

Psychological intervention for grief in caregivers of adults diagnosed with intellectual disabilities (pp. 321-341)

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The objective of this pilot study was to adapt and provide preliminary data of the efficacy of an intervention aimed at family caregivers of adults with intellectual disability to provide them with different coping resources to better cope with their role as caregivers, as well as to reduce the psychological overload and pain associated with the diagnosis. A total of 24 caregivers participated, of which 14 were assigned to an intervention group (IG) and 10 to a control group (CG) through simple randomization. Variables of overload, mental health and feelings of grief produced by the diagnosis were measured. Linear models for repeated measures were used to evaluate the effect of the program. After the intervention, significant differences ($p < .5$) were found in the dimensions of emotional pain, relational loss and acceptance of loss, and feelings of grief brought on by the diagnosis. In conclusion, it is necessary that this type of program be given early to these caregivers in order to avoid the pathological and chronic grief into which they frequently end up.