

Effectiveness of Compassion Cultivation Training (CCT) for caregivers

Nanja Holland Hansen

Aarhus University, Clinical Institute, Danish Center for Mindfulness, Aarhus, Denmark

The Compassion Cultivation Training (CCT) course is a promising intervention for cultivating compassion and reducing suffering. Approximately 25-50 % of caregivers are at risk of developing stress, depression, and anxiety due to their caregiving role. Thus we are in the early stage of investigating the effectiveness of CCT on decreasing self-reported psychological distress in caregivers of patients suffering for psychiatric disorders.

Method

Prior to a randomized control trial including 77 caregivers, who will be randomized to CCT or a waitlist control, we translated and pilot tested the CCT program in Denmark and we are still testing the following

self-reported questionnaires: Symptom CheckList-90 (SCS-90), Becks Depression Inventory (BDI), Perceived Stress Scale (PSS), Emotion Regulation Questionnaire (ERQ), Self Compassion Scale (SCS), Kessler's psychological distress scale (K10) and a newly translated questionnaire (following WHO guidelines), Multidimensional Compassion Scale (MCS) within a self-selected and self-paying community setting.

Results

5 CCT courses including 49 participants were currently pilot tested. The majority of the participants were professional caregivers (i.e. psychologists, teachers, social workers, doctors, nurses, and business leaders). Only five participants were not able to complete the course (due to others factors than the content and structure of the course) yielding an attrition rate of 10%. We will be presenting results of the pilot-study regarding the suitability of the self-report questionnaires.

Conclusion

The CCT course is feasible and acceptable to participants within a self-selected and self-paying community setting.