

Exploring coping profiles in informal caregivers of people with dementia through an online eHealth platform

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Background: Informal caregivers (IC) of people with dementia (PwD) handle multiple stressors with an acknowledged impact on their physical and mental health. Coping strategies may be viewed as the techniques employed by ICs to minimize distress associated with the caregiving experience. iSupport emerges as an online self-guided program developed by the World Health Organization (3) to provide support and training for ICs of PwD to minimize the negative impact of caring for a PwD. This program has been translated and culturally adapted for the Portuguese population and tested for its usability and feasibility (4,5). iSupport-Portugal¹ is, being explored for its potential as an intervention-research tool, offering support to ICs of PwD but also serving as a remote measurement tool to collect data on dementia care dyads. **Research goal:** To describe coping styles and facets among IC of PwD and to identify profiles of IC in relation to coping styles based on underlying data patterns from demographic, clinical and psychosocial variables pertaining to both the IC and PwD. **Method:** This study follows an observational cross-sectional design. Participants are IC registered on iSupport-Portugal between February 2023 and February 2024, who meet eligibility criteria. Data on the IC and PwD are collected upon registration via user's accounts. **Data analysis:** Unsupervised learning methods, such as cluster analysis, enable the identification of latent patterns or underlying structures in dimensional data. Their ability to discover similarities and differences in information makes them an ideal solution for exploring IC profiles in relation to coping strategies. **Expected results and Implications:** Coping is a modifiable dimension with known implications to well-being outcomes for both the IC and the PwD. Identifying IC profiles in relation to coping strategies is fundamental to design more targeted interventions addressing the specific needs of the IC-PwD dyads.

Keywords: Dementia, Informal care, Coping, Platform data, Cluster

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