

Culturally Sensitive Digital Health Interventions for Informal Caregivers: A Scoping Review Protocol

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Abstract

Introduction

The global demographic shift toward an aging population, particularly evident in Europe, has heightened the demand for informal caregivers who support older adults with chronic illnesses and dependencies. Amid increasing cultural diversity due to globalization and migration, there is a critical need for health interventions that are both digitally delivered and culturally sensitive, addressing the unique challenges faced by caregivers from diverse backgrounds.

Objective

This scoping review aims to identify and synthesize evidence on culturally sensitive digital health interventions that enhance the health and well-being of informal caregivers, with a focus on interventions tailored to the cultural and linguistic diversity arising from contemporary demographic trends.

Methods

The review will follow the Cochrane and PRISMA guidelines, employing a comprehensive search strategy across databases including CINAHL, MEDLINE, Nursing & Allied Health Collection, Cochrane Library, MedicLatina, WoS Core Collection, and Scopus. Eligible studies will involve informal caregivers (aged 18+) providing unpaid care to older adults (65+), with interventions delivered via digital platforms (e.g., mobile applications, telehealth, online resources) and explicitly adapted for cultural relevance. Both randomized and non-randomized studies published in English or Portuguese between 2014 and 2025 will be included. Data extraction and quality assessment will be conducted independently by three reviewers, with methodological quality evaluated using ROBVIS and ROBINS-I tools. Quantitative data from randomized controlled trials will be synthesized through meta-analysis, while other study designs will be summarized narratively.

Results

The review will map the landscape of culturally sensitive digital interventions, highlighting their impact on caregiver outcomes such as psychological well-being, self-efficacy, quality of life, and caregiving burden. It will also identify facilitators and barriers to the implementation of culturally responsive digital care.

Conclusion

By mapping evidence on culturally sensitive digital health interventions, this review will inform the development of tailored support strategies for informal caregivers and guide health professionals and policymakers in designing inclusive, effective interventions that address the needs of increasingly diverse populations.

Keywords

Caregivers; Digital Health; Needs; Culturally Appropriate Technology.

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