

Table 1. Results of Pre- and Post-assessments Differences by Measure

Measure	Range	Pre		Post		Test			Effect size
		M	SD	M	SD	Statistic (t)	df	p	
Caregiver problem-focused coping									
Family Empowerment Scale: Family subscale (12 items)	1-5 ^a	3.81	0.45	4.33	0.41	-8.67	65	<.001	1.07
Caregiver subjective burden									
Family Experiences Interview Schedule: Displeasure subscale (8 items)	1-4 ^{b, c}	2.21	0.68	1.85	0.58	4.93	71	<.001	-0.58
Family system functioning									
Family Assessment Device: General functioning scale (12 items)	12-48 ^b	28.65	6.71	26.88	6.35	3.10	71	0.003	-0.37
Caregiver emotion-focused coping									
Brief COPE Inventory: Positive reframing subscale (2 items)	0-6 ^a	3.88	1.67	4.87	1.28	-5.16	68	<.001	0.62
Acceptance subscale (2 items)	0-6 ^a	4.56	1.51	5.36	0.94	-4.62	76	<.001	0.53
Emotional support subscale (2 items)	0-6 ^a	3.96	1.63	4.63	1.35	-3.37	77	0.001	0.38
Self-care									
Self -Care Inventory (7 items)	0-28 ^a	21.76	3.70	23.73	3.32	-5.26	78	<.001	0.59
Knowledge									
NAMI NYC Knowledge Scale (4 items)	1-4 ^a	2.78	0.58	3.38	0.50	-8.48	77	<.001	0.96

^a Higher scores indicate better outcomes (more empowerment and knowledge, better self-care and coping)

^b Higher scores indicate poor outcomes (more worry, poor functioning)

^c Dixon et al. 2011 used a 5 point scale

NOTE: the emotion-focused coping, self-care and knowledge measures were different from the Dixon et al. (2011) randomized control trial study.