

Family Connections: Caregiver's perspectives on the use of relationship mindfulness, emotion regulation, and communication skills.

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Caregivers of individuals with borderline personality disorder face many challenges, some of which seem to be directly related to the symptomatology of borderline personality disorder. Some of these challenges include higher levels of burden of care, psychological distress, managing their own mental health issues, relationship and financial strain and grief.

The Family Connections programme aims to meet the specific educational, emotional, support and skill needs of caregivers and relatives of individuals diagnosed with borderline personality disorder. Outcome studies of Family Connections programme have been positive, with participants reporting significant decrease in burden, grief and depression and improvements in level of mastery after completing the programme.

Research into the experience of caregivers of individuals with borderline personality and treatment to support these caregivers is still in its infancy. There is very limited research available in the literature which has explored how the application of the skills learned in the Family Connections programme may lead to these improvements from the perspective of caregivers for people with borderline personality disorder. Additionally, there is little information available as what specific skills are more beneficial to Family Connections participants. Although rich information relating to this issue is emerging in the literature, further research is required.

The aim of this study is to explore how the application of skills learned in the Family Connections programme assist from the caregiver's perspective. Specifically, what skills are of particular benefit to caregivers in self-care, subjective burden and family communication. This will help to fully understand the caregiver's experience and to guide future interventions to support these caregivers and lighten their burden.

This study will involve individual interviews conducted by the researcher with participants who are over 18 years of age who have completed the Family Connections programme. Interviews can be held face to face at ACAP Hyde Park Campus Sydney or via the telephone. The interview will focus on participants' experience in caring for someone with borderline personality disorder before starting the Family Connections programme and what participants' experience has been in applying the skills they have learned in the programme, including the challenges and benefits. The interview will take about 60-90 minutes to complete and will be audio recorded for later analysis.

For further information about the study, please visit:

<https://www.acap.edu.au/about-acap/acap-psychology-clinic/current-research/>