilai satu program intervensi psiko- pendidikan ke atas kesejahteraan psikologi(PWB) anak dan menantu perempuan sebagai penjaga pesakit teruk strok iskemia dalam bulan pertama selepas keluar dari hospital. Kajian ini mengguna penyelidikan tindakan yang melibatkan kitaran refleksi, perancangan semula dan tindakan susulan. Kajian ini melibatkan empat peringkat:1) tinjauan keperluan penjaga dan tingkah laku, 2) pembentukan program 3) pengambilan tindakan, dan 4) penilaian secara rawak program. Data yang dianalisis dari kumpulan berfokus dan temuduga bersemuka menunjukkan tujuh kategori utama yang memberikan perspektif keperluan dan tingkah laku daya tindak anak perempuan dan menantu perempuan yang melibatkan informasi dan latihan, sokongan kewangan, jaringan sosial dan sokongan, sokongan penjagaan sendiri, penyesuaian terhadap keperluan budaya memberi penjagaan kepada mentua, ketidakpuasan dengan sistem penjagaan kesihatan dan keperluan

untuk mengajar pendekatan tingkah laku daya tindak berorientasikan masalah. Tiada tema tertentu terhadap jenis hubungan kecuali kepentingan budaya dalam memberi penjagaan kepada mentua. Tambahan hasil analisis kandungan kumpulan berfokus, dengan panel jururawat klinikal dan akademik mendedahkan dua tema utama iaitu pencegahan *burnout* dan informasi dan latihan. Berasaskan kepada keperluan penjaga dan cadangan panel jururawat dalam Fasa 1, ulasan karya terpilih kerangka program peralihan rumah-hospital (HHTP) telah dibentuk, disahkan dan dikemaskini dengan penjaga anak perempuan dan menantu perempuan. Setelah membina program tersebut, ia dilaksanakan untuk menguji penerimaan dan kesesuaian dengan tiga orang penjaga sebagai sampel.

Dalam proses kajian tindakan, program sokongan hospital-rumah secara personal mengandungi tujuh sesi dikendalikan dan dinilai oleh sampel yang lebih ramai ( $n=96$ ) melalui rekabentuk persempelan rawak. Dalam kajian tindakan secara rawak hubungan antara penjaga dan demografi pesakit strok dengan kesejahteraan psikologi telah diuji pada peringkat pra-intervensi ke atas 96 penjaga untuk mengenalpasti kovariate. Hanya angkuabah daya tindak positif keagamaan menunjukkan hubungan signifikan dengan kesejahteraan psikologikal penjaga. Haya 7.2 peratus perubahan dalam PWB dapat dijelaskan oleh daya tindak positif keagamaan. Oleh itu daya tindak keagamaan positif digunakan sebagai angkuabah kawalan dalam analisis seterusnya. Hasil ujian Mixed-ANCOVA menunjukkan perbezaan yang signifikan dalam skor kesejahteraan psikologi antara kumpulan intervensi dan kumpulan kawalan [ $F(1.45,135.652)=8.53$ ,  $p<0.01$ ,  $\eta^2 = 0.084$ ] yang menunjukkan keberkesanan program baharu ini. Tambahan itu, analisa multi-mediasi menunjukkan pengurangan dalam penilaian ancaman dan peningkatan dalam tanggapan tahap



persediaan (dengan mengambilkira pengantara lain) menjadi pengantara kesan intervensi ke atas kesejahteraan psikologi. Intervensi mempengaruhi kesejahteraan psikologi secara tidak langsung melalui perubahan dalam penilaian ancaman ( $\beta=0.1008$   $CI_{BCA}=-0.0516-0.1726$ ) dan tahap persediaan ( $\beta=0.0939$   $CI_{BCA}=-0.0103-0.2044$ ). Model pelbagai pengantara menjelaskan 34.28 % variasi dalam perubahan PWB ( $p<0.001$ ). Hasil dapatan ini menyokong hipotesis pengantara untuk dua daripada lima pengantara hipotesis yang dicadangkan. Dapatan kajian ini boleh menjadi titik permulaan untuk memberi tumpuan kepada sebab kejayaan dan atau kegagalan program intervensi melalui faktor pengantara dalam kajian intervensi.

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I would also like to express my special thanks to the caregivers and the nurses who participated in this study.

I certify that a Thesis Examination Committee has met on 20<sup>th</sup> February 2013 to conduct the final examination of Sakineh Gholamzadeh on her thesis entitled “**Development and evaluation of a psycho-educational intervention program to enhance the psychological well-being of daughter and daughter-in-law caregivers of stroke survivors**” in accordance with the Universities and University Colleges Act 1971 and the Constitution of the Universiti Putra Malaysia [P.U. (A) 106] 15 March 1998. The committee recommends that the student be awarded the Doctor of Philosophy.

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**Date: 20 February 2013**

This thesis was submitted to the Senate of Universiti Putra Malaysia and has been accepted as fulfillment of the requirement for the degree of Doctor of Philosophy. The members of the Supervisory Committee are as follows:

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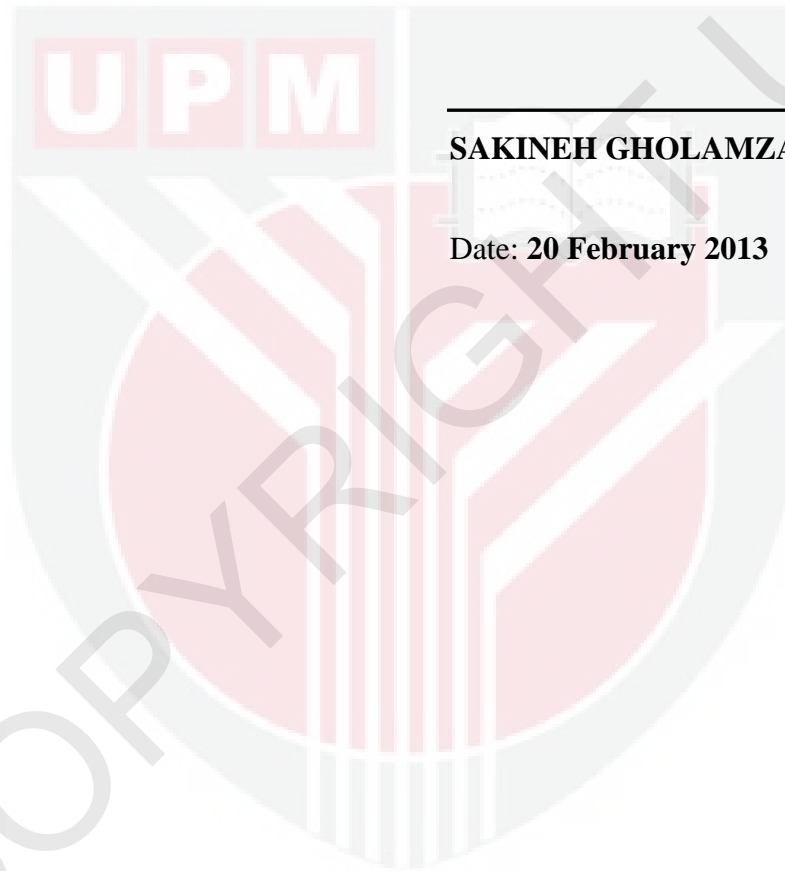
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Date: **20 February 2013**

## DECLARATION

I declare that the thesis is my original work except for quotations and citations which have been duly acknowledged. I also declare that it has not been previously, and is not concurrently, submitted for any other degree at University Putra Malaysia or any other institution.



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**SAKINEH GHOLAMZADEH**

Date: **20 February 2013**

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