

00094      **The Impact of a Mindfulness-based Program on the Stress and Anxiety of Family Caregivers of Peritoneal Dialysis Patients: A Pilot Randomized Controlled Study**

*Fazila Aloweni<sup>1</sup>, Nurliyana Agus<sup>1</sup>, Kinjal Doshi<sup>1</sup>, Chew Suet Mei<sup>1</sup>, Wu Sin Yan<sup>1</sup>, Kong Lau Peng<sup>1</sup>, Elena Mohamed Ayob<sup>1</sup>, Truls Ostbye<sup>2</sup>, Foo Wai Yin Marjorie<sup>1</sup>*

<sup>1</sup>Singapore General Hospital, <sup>2</sup>Duke-NUS Medical School

**Aims:** This study aimed to study is to investigate the effectiveness of a mindfulness-based program in reducing stress and anxiety among family caregivers of patients on Peritoneal Dialysis (PD).

**Methodology:** A single-site, pilot randomized control study was conducted. Family caregivers who provided PD care for newly-diagnosed PD patients were recruited and randomly assigned to the intervention group (mindfulness training, MT) or control group (treatment-as-usual, TAU) using computer-generated random numbers. Both groups attended the usual PD training but only MT group attended 3 days (30 minutes each) of MT training and daily practised at home. Perceived Stress Scale (PSS) and State-Trait Anxiety Inventory (STAI) were assessed at baseline and 4 weeks after the intervention.

**Result:** A total of 31 family caregivers participated in this pilot study (MT=9; TAU=22). At baseline, the MT group had a higher Trait-STAI than TAU group ( $p=0.04$ ). After 4 weeks of intervention, improvement in Trait-STAI was statistically significant in the MT group (mean difference=-7.11,  $p=0.02$ ). However, there was no significant difference between both groups in State-STAI at 4 weeks.

Both groups had no difference in PSS at baseline but after 4 weeks of intervention, MT group had a statistically significant reduction of PSS than TAU group (mean difference=-4.00 ; $p = 0.02$ ). TAU group, conversely, experienced a slight increase from baseline in perceived stress at 4 weeks (mean difference=0.82).

**Conclusion:** Mindfulness-based training is effective at reducing anxiety and perceived stress among family caregivers after 4 weeks of training. These findings provided promising insights on the feasibility of incorporating Mindfulness-based training among family caregivers caring for PD patients. However future study with a larger sample size is recommended.