

Using Video Modeling as a Tool to Enhance Self-efficacy: Coaching Caregivers of Individuals with Disabilities Living in Remote and Underserved Areas

This study investigates the application of video modeling techniques to enhance caregivers' self-efficacy of children with disabilities among Indigenous populations of Lago Agrio, Ecuador. Researchers completed a thematic analysis of a needs assessment conducted on a nearby population by a co-researcher, Sandra Duarte, OTR/L, and Rocio Alonso, OTS, in 2019-2021. Using the themes identified, they created a 21-item quantitative survey to determine the current needs of the target population. Instructional videos were created on the two most prevalent areas of need and were disseminated to the participants (n=13), followed by a post-video survey assessing the effectiveness of the videos. By using descriptive statistics, the current needs assessment (n=6) concluded that seating and positioning, and feeding were the top two areas of concern, based on time spent performing the activity, the difficulty of the task, perceived caregiver burden, and the ability to carry over the skill into other activities. The results of the post-video survey (n=6) confirmed that all caregivers found the demonstrational videos helpful in identifying improper postures and useful in correcting those movements. The positive feedback on the post-video surveys suggests that the instructional videos promoted the efficacy of caregivers' caring for children with disabilities, thus supporting our hypothesis. The results suggest that other researchers or healthcare professionals can make different instructional videos on various topics to continue to increase access to healthcare services in remote areas.