



ASSOCIATION OF SEVERITY OF EXPRESSED EMOTION IN CARETAKERS WITH DURATION OF ILLNESS IN PATIENTS OF MAJOR DEPRESSIVE DISORDER

Psychiatry

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ABSTRACT

Background: Expressed emotion refers to a global index of particular emotions, attitudes and behaviours expressed by relatives (caretaker) about a family member diagnosed with psychiatric illness.

Materials and Methods: A total of 40 depressive patients were recruited from psychiatry OPD, S.S.G. Hospital Vadodara and association between expressed emotions with demographic variables were measured.

Results: Pearson correlation test was applied, in which p values was less than 0.05 for this study. Hence, association between severity of expressed emotion in caretakers for patients with duration of illness in patients with MDD significant.

Conclusion: Expressed emotion of caretakers was associated with duration of illness in Major Depressive Disorder patients.

KEYWORDS

depression, duration of illness

INTRODUCTION

Expressed emotion refers to a global index of particular emotions, attitudes, and behaviours expressed by relatives about a family member diagnosed with psychiatric illness. The concept of expressed emotion was introduced in studies done by Brown et al¹, where it was shown to have an effect on relapse of schizophrenic patients. In addition, there is a growing literature concerning the role of expressed emotion in unipolar depression^{2,3} and other psychiatric illness.

AIM:

To explore the association of severity of expressed emotions of caregivers with duration of illness in patients of d Major depressive disorder.

METHODOLOGY:

This was a cross sectional study conducted on 40 patients of Major Depressive Disorder who were currently on medication, attending Psychiatry OPD of SSG hospital, Vadodara. Expressed emotion in caretakers was measured using Level of Expressed Emotion scale and Pearson correlation test was used to measure the strength of association between severity of expressed emotion in caretakers with duration of illness in patients with MDD with P value >0.05 taken as not significant.

RESULTS

The study population consisted of a total of 40 patients diagnosed as having Major Depressive Disorder. Patients were selected from outpatient department of psychiatry through serial sampling. (mean age of MDD patient's was 46.07 with a standard deviation of 10.6226)

Correlation between LEE and duration of illness

Sr. No.	Pearson Correlation	Correlation Value (r)	P-Value	Interpretation
1	Duration of illness and LEE	0.346	0.029	Positive, statistically significant correlation

Pearson Coefficient of Correlation applied. P value < 0.05 was taken as statistically significant

DISCUSSION

The present study included 40 patients. The mean Age of the patients was about 46.07 with a standard deviation of 10.62

Previous study found linear contrast of relationship between effect size for the EE-relapse association and chronicity category of patients resulted in contrast $z=1.93, P=0.03$. as previously noted, EE appears to be strong predictor of relapse in patients with more long standing illness⁴. This Study found that high expressed emotion was seen in patients with longer duration of illness which is going to have an impact on overall prognosis of the patients.

LIMITATIONS

1. Sample size is small in this study.
2. It is cross sectional study

CONCLUSION:

Expressed emotion of caretakers was associated with duration of illness in Major Depressive Disorder patients. Patients behaviour is not as per parents expectation and parents are unable to understand that changes in behaviour is due to their illness.

During this period of illness instead of understanding and providing proper support, relatives criticise and show hostility toward patients which will have negative impact on overall prognosis of patient's illness.

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