

Telehealth to Reduce Mental Health in Family Caregivers

NCT05696704

Status	RECRUITING
Phase	Not Applicable
Sponsor	Texas Tech University
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (4)

- Participants must be informal caregivers (e.g., spouse; child; close friend) of individuals with dementia
- Informal caregivers can be family members or close friends
- Adults (18 to 89 years old) who read, write, and speak in English
- Mental Health Diagnosis (e.g., Generalized Anxiety Disorder; Major Depressive Disorder)

Exclusion (2)

- Formal caregivers (who are being paid to take care of the patient)
- Any informal caregivers with cognitive impairment is identified during the assessment.

Locations (1 total)

Texas Tech University, Lubbock, Texas, United States