

## **“R7 PSYCHOSOCIAL ASPECTS IN CAREGIVERS CARING FOR CYSTIC FIBROSIS PATIENTS”**

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**Introduction:** Family caregivers of the chronically ill need psycho-social support while caring for a family member. Some studies have shown that suffering, burden, depression, anger, fear and anxiety represent important topics for CF caregivers, as well as social support, financial issues and concerns for the future of their beloved family members.

The aims of the present study are to: (1) translate the original American Caregiver Quality of Life Cystic Fibrosis (CQOLCF) Scale into Italian and evaluate the linguistic translation; (2) psychometrically evaluate the Italian version of the CQOLCF in the Italian CF Caregivers population.

**Methods:** The linguistic translation followed the international guidelines suggested by Guillemin et al. (1993) and by the Mapi Research Institute (1996) of forward and backward translation. At the end, 15 CF caregivers were interviewed about the Italian CQOLCF and were asked to indicate the clarity of each item and the risk of misunderstanding the questions (face validity). The Italian and the American CQOLCF research teams resolved semantic and conceptual discrepancies and produced the final Italian version of the CQOLCF. All those subjects (>18 years) who attended the CF Unit with their loved one (with a confirmed diagnosis of CF) and who were identified as the CF family caregivers were considered eligible for the study. They were asked to complete: (1) Informed Consent; (2) CQOLCF (Boling et al., 2003); (3) Short-Form Health Survey 36 (SF-36): (Apolone et al., 1998); (4) CES-D (Fava, 1981); (5) State-Trait Anxiety Inventory (STAI) (Spielberger, 1970); (6) Anagraphic Sheet. The clinical-medical variables for each CF patients were assessed by the physician.

**Results:** The instrument was acceptable to CF caregivers. In the pilot study face validity, internal reliability, test-retest validity and concurrent validity have been explored. Once the sample will be increased, all the analyses will be conducted again.

**Conclusions:** The Italian CQOLCF might become a useful measure for assessing CF caregivers' psychosocial aspects in clinical practice.

**Reference(s):** Boling W et al. The Caregiver Quality of Life Cystic Fibrosis (CQOLCF) Scale: Modification and validation of an instrument to measure quality of life in cystic fibrosis family caregivers. *Quality of Life Research* 2003;12:1119–1126. Quittner AL et al. The impact of caregiving and role strain on family life: Comparisons between mothers of children with cystic fibrosis and matched controls. *Rehabil Psychol* 1992;37:289–304.