

#### Outline

A good home environment is important for early recovery from depression. However, family caregivers need to be able to cope with the stress associated with caring for a depressed family member. The goal of this research is to **reduce the stress experienced by family caregivers with ICT support**. As a first step, we investigated the social burden of family caregivers caring for a depressed patient.

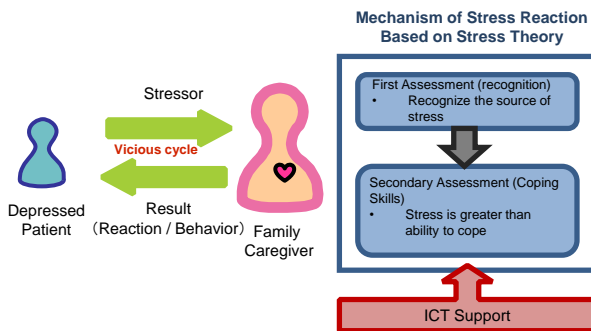
#### Novelty

Majority of research on health care in the field of informatics focus on improving the treatment and care of patients. **Research aimed at improving the quality of life of family caregivers is almost non-existent**. This research takes a novel approach of aiming to reduce the stress imposed on the family caregivers by the depressed patients.

#### Goal

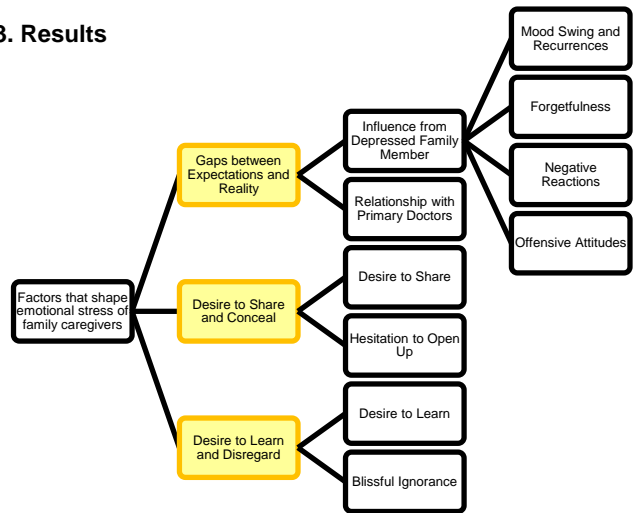
Mitigating the social and psychological stress experienced by the family caregiver will improve their Quality of Life (QoL) and improve the home environment. Better home environment will relieve the symptoms of the depressed individuals. As a societal ripple effect, we expect a decrease in suicide rates and increase in productivity of the depressed individuals.

### 1. Research Goal and Vision



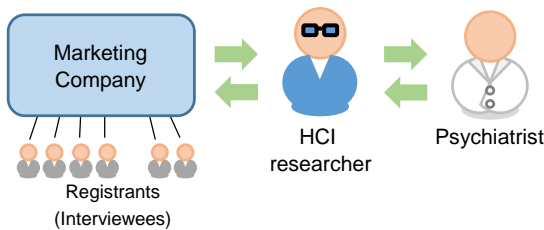
Investigate the difficulties experienced by family caregivers of depressed patients, and propose necessary ICT support to improve their quality of life.

### 3. Results



Individual differences in depressive symptoms, which are difficult to predict. Wanting to share worries, wanting to understand, but being unable to act.

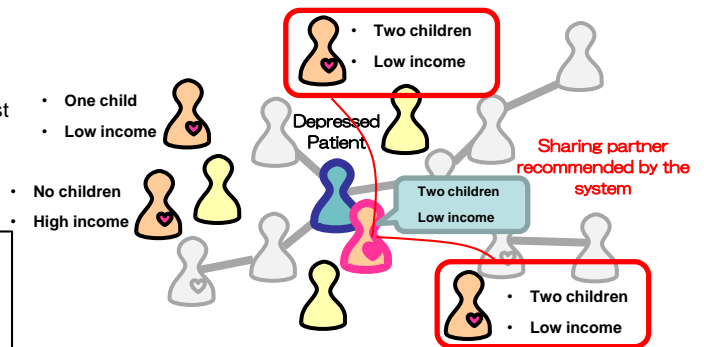
### 2. Interview Study



#### Participants (family caregivers):

- 15 adults who are or have been a family caregiver of a depressed patient.
  - 11 female, 4 males, mean age 41.9.
- All patients were employed before onset of depression. 12 patients were the main breadwinner of the family, who took a leave of absence after onset of depression.

### 4. Support Case: Dilemma of Sharing with Confidentiality



Conceal personal blog / information from acquaintances. Improve anonymity, and peace of mind when sharing worries.

#### Related works

- [1] N. Yamashita, H. Kuzuoka, K. Hirata, T. Kudo, "Understanding the Conflicting Demands of Caregivers Caring for Depressed Family Members," in Proc. ACM Conference on Human Factors in Computing Systems (CHI'13), pp. 2637-2646, 2013.
- [2] 山下直美, 葛岡英明, 平田圭二, 工藤喬, "うつ病患者の家族看護者が抱える社会的負担を構成する要素の解明" 情報処理学会論文誌, Vol. 55, No. 7, pp. 1706-1715, 2014.

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