**Study Title:** Improving the psychological wellbeing of family caregivers of home based palliative care patients: a randomised controlled trial.

**Brief description of the study:**
Family caregivers want information that prepares them for what is involved in supporting a dying relative, on how to provide patient comfort, practical needs and strategies to minimize their own psychological burden. Our study specifically responds to these identified needs by evaluating a home based intervention that aims to enhance the psychological well-being of family caregivers. Family caregivers will receive two home visits from a palliative care nurse, written resources and phone support. A care plan will be developed in partnership with the local palliative care service. The project will be evaluated using a randomized controlled trial.

**Study Methodology:**
(Please mark with an x which type of study methodology)

- Epidemiology
- Health Services / Health Economics / Quality Improvement **X**
- Qualitative, Observational or Descriptive
- Mixed Method
- Systematic Review
- Intervention: RCT
- Intervention: Comparative or cohort study
- Intervention: Case series

**Project details**
- Funding source (Optional): National Health and Medical Research Council
- Has the study received ethics approval? **X** Yes
- Project starting date: January 2008
- Project completion date: January 2011
- Multi site: **X** Yes

**RESEARCHERS**
- Principal Investigator (name) A/Prof Peter Hudson
- Investigator B (Name) Prof Tom Trauer
- Investigator C (Name) Prof Brian Kelly
- Investigator D (Name) A/Prof Lynn Oldham
- Investigator E (Name)

**Associated publications / reports:**
Topics: Caregivers, Settings of Palliative Care