Mobile App for Collecting Data on Real-Time Experiences among Stroke Caregivers - Dr. Peii Chen-Ep8

*** Recorded on October 7, 2020. *** Listen to it here.

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JOAN BANKS-SMITH: 00:06	This is Joan Banks-Smith for Kessler Foundation's Fast Takes, research that changes lives. Today, I'm with Dr. Peii Chen, a senior research scientist in the Center for Stroke Research at Kessler Foundation to talk about her latest study Ecological Momentary Assessment for Burden and Stress among Stroke Caregivers. Funding sources for the study is the New Jersey Health Foundation. Dr. Chen, can you share with us the main takeaways of this study?
PEII CHEN: 00:34	The idea is to categorize the types, intensity, and impact of burden experienced when family caregivers are taking care of or provide assistance for stroke survivors, especially those who have spatial neglect. And it is important to do it through a mobile app is because I would like to capture all these elements in real-life situations in real-time instead of using conventional assessment, which is relying on recall of self-reports. So for example, a conventional assessment will ask you, "Do you feel fatigue or do you feel depressed or do you feel stressful or do you feel anxiety for the past two weeks?" As a study participant, they would need to think back for two weeks. And different people have different ways to evaluate their mental status or even burden. However, using this mobile app method, I can relatively objectively capture what is happening at the moment. When they receive a mobile app notification, they will tell me or share with me what they're doing at that moment with the stroke survivors or if they are doing something even though it's not in the same space of the stroke survivor but they may provide something for them. So right now this is a pilot feasibility study. We are recruiting 10 family caregivers of stroke survivors. Currently, the study is a qualitative data analysis design. So we are all using this method. And also, we will interview participants before and after this mobile app usage period, which is seven days. They have to respond to the mobile apps short survey four times a day for seven days and we interview them before and after. Basically, the entire pilot project to gather enough information to inform our future larger study.
BANKS-SMITH: 02:53	What is the impact or next implications of this type of study to the field?
CHEN: 02:58	The literature, family caregiver burden and stress, is actually pretty large. It's already studied quite intensively. However, this type of measure at real-time, real-life situations is basically lacking. It is important to know what kind of task they are doing in their daily life so that we can actually provide more tailored or specific support or intervention for these individuals. [music]
BANKS-SMITH: 03:26	For more information about this study, check out the press release on our website, kesslerfoundation.org. The link is in the program notes. Be sure and subscribe to our SoundCloud channel, Kessler Foundation, for more research updates.