

Table 1. Sample characteristics

	n	%
Gender		
Male	9	28.1
Female	23	71.9
family relationship		
Fathers	2	6.2
Mothers	12	37.5
Hasbands	6	18.7
Wives	8	25
others	4	12.5
Parson living with a patient		
Yes	22	68.7
No	10	31.3
Inpatients or outpatients		
Relatives of inpatients	14	43.8
Relatives of outpatients	18	56.2
Age (years)	61.7 ± 12.5	

Table 2. Differences between the baseline score and the after intervention score (paired t-test)

	n	Baseline		Afer intervention		T score	P	d
		M	SD	M	SD			
K6	32	8.6	5.4	3.7	3.3	5.9	< 0.001	1.1
J-ZBI_8	32	11.0	6.7	6.9	4.9	4.7	< 0.001	0.7
FAS	32	49.7	18.7	38.5	17.2	3.9	< 0.001	0.6
DFL	32	8.0	5.0	5.7	3.3	3.9	< 0.001	0.5

J-ZBI_8: The Japanese version of Zarit Burden Interview short version, FAS: Family Attitude Scale,
DFL: Disfunction in the Ordinary Family Life Scale, d: effect size