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**This study was a collaboration of volunteers.  
Thank you to all who contributed!**





Analysis

Follow-Up

Completed pre-PTC assessment (n=102)

- In-person (n=63; Telehealth (n=39)

- Completed post-PTC assessment (n= 65)
- Completed 6-month PTC assessment (n=41)
- Completed assessments at all three time points (n=23)



*Outcome Measures at Pre, Post, and Six-month Follow-up: Telehealth n=10, In-person n=13*

Assessment	Format	Pre Mean (SD)	Post Mean (SD)	6-month Mean (SD)	ANOVA Main Effect Group	ANOVA Main Effect Time	Effect Size for Time
CESD-R	In-person	10 (10)	7 (7)	7 (9)	F=6.633, $p=.019^*$	F=4.842, $p=.013^*$	$\eta^2=.20$
	Telehealth	25 (17)	15 (13)	20 (17)			
Bakas Caregiving Outcomes Scale	In-person	54 (16)	67 (19)	59 (18)	F=0.358, $p=.556$	F=12.440, $p=.000^*$	$\eta^2=.36$
	Telehealth	49 (9)	68 (19)	54 (16)			
Caregiver Self-Efficacy	In-person	79 (25)	83 (17)	83 (17)	F=0.033, $p=.857$	F=5.542, $p=.007^*$	$\eta^2=.21$
	Telehealth	70 (18)	89 (13)	83 (16)			
Negative Self-Care Behaviors	In-person	3 (2)	2 (3)	3 (3)	F=2.823, $p=.107$	F=6.566, $p=.003^*$	$\eta^2=.23$
	Telehealth	6 (2)	3 (2)	4 (2)			

*Note.* Center for Epidemiologic Studies Depression Scale Revised (CESD-R). There were no significant effects for the interaction of group and time. The main effect of group was only significant at the Pre PTC time period. Post hoc tests for main effect of time are displayed in Table 4.

*Post Hoc Tests (Paired Samples t Tests) for Main Outcome Measures: Caregiver Self-Efficacy (CSE), Self-Care Behaviors (SCB), Bakas Caregiving Outcomes Scale (BCOS), and Center for Epidemiologic Studies Depression Scale Revised (CESD-R)*

		<i>t</i>	<i>p</i>	Effect Size Cohen's <i>d</i>
Pair 1	CSE Pre – CSE Post	-4.905	.000*	-.708
Pair 2	CSE Pre – CSE 6-month	-2.701	.011*	-.477
Pair 3	CSE Post – CSE 6-month	1.306	.203	.251
Pair 4	SCB Pre – SCB Post	4.682	.000*	.669
Pair 5	SCB Pre – SCB 6-month	3.040	.005*	.521
Pair 6	SCB Post – SCB 6-month	-.902	.375	-.168
Pair 7	BCOS Pre – BCOS Post	-5.022	.000*	-.696
Pair 8	BCOS Pre – BCOS 6-month	-2.565	.015*	-.447
Pair 9	BCOS Post – BCOS 6-month	3.293	.003*	.612
Pair 10	CESD Pre – CESD Post	3.069	.004*	.438
Pair 11	CESD Pre – CESD 6-month	2.577	.016*	.478
Pair 12	CESD Post – CESD 6-month	-.918	.367	-.180

Note. \*Statistical significance as determined by value less than alpha divided by 3 ( $0.05/3= 0.0167$ ) for the Bonferroni correction per scale measured.