

Results Tables

Table 1: Participant Demographics and Parkinson’s Disease Patient Clinical Measures

	Mean (Std.Dev.)
Care Partner	
Female (n, %)	5 (62.5%)
Male (n, %)	3 (37.5%)
Age (years)	68.5 (7.39)
Education (years)	14.57 (2.51)
Person with Parkinson’s Disease	
Female (n, %)	4 (44.44%)
Male (n, %)	5 (55.56%)
Age (years)	70.22 (5.8)
Education (years)	14.56 (1.94)
Age of PD Onset (years)	68.78 (5.91)
Hoen & Yahr Score	2.22 (0.36)
Symptom Duration (years)	1.54 (1)
Carbidopa-Levidopa Dose (mg/day)	163.89 (71.93) - 655.56 (287.71)

Table 2: Score Interpretation of Psychometric Instruments Administered

Instrument	Score Interpretation	CP		PwP	
		Pre-test	Post-test	Pre-test	Post-test
GAD-7	Minimal Anxiety	7	8	6	5
	Mild Anxiety	1	0	2	4
	Moderate Anxiety	0	0	1	0
GDS	Normal	8	8	6	7
	Mild Depression	0	0	2	2
	Severe Depression	0	0	1	0
RDAS	Non-Distress	8	7	8	8
	Distress	0	1	0	0
MoCA	Normal	4	5	4	5
	Impaired	4	3	5	4
BRS	High Resilience	2	3	3	2
	Normal Resilience	6	5	6	6
	Low Resilience	0	0	0	1

Table 3: Intervention Measures for Patients with Parkinson’s Disease

Instrument	dimension	Mean Difference	Std.Err.	95% CI	p-value	t	df
UPDRS		-8.00	1.29	(-10.98, -5.02)	0.00	-6.20	8
FGA		3.33	0.75	(1.61, 5.05)	0.00	4.47	8
10-m Gait Speed		0.02	0.25	(-0.56, 0.6)	0.94	0.08	8
PDQ-39	Activities of Daily Living	-1.39	3.26	(-8.9, 6.12)	0.68	-0.43	8
	Bodily Discomfort	-1.85	5.52	(-14.57, 10.87)	0.75	-0.34	8
	Cognition	-7.64	4.51	(-18.05, 2.77)	0.13	-1.69	8
	Communication	-4.63	5.57	(-17.49, 8.23)	0.43	-0.83	8
	Emotional Well Being	-8.33	6.86	(-24.57, 7.9)	0.26	-1.21	7
	Mobility	-13.61	4.49	(-23.96, -3.26)	0.02	-3.03	8
	Social Support	-5.56	2.78	(-11.96, 0.85)	0.08	-2.00	8
	Stigma	3.47	5.22	(-8.56, 15.51)	0.52	0.67	8
	Summary Index	-4.71	3.93	(-14.02, 4.59)	0.27	-1.20	7
PROMIS-29	Anxiety	-2.89	2.34	(-8.29, 2.51)	0.25	-1.23	8
	Depression	-2.19	2.29	(-7.46, 3.08)	0.37	-0.96	8
	Fatigue	-5.99	2.12	(-10.88, -1.1)	0.02	-2.83	8
	Pain Interference	-3.12	2.56	(-9.02, 2.77)	0.26	-1.22	8
	Physical Function	1.54	1.44	(-1.78, 4.87)	0.31	1.07	8
	Sleep Disturbance	-0.02	1.69	(-3.93, 3.89)	0.99	-0.01	8
	Social Participation	4.69	0.90	(2.62, 6.76)	0.00	5.21	8
GDS	Total Score GD	-1.33	0.87	(-3.33, 0.66)	0.16	-1.54	8
GAD-7	Total Score GAD7	0.22	1.78	(-3.88, 4.32)	0.90	0.12	8
MoCA	Abstraction	0.00	0.19	(-0.45, 0.45)	1.00	0.00	7
	Attention	-0.62	0.26	(-1.25, 0)	0.05	-2.38	7
	Delay Recall	0.62	0.68	(-0.98, 2.23)	0.39	0.92	7
	Language	0.50	0.38	(-0.39, 1.39)	0.23	1.32	7
	Naming	0.25	0.16	(-0.14, 0.64)	0.17	1.53	7
	Orientation	-0.12	0.23	(-0.66, 0.41)	0.60	-0.55	7
	Total Score MOCA	0.56	0.99	(-1.72, 2.83)	0.59	0.56	8
	Visuospatial/Executive	-0.12	0.30	(-0.82, 0.57)	0.68	-0.42	7
BRS	Total Score BRS	-0.04	0.18	(-0.45, 0.38)	0.84	-0.21	8
RDAS	Activities	0.12	0.48	(-1.01, 1.26)	0.80	0.26	7
	Affection	-0.12	0.55	(-1.42, 1.17)	0.83	-0.23	7
	Cohesion	0.50	0.57	(-0.84, 1.84)	0.41	0.88	7
	Conflict	-0.25	0.37	(-1.12, 0.62)	0.52	-0.68	7
	Consensus	0.62	1.29	(-2.44, 3.69)	0.64	0.48	7
	Decision Making	0.25	0.45	(-0.82, 1.32)	0.60	0.55	7
	Discussion	0.38	0.46	(-0.71, 1.46)	0.44	0.81	7
	Satisfaction	-0.12	0.35	(-0.95, 0.7)	0.73	-0.36	7
	Stability	0.12	0.12	(-0.17, 0.42)	0.35	1.00	7
	Total Score RDA	1.00	1.59	(-2.77, 4.77)	0.55	0.63	7
	Values	0.50	0.53	(-0.76, 1.76)	0.38	0.94	7

Table 4: Intervention Measures for Care Partners of Patients with Parkinson’s Disease

Instrument	dimension	Mean Difference	Std.Err.	95% CI	p-value	t	df
PROMIS-29	Anxiety	2.33	1.24	(-0.6, 5.25)	0.10	1.88	7
	Depression	-1.35	1.35	(-4.54, 1.84)	0.35	-1.00	7
	Fatigue	-0.99	1.73	(-5.07, 3.1)	0.59	-0.57	7
	Pain Interference	0.56	2.56	(-5.49, 6.62)	0.83	0.22	7
	Physical Function	2.54	1.64	(-1.47, 6.56)	0.17	1.55	6
	Sleep Disturbance	0.95	1.20	(-2.14, 4.04)	0.46	0.79	5
	Social Participation	2.10	1.50	(-1.45, 5.65)	0.20	1.40	7
GDS	Total Score GD	-0.88	0.30	(-1.57, -0.18)	0.02	-2.97	7
GAD-7	Total Score GAD7	-0.62	0.80	(-2.52, 1.27)	0.46	-0.78	7
MoCA	Abstraction	0.11	0.11	(-0.15, 0.37)	0.35	1.00	8
	Attention	0.33	0.37	(-0.53, 1.19)	0.40	0.89	8
	Delay Recall	-0.67	0.65	(-2.16, 0.82)	0.33	-1.03	8
	Language	0.22	0.28	(-0.42, 0.86)	0.45	0.80	8
	Naming	0.00	0.00	(NaN, NaN)	0	0	8
	Orientation	0.00	0.00	(NaN, NaN)	0	0	8
	Total Score MOCA	0.38	0.91	(-1.77, 2.52)	0.69	0.41	7
	Visuospatial/Executive	0.56	0.29	(-0.12, 1.23)	0.10	1.89	8
BRS	Total Score BRS	0.13	0.22	(-0.39, 0.64)	0.58	0.57	7
RDAS	Activities	0.57	0.72	(-1.19, 2.33)	0.46	0.79	6
	Affection	-0.86	0.77	(-2.74, 1.03)	0.31	-1.11	6
	Cohesion	0.86	0.96	(-1.5, 3.21)	0.41	0.89	6
	Conflict	0.29	0.18	(-0.17, 0.74)	0.17	1.55	6
	Consensus	-0.57	0.78	(-2.49, 1.34)	0.49	-0.73	6
	Decision Making	0.14	0.14	(-0.21, 0.49)	0.36	1.00	6
	Discussion	0.29	0.42	(-0.74, 1.31)	0.52	0.68	6
	Satisfaction	0.29	0.18	(-0.17, 0.74)	0.17	1.55	6
	Stability	0.00	0.00	(NaN, NaN)	0	0	6
	Total Score RDA	0.57	0.90	(-1.62, 2.76)	0.55	0.64	6
	Values	0.14	0.14	(-0.21, 0.49)	0.36	1.00	6