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A multi-modal cognitive behavioral therapy training program for caregivers of children with disabilities in Uganda: a study protocol for a cluster-randomized controlled trial

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Multi-modal cognitive behavioral therapy to improve resilience outcomes among caregivers of children with disabilities

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ABSTRACT

Background: Caregivers of children with disabilities (CWDs) often feel inadequate in providing proper care for their children. Some caregivers in schools report negative feelings toward CWDs and poor mental well-being. In the home, caregivers may fail to recognize their children's unique needs, elevating their stress. Although cognitive behavioral therapy training programs have a moderate effect on improving mental well-being and building a sense of self-efficacy, no program has attempted to combine both the protective and ecological factors for improving caregivers' mental well-being.

Aims: This study aims to evaluate the effect of a multi-modal cognitive behavioral therapy training program on mental well-being, coping skills, and sense of self-efficacy among caregivers of CWDs in Uganda.

Methods: The study will be a cluster-randomized, controlled trial where twelve schools of CWDs will be randomly allocated to either the intervention or control arm. A sample of 400 home caregivers and 80 school caregivers will be assigned to either arm. A six-month multi-modal cognitive behavioral therapy training program will be conducted as an intervention, and caregivers in the control arm will receive treatment as usual. The study's primary outcome will be caregivers' mental well-being, and the secondary outcomes will be coping skills and a sense of self-efficacy.

Conclusion: This study will guide policymakers in designing effective interventions that benefit the health of CWDs and their caregivers. The study results will further provide insight into the gaps in care provided to CWDs in school and home settings in Uganda.

Trial registration: UMIN-CTR Clinical trial (https://upload.umin.ac.jp/cgi-bin/ctr_e/ctr_view_reg.cgi?recptno=R000046712).

ATTACHMENTS

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Cognitive-behavioral therapy, Children with disabilities, mental well-being, coping skills, Self-efficacy, Resilience

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