

## 2. Report for the Research Unit in Ageing (Mental Health and Gerontology)

### 2.1 Introduction

#### 2.1.1 Background

In Switzerland as in other industrialized countries, population ageing and increases in (multiple) chronic conditions result in augmented healthcare needs, particularly among elders living at home. Within this population, those with dementia are a large and rapidly expanding group. In light of the current and growing shortage in skilled health professionals, particularly nurses and general practitioners, it is a public health top priority to develop innovative solutions for maintaining the quality and accessibility of healthcare despite limited resources. In this global context, the role of informal caregivers (i.e. individuals who regularly provide unpaid care, assistance and/or supervision to a close person with reduced autonomy) is also essential in supporting the quality of life of vulnerable elders. We know that those engaging in caregiving are at higher risk of exhaustion and lowered quality of life, along with adverse consequences on their health, as well as on their social and financial situation. We therefore need to develop more appropriate solutions for supporting them in their role. As the mission of our school is to conduct applied research, in close collaboration with practice and policy makers, we are in an optimal position for improving the local healthcare practices in the near future. To achieve such a goal, we need to focus strongly on implementation and knowledge exchange between research, practice and policy, by developing and actively contributing to interdisciplinary collaborative platforms involving users, diverse professionals, associations, policy makers and researchers.

Tackling these issues are the core concerns of the Research Unit in Ageing. Our team is primarily involved in conducting applied research and development projects to improve and promote healthcare for informal dementia caregivers and nursing home residents. This includes obtaining external funding, managing and executing projects, as well as disseminating results towards the scientific community, the professionals and the public. Regarding informal dementia caregivers, our research lines currently address their daily experience, their empowerment through group training, and the assessment of their needs by healthcare professionals. Regarding nursing home residents, we currently investigate quality of care, person-centred care and relatives' participation. We are secondly devoted to promoting professionalism and credibility with our local, national and international partners in the field of Mental Health and Gerontology. This includes actively contributing to the development of collaborative platforms and partnerships with practice and policy-making institutions, and the common involvement in projects focusing on jointly identified targets for healthcare improvement. We are thirdly invested in teaching excellence and promoting evidence-informed education. This includes supporting the development of a culture of evidence-based practice and related skills among the teachers, students and professionals, as well as identifying and training change champions in this area.

The years 2014-2015 were dedicated to launching the first projects and developing the collaborations with key partners in the academic, practice, and policy-making areas. The years 2016-2017 focused on the consolidation of the established collaborations and research lines, as well as on the development of the research team. All these developments have required a very intensive investment, which is now starting to bear fruits. This reports summarises our aims, activities and achievements for 2016-2017, and presents our objectives for 2018.

The Research Unit in Ageing was initiated in 2014, shortly after the employment of Sandrine Pihet in the Research and Development Unit at the *Haute École de Santé*

(HEdS), *Filière Soins Infirmiers*. Sandrine Pihet is the head of this research unit. A steadily growing interdisciplinary team supports her, currently including five research assistants (two full-time equivalents) as well as more than 10 students and a retired clinical nurse paid by the hour.

**Sandrine Pihet** (PhD in clinical psychology, psychotherapist) is employed in HEdS since 2013, currently at 100%. She has expertise in daily life studies, questionnaire validation, development and evaluation of psycho-educative interventions, and more broadly in quantitative research methods and data analysis. She has experience with diverse age groups (premature newborns, adolescents, young adults, adults and elders), diverse mental disorders or conditions (depression and anxiety, addictions, conduct disorder and psychopathy, burdened informal caregivers), and diverse settings (adult psychiatric hospital, day-care center, research unit).

**Stephanie Kipfer** (MSc in nursing) joined the team as a research assistant at 40% on July 1<sup>st</sup> 2015. She has expertise in qualitative research methods, in particular grounded theory, and has experience in nursing homes as well as in research. She plans to start her PhD next year.

**Anca Iliuta** (MSc in engineering, BSc in nursing) started to support the team in March 2015, while she was still a nursing student, employed as a student assistant paid by the hour. After having completed her BSc in nursing, since January 1<sup>st</sup> 2017, she works as a research assistant at 20%, in parallel to an 80% job as a nurse in a nursing home. She plans to start her MSc in nursing in 2019, after having completed the required two years of activity as a professional.

**Ewald Schorro** got involved as a professor at 80% on January 1<sup>st</sup> 2016, after submitting his PhD on the use of restraint in nursing homes. He reduced to 20% on October 1<sup>st</sup> 2016, and left the team on 30<sup>th</sup> August 2017, following his decision to prioritize teaching activities.

**Yoann Uehlinger** (MSc in clinical and neuropsychology) started as a research assistant at 40% on October 1<sup>st</sup> 2016. He has expertise in quantitative research methods and data analysis, as well as experience in community-based psychiatry and neuropsychology. He is currently in a decision process between starting a training in psychotherapy or a PhD.

**Leidy Lopez Garcia** (MSc in clinical and health psychology) started to support the team as a research assistant paid by the hour on January 1<sup>st</sup> 2017, and continued at 50% since April 1<sup>st</sup> 2017. She has experience in clinical psychology. She considers starting a training in psychotherapy next year.

**Typhaine Juvet** (MSc in neuropsychology, BSc in nursing) joined the team as a research assistant at 50% on March 1<sup>st</sup> 2017, bringing experience in nursing homes and home care. She decided to leave the team on 30<sup>th</sup> August 2017 to be hired as a homecare nurse.

**Noémie Pasquier** (MSc in psychology of labor and organizations) began to work in the team as a research assistant at 50% on September 1<sup>st</sup> 2017, in replacement of Typhaine Juvet. She has expertise in burnout prevention and experience in diverse types of organizations (private, public and academic). She will start her PhD next year in one of the team's projects.

Our team is further supported by **Aurélie Klingshirn**, a retired clinical nurse with in-depth experience in homecare and expertise in dementia, who is paid by the hour within a project with informal caregivers of persons with dementia. We also have the help of more than 10 students, mostly from our school, paid by the hour for transcribing our interviews.

## 2.1.2 Aims and objectives of unit

### **A. Conduct high-quality projects (practice-relevant, externally funded, well-managed, and largely disseminated) to improve and promote healthcare for informal dementia caregivers and nursing home residents**

Short-term objectives:

- Generate research ideas which are relevant for the practice and establish strong collaborations with the corresponding professionals
- Secure further funding for the projects to consolidate the current research lines
- Develop the team's competence, include juniors and professionals
- Manage and execute the projects with high quality standards
- Disseminate the results to the scientific community (writing scientific articles, participating in scientific conferences)
- Disseminate the results to the professionals (writing vulgarisation articles, participating in the nursing congress and other local venues for professionals)
- Disseminate the results to the public (e.g. organising a conference on the national day of informal caregivers)

Long-term objective:

- Establish the unit as a competence centre regarding support to informal caregivers and person-centred care in nursing homes, which is able to attract larger funding and high-quality collaborations, as well as to provide advice and training in these areas.

### **B. Collaborate closely with other academic, practice and decision-making institutions, as well as end-users, to foster knowledge exchange and reduce the science-practice gap**

#### **1. Promote the development of collaborative platforms including academics, practice and policy-making institutions**

Short-term objectives:

- Initiate or contribute to the relevant platforms
- Initiate or contribute to common projects, particularly practice-driven ones
- Identify the successful partnerships and strengthen them
- Involve practice and policy-maker representatives in the dissemination of projects' results

#### **2. Involve end-users in the projects**

Short-term objectives:

- Always consult some representatives of end-users during the development
- When possible use a co-creation approach, in which end-users actively participate to all phases of the project
- When possible involve end-users in the dissemination of projects' results

#### **3. Stimulate knowledge exchange with end-users, practice and policy-making institutions**

Short-term objectives:

- Organise common events
- Establish personal contact by organising meetings in the field

Long-term objective for 1, 2 and 3:

- Establish a local, dynamic and well-functioning collaborative structure such as a Living Lab, including representatives of end-users as well as academic, practice and decision-making institutions, focusing on knowledge exchange

## C. Promote evidence-informed education

Short-term objectives:

- Contribute to increasing quality and coherence in the teaching of research methods at Bachelor level
- Involve motivated students as research assistants paid by the hour to offer them some experience and identify promising individuals
- Include Bachelor and Master students in the ongoing projects for their theses, and support them to develop some research skills
- Support the teachers in increasing the quality of Bachelor theses in nursing (training, mentoring, etc.)

Long-term objective:

- Awareness of the importance of evidence-based practice within the HEdS and among the professionals in charge of the practical training of the students.

## 2.2 Achievements

### 2.2.1 Teaching

#### **Bachelor in nursing**

We have given diverse courses, mostly within the modules devoted to research methodology, for the French- and German-speaking, as well as for the blended learning students: statistics (Sandrine Pihet, Ewald Schorro), scientific writing (Sandrine Pihet), etc.

#### **Student supervision**

PhD co-supervision: Maya Suter, implicit measures of aggression and transgression among community and institutionalized adolescents, completion 2018, supervised by Prof. G. Zimmermann, University of Lausanne (Sandrine Pihet).

PhD co-supervision: Jill De Ridder, callous-unemotional traits and emotion recognition in community and institutionalized adolescents, completion 2018, supervised by Prof. R. Caldara, University of Fribourg (Sandrine Pihet).

Master in nursing: Colomban Merçay, difficult behaviour of the person with dementia and psychological distress of the informal caregiver in everyday life, started September 2015 and interrupted September 2016, IUFRS (Sandrine Pihet).

Master in osteopathy: Marion Vuichard, Reasons why parents bring their infant to the osteopath, started in 2017 (Sandrine Pihet).

Master in osteopathy: Danija Madjura, Audit über diagnostische Verfahren bei akuten und chronischen Zervikalgien für osteopathische manipulative Behandlungen, started in 2017 (Stephanie Kipfer).

Master in osteopathy: Anita Jost, Patient-centred communication in osteopathy, started in 2017 (Stephanie Kipfer).

Bachelor in nursing: Anca Iliuta, Benefits of a psychoeducative program for the informal caregivers of a person with dementia living at home, a qualitative study, first empirical thesis in the HEdS, completed in 2016 (Sandrine Pihet and Stephanie Kipfer).

Bachelor in nursing: Sofia Santos Victor and Viktoria Zlatanova, Stressful situations in the daily life of informal caregivers of persons with dementia living at home, a qualitative study, empirical thesis completed in 2017, received the **price for the best BSc thesis in the area of homecare** (Sandrine Pihet and Stephanie Kipfer).

### **Continuing education**

Development of a 2-day course on stress management for professionals, given once to a group of 8 participants, resulting in high satisfaction ratings (Sandrine Pihet).

## **2.2.2 Collaborations and networking**

**GérontoNet HES-SO** – Initiated the creation of a network for researchers working on ageing within the Department of Health of the HES-SO (Sandrine Pihet).

**Gérontopôle Fribourg/Freiburg** – Active members supporting the projects of this association (Sandrine Pihet).

**PePA** – Group of experts supporting the HES-SO project «Pénurie de main-d'œuvre qualifiée dans les professions de la santé : place, intégration et soutien des proches-aidants» (Sandrine Pihet).

**SHURP-RESPONS 2.0 Stakeholder's group** – Group of experts supporting the preparation of the second wave of data collection in the combined national studies Swiss Nursing Homes Human Resources Project (SHURP) and Residents Perspectives of Living in Nursing Homes in Switzerland (RESPONS) (Sandrine Pihet, Ewald Schorro).

## **2.2.3 Current Research Projects**

**AEMMA+** (2016-2017): After having tested the feasibility and effects of a psycho-educative program to support family caregivers of elderly persons living at home with dementia (2014-2015), this research project aims at improving the accessibility of the program while maintaining its acceptability and effects. After developing a brief and intensive version of the program to facilitate access for a wider range of caregivers, we will test whether the new version remains highly acceptable and also helps improve participants' quality of life. The project is funded by the Leenaards Foundation. Sandrine Pihet is the principal investigator, Aurélie Klingshirn (HEdS) and Sylvie Tétreault (EESP, Lausanne) are co-applicants.

**QUAFIPA-benchmarking** (2015-2018): This development project focuses on the assessment of quality in the nursing homes of the cantons of Fribourg and Vaud, with the collection and analysis of benchmarking data regarding human resources and patient outcomes, and the communication of results (general and specific to each nursing home) once per year. The project is funded by the Association Fribourgeoise des Institutions pour Personnes Âgées (AFIPA) and the Association Vaudoise d'Établissements Médico-Sociaux (AVDEMS). Sandrine Pihet is the principal investigator, Ewald Schorro is co-applicant.

**QUAFIPA-quality of life** (2016-2018): This development projects consists in a mixed methods survey to evaluate the quality of life in nursing home residents by interviewing 10 residents and 10 close relatives in each nursing home, with results communicated to each nursing home in an individual report. Twenty nursing homes of the cantons of Fribourg and Vaud will participate over two years. The project is funded by the AFIPA and the AVDEMS. Sandrine Pihet is the principal investigator, Ewald Schorro is co-applicant.

**IncuPA** (2016-2018): This project is a feasibility study for the development of an incubator for social innovation in the field of support for informal caregivers, in French-speaking Switzerland. In the first phase (2016-2017), the possible partners have been surveyed to identify their interest for the diverse missions of IncuPA, and motivation to participate. In the second phase (2018), a participatory approach will be used to define the concrete activities which will be offered by IncuPA, and funding will be requested, to produce a business plan. The project is currently funded by the rectorate and health domain of the HES-SO. Sandrine Pihet is the principal investigator.

**Systematic review of needs assessment instruments for informal dementia caregivers (2016-2017):** Reliability, validity and implementability of needs assessment instruments for informal dementia caregivers: a psychometric systematic review. The title registration has been completed in August 2016, and the protocol has been accepted in August 2017. The project is funded by the health domain of the HES-SO. Stephanie Kipfer and Sandrine Pihet are first and second authors/reviewers, respectively.

**Family involvement in nursing homes (2016-2017):** This development project focuses on the elaboration of recommendations for family involvement in nursing homes. The project is funded by the AFIPA. Ewald Schorro is the principal investigator, in collaboration with four nursing homes.

**Network attitude [attitude réseau] (2016):** This development project consisted in a survey of collaboration practices and experiences conducted in managers of nursing homes, homecare services and liaison services. The quantitative and qualitative results have been presented to over 400 participants at the *Journée de réflexion de l'AFIPA et AFAS* du 15 septembre 2016 (Université de Fribourg). The project is funded by the AFIPA and the Association Fribourgeoise Aide et Soins à domicile (AFAS). Sandrine Pihet is the principal investigator.

## 2.2.4 Funding applications

**NRP 74 Jan 2016.** Submitted Jan 2016. Supporting informal caregivers of persons living with dementia: iStrongerTogether. Outcome: rejected (Sandrine Pihet primary investigator, in collaboration with HEdS-GE, La Source, HEIG-VD, ZHAW).

**NRP 74 Jan 2016.** Submitted Jan 2016. Impact of a complex non-pharmacological intervention combined with a pharmacological one for people with dementia in Swiss nursing homes: Swiss Caring Quality Program (SISCA). Outcome: rejected (Sandrine Pihet co-investigator, in collaboration with ZHAW).

**Fondation Leenaards.** Submitted Feb 2016. Un programme psycho-éducatif pour soutenir les proches aidants de personnes âgées atteintes de démence vivant à domicile : améliorer l'accessibilité et maintenir l'efficacité. **Outcome: accepted** (Sandrine Pihet primary investigator, in collaboration with EESP).

**LIVES Call of the Swiss National Centre of Competence in Research.** Submitted Apr 2016. Coping and well-being associated with the dynamics of coexisting activities: a longitudinal mixed-methods study of middle-aged caregivers in Switzerland. Outcome: rejected (Sandrine Pihet co-investigator, in collaboration with La Source).

**Doc.CH.** Submitted Sept 2016. Development and evaluation of a dyad-centred rehabilitative intervention for individuals with mild dementia and their caregivers: a multiple single-case study. Outcome: rejected (Yoann Uehlinger primary investigator, Sandrine Pihet co-investigator, in collaboration with UniGE).

**Call HES-SO Pénurie de main-d'œuvre qualifiée dans les professions de la santé: place, intégration et soutien des proches-aidants.** Submitted Dec 2016. MeetMyNeeds: Assessing more efficiently the support needs in informal caregivers of persons with dementia, a mixed-method study of current practices and alternative solutions. **Outcome: accepted**, will start in May 2018 (Sandrine Pihet primary investigator, in collaboration with HEdS-GE, EESP, HES-SO Valais-Wallis).

**Data@YourService (2017):** This interdisciplinary development project was submitted within the call H2020 CO-CREATION-04-2017, Topic: Applied co-creation to deliver public services. Outcome: rejected (Sandrine Pihet co-investigator, in collaboration with HEdS-GE and Haute École de Gestion Genève).

## 2.2.5 Conferences and presentations

**Congrès de l'Association Suisse des Infirmières.** L'infirmière partenaire du proche aidant face à la démence. Davos. June 1<sup>st</sup>-3<sup>rd</sup> 2016. Sandrine Pihet, Stephanie Kipfer, Evelynne Progin, Brigitte Demaurex.

**Conférence AVDEMS-QUAFIPA 2016.** Indicateurs qualité des EMS Fribourg et Vaud. Grangeneuve. June 14<sup>th</sup> 2016. Sandrine Pihet

**Tagung QUAFIPA 2016.** Qualitätsindikatoren in Freiburger und Waadtländer Pflegeheimen. June 21<sup>th</sup> 2016. Ewald Schorro

**Tagung QUAFIPA 2016.** Bewegungseinschränkende Massnahmen im Pflegeheim - Eine explorative Studie zu Prävalenz, bewohner- und organisationsbezogenen Faktoren von bewegungseinschränkenden Massnahmen. June 21<sup>th</sup> 2016. Ewald Schorro

**Swiss Health Professional Congress.** Implementation of an evidence-based intervention for informal dementia caregivers in Switzerland: First results. SUPSI, Lugano. Sept 1<sup>st</sup>-2<sup>nd</sup> 2016. Sandrine Pihet, Stephanie Kipfer

**Swiss Health Professional Congress.** Workshop: Maintaining wellbeing, social participation in home dwelling older people. SUPSI, Lugano. Sept 1<sup>st</sup>-2<sup>nd</sup> 2016. Paul Vaucher, Roger Hilfiker, Isabel Margot, Sandrine Pihet, Dawn Carnes

**Gerontologie und Geriatrie Kongress 2016.** Freiheitsbeschränkende Massnahmen in Pflegeheimen in der Schweiz – Bestimmung der Prävalenz und assoziierter organisations-bezogener Merkmale. Stuttgart, Germany. September 7<sup>th</sup>-10<sup>th</sup> 2016. Ewald Schorro, Hedi Hofmann, Burkhard Haastert, Gabriele Meyer

**Journée de réflexion du réseau médico-social fribourgeois.** Résultats du sondage auprès des professionnels sur l'état du réseau médico-social fribourgeois. Fribourg. Sept 15<sup>th</sup> 2016. Sandrine Pihet

**26<sup>th</sup> Alzheimer Europe Conference "Excellence in dementia research and care".** Looking from another angle: Reframing helps reduce burden and empower caregivers of persons living at home with dementia. Copenhagen, Denmark. Oct 31<sup>th</sup>-Nov 2<sup>nd</sup> 2016. Sandrine Pihet, Stephanie Kipfer

**Demi-journée de débat Gerontonet – "les proches aidant-e-s en perspective : économie, santé et travail social".** Santé et proches aidant-e-s, santé des proches aidant-e-s. Lausanne. Nov 11<sup>th</sup> 2016. Sandrine Pihet

**Focus santé (conférences publiques de l'Hôpital Cantonal Fribourgeois, HFR): Troubles de la mémoire et proches aidants.** Fribourg. Mar 14<sup>th</sup> and 28<sup>th</sup> 2017 (in French at HFR Fribourg) and Mar 21<sup>st</sup> 2017 (in German at HFR Tafers). Sandrine Pihet, Stephanie Kipfer

**Swiss PhD in Nursing Science Educational Summer School.** Coping with dementia caregiving: Feasibility and effects of a psycho-educative group program, a mixed-methods study. Lausanne. August 24<sup>th</sup> 2017. Sandrine Pihet, Stephanie Kipfer

**Visit of the Department of Health and Social Affairs.** AEMMA - Apprendre à être mieux... pour mieux aider – un projet emblématique. Fribourg. August 28<sup>th</sup> 2017. Sandrine Pihet

**15<sup>th</sup> Swiss Psychological Society Conference "Treasuring the Diversity of Psychology".** We need to ask for help otherwise we drown! Challenges and benefits

of a psycho-educative group intervention for informal caregivers of persons with dementia. Lausanne. Sept 4-5<sup>th</sup> 2017. Sandrine Pihet

**Forum Recherche de la Haute école de santé Fribourg.** Évaluer la qualité des soins en EMS – une expérience locale ; Evaluation der Pflegequalität im Pflegeheim – eine lokale Erfahrung. Fribourg. Oct 5<sup>th</sup> 2017. Ewald Schorro, Sandrine Pihet

**Plateforme de l'Association Fribourgeoise des Institutions pour Personnes Âgées « Animation en institutions », rencontre-formation 2017.** Qualité de la prise en charge centrée sur la personne en EMS : importance et défis de l'animation. Fribourg. Nov 9<sup>th</sup> 2017. Sandrine Pihet

**Journée recherche du domaine santé de la HES-SO « Plus proche des proches » : réflexions sur la place des proches-aidants dans le système de santé.** MeetMyNeeds - Evaluer les besoins des proches-aidants : un outil électronique, pourquoi pas ? Fribourg. Nov 23<sup>th</sup> 2017. Sandrine Pihet, Isabelle Carrard, Sylvie Tétrault, Alexandre Cotting

## 2.2.6 Publications

### Peer reviewed journals

De Ridder, J., **Pihet, S.**, Suter, M., & Caldara, R. (2016). Empathy in institutionalized adolescents with callous-unemotional traits. An Ecological Momentary Assessment Study of Emotion Recognition. *Criminal Justice and Behavior*, 43(5), 653-669. doi: [10.1177/0093854815618431](https://doi.org/10.1177/0093854815618431)

Imhof, L., **Kipfer, S.**, & Waldboth, V. (2016). Nurse-Led Palliative Care Service Facilitates Interdisciplinary Palliative Home Care. *International Journal of Palliative Nursing*, 22(8), 404-410. doi: [10.12968/ijpn.2016.22.8.404](https://doi.org/10.12968/ijpn.2016.22.8.404)

**Kipfer, S.**, Imhof, L., & Koppitz, A. (2016). Inclusion of the personal biography in daily care – a qualitative study / Einbezug der Biographie in den Pflegealltag – eine qualitative Studie. *International Journal of Health Professions*, 2(2). doi: [10.1515/ijhp-2016-0016](https://doi.org/10.1515/ijhp-2016-0016)

**Kipfer, S.**, Eicher, M., Oulevey Bachmann, A., & **Pihet, S.** (2018). Reliability, validity and relevance of needs assessment instruments for informal dementia caregivers: a psychometric systematic review protocol. *JBI Database of Systematic Reviews and Implementation Reports*, 16(2), 269-286. doi: [10.11124/jbisrir-2017-003367](https://doi.org/10.11124/jbisrir-2017-003367)

Koppitz, A., Bosshard, G., **Kipfer, S.**, & Imhof, L. (2016). Decision-making in caring for people with dementia at the end of life in nursing homes. *International Journal of Palliative Nursing*, 22(2), 68-75. doi: [10.12968/ijpn.2016.22.2.68](https://doi.org/10.12968/ijpn.2016.22.2.68)

**Pihet, S.**, De Ridder, J., & Suter, M. (2017). Ecological Momentary Assessment (EMA) goes to jail: Capturing daily antisocial behaviour in its context, a feasibility and reliability study in incarcerated juvenile offenders. *European Journal of Psychological Assessment*, 33, 87-96. doi: [10.1027/1015-5759/a000275](https://doi.org/10.1027/1015-5759/a000275)

**Pihet, S.**, Etter, S., Lemarechal, F., & Maggiori, C. (2016). Qualité de vie en établissements médico-sociaux selon les cadres et les résidents. *Revue Francophone Internationale de Recherche Infirmière*, 2(3), 147-158. doi: <https://doi.org/10.1016/j.refiri.2016.06.003>

**Pihet, S.**, **Moses Passini, C.**, & **Eicher, M.** (2017). Good and Bad Days: Fluctuations in the Burden of Informal Dementia Caregivers, an Experience Sampling Study. *Nursing Research*, 66(6), 421-431. doi: [10.1097/NNR.0000000000000243](https://doi.org/10.1097/NNR.0000000000000243)



Suter, M., **Pihet, S.**, Zimmermann, G., de Ridder, J., Urben, S., & Stephan, P. (2017). Predicting daily-life antisocial behaviour in institutionalized adolescents with Transgression-related Implicit Association Tests. *The Journal of Forensic Psychiatry & Psychology*, 28(6), 881-900. doi: [10.1080/14789949.2017.1332772](https://doi.org/10.1080/14789949.2017.1332772)

Urben, S., Habersaat, S., **Pihet, S.**, Suter, M., de Ridder, J., & Stephan, P. (2017). Specific Contributions of Age of Onset, Callous-Unemotional Traits and Impulsivity to Reactive and Proactive Aggression in Youths with Conduct Disorders. *The Psychiatric Quarterly*. doi: [10.1007/s11126-017-9506-y](https://doi.org/10.1007/s11126-017-9506-y)

### Other publications

**Pihet, S.** (2016). Au plus près de l'expérience vécue, en temps réel et dans son contexte. Les méthodes d'échantillonnage de l'expérience (MEE) dans l'étude de cas clinique. In V. Pomini, Y. de Roten, F. Brodard, & V. Quartier (Eds.), *L'étude de cas. Dialogue entre recherche et pratique en psychologie clinique et en psychothérapie*. Lausanne, Suisse: Antipodes.

**Pihet S., Klingshirn, A., & Carrino, F.** (2016). Final report for the project « Faisabilité et efficacité d'un programme psycho-éducatif pour les proches aidants de personnes âgées atteintes de démence vivant à domicile : une étude pilote ». Fribourg : Haute école de santé Fribourg.

**Pihet S., Pasquier N., & Juvet T.** (2017). Final report for the project « IncuPA : Incubateur de projets en faveur du soutien aux proches aidant·e·s, étude de faisabilité ».

## 2.3 Future

### 2.3.1 Teaching

The main goals are to:

- maintain efforts aiming at increasing the quality and coherence in the teaching of research methods at Bachelor level,
- maintain the involvement of motivated students as research assistants paid by the hour, and possibly diversify their activities, so that they can gain some experience and we can identify promising individuals,
- maintain the supervision of Bachelor and Master students and when possible involve them in the ongoing research projects, to support them in developing research skills
- identify opportunities for supporting the teachers in increasing the quality of Bachelor theses in nursing (training, mentoring, etc.).

### 2.3.2 Research

Our main goal is to complete the ongoing projects and use their results as a basis for further development, including the solicitation of funding when relevant.

For QUAFIPA-benchmarking, we will develop a new platform for the collection of data in order to automatize some of the tasks. We will also start using the multiple routine data collected for each resident (RAI assessment), which will provide the opportunity for more complex analyses and more specific indicators.

For QUAFIPA-quality of life, we will submit a funding application to the Leenaards Foundation (as a field projects) and to the Alzheimer Association, both in March 2018, aiming at the development of a cost-effective procedure for the assessment of the

quality of person-centered care in nursing homes, for residents with and without severe cognitive impairments.

For IncuPA, we will request funding from diverse organizations, including all cantons of French-speaking Switzerland, Promotion Santé Suisse, and private foundations.

For AEMMA+, we aim at a multicentre pragmatic randomized controlled trial, which we should submitted for funding to the Swiss National Science Foundation in October 2018.

Finally, we will start the new project MeetMyNeeds, aiming at the development of an online resource for the assessment of unmet needs in informal caregivers of persons with dementia.