Measuring change in perceived well-being of family caregivers: validation of the Spanish version of the Perceived Change Index (PCI-S) in Chilean dementia caregivers

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Copyright © 2017 John Wiley & Sons, Ltd. Objective: Few instruments evaluate family caregiver perceptions of challenges caring for persons with dementia and improvement or worsening in these areas. To address this measurement gap, we examine psychometric properties of a Spanish version of the 13-item Perceived Change Index (PCI-S), originally validated with English-speaking caregivers. Methods: Cross-sectional study with 94 caregivers of persons with mild to moderate dementia in Chile. Interviews included caregiver demographics, burden, health perception, distress with behaviours, dementia severity, behavioural symptoms and functionality. Results: Caregiver mean age was 55.9 (SD ± 14.14) years and mean years caregiving was 3 (SD ± 2.60). The scale had strong internal consistency (Cronbach $\alpha = 0.94$), and inter-observer consistency (CCI = 0.99; 95% CI = 0.95?0.99). Two factors were identified: Management skills ($\alpha = 0.89$), and somatic well-being and affects ($\alpha = 0.92$), explaining 63% of