



TO STUDY THE CORRELATION OF CAREGIVERS BURDEN WITH CAREGIVERS CHARACTERISTIC OF SCHIZOPHRENIC PATIENTS

Medicine

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ABSTRACT

Background: Care giving plays a major role in the care of the patient with schizophrenia. Caregiver experiences significant burden which may depend on various factors like patients characteristic, Caregiver characteristic. **Aim:** To study the correlation of caregiver's burden with caregivers characteristic. **Methodology:** Our study is a descriptive cross-sectional study with 100 sample size. Caregivers of schizophrenia patient were recruited from the Psychiatric o.p.d. of MGM MC, Indore. Informed consent form, socio-demographic and clinical data sheet, Burden assessment schedule (BAS) were used as a tool for assessment of samples. **Results:** Among 100 Caregivers of schizophrenia patient, (57%) were male (43%) were female. direct correlation was seen between (BAS) with age of caregiver, time spent with the patient, but it was not statistically significant. However significant negative correlation was found between (BAS) and income of Caregivers. **Conclusion:** Caregivers of patients with schizophrenia experience considerable level of burden. BAS score was found to be high among caregiver of patient who had low income.

KEYWORDS

Introduction:

Schizophrenia dramatically affects the patients suffering from it, and their caregivers. Schizophrenia causes excessive burden on both patients and their caregivers. ^[1] Caregiver can be defined as a person who takes care of someone requiring close attention, identified as a basic component of human nature and a primary element of close relationship. ^[2] Care giving plays a major role in the care of the patient with schizophrenia. The care giving condition can be described as the caregiver's perceptivity of burden based on patient care necessity. ^[3]

The "caregiver burden" idea that's widely accepted includes all of the physical, mental, social, and economic issues full-fledged by the relatives of an individual with a chronic mental illness. ^[4] In Caring of patients with schizophrenia caregivers are mostly likely to have negative experiences, which lead to significant burden and in turn negatively impact the caregivers themselves. ^[5]

Material and method:

This was a cross sectional hospital -based study of 100 caregiver of patient with schizophrenia. Caregivers who were more than 18 years of age were included in the study. Caregiver of schizophrenic patient with intellectual disability or any disease that affect their cognitive or mental functions and there who were not ready to give consent were excluded. Subjects were included in the study from Department of psychiatry, M.G.M Medical College, Indore. Written informed consent was obtained from all participants after complete description of the study to the subjects. Socio-demographic data was collected. Burden assessment schedule (BAS) was used to assess burden in caregiver.

Results:

Table 1. Characteristic of caregiver (continuous variables)

	Mean	Standard deviation	Range
Age	44.61	10.28	21-61
Monthly income	10650	9553.01	1500-
Time spent with patient in same house (years)	23.04	8.80	2-42
Time spent with the patient during the day (hours)	18.34	4.71	12-24
Burden assessment scale	1.98	0.30	1.07-2.50

Table 1. Shows the mean age of caregiver was 44.61 ± 10.28 years. Mean of monthly income of caregiver 10650 ± 9553.01 . Mean of Time spent with patient in same house was 23.04 ± 8.80 years, Mean of Time spent with the patient during the day was 18.34 ± 4.71 , Mean of Burden assessment scale score was 1.98 ± 0.30 .

Table 2. Correlation of BAS and caregiver Characteristic

	Correlation coefficient (r)	P value
BAS & age of caregiver	.110	.277
BAS & Time spent with patient in same house (years)	.002	.987
BAS & Time spent with the patient during the day (hours)	.083	.413
BAS & income of caregiver	-.23	.01*

Table 2. Shows the direct correlation between Burden assessment scale (BAS) and age of caregiver but it was not statistically significant. Burden assessment scale (BAS) was directly correlated with time spent with the patient during the day (hours) it was not statistically significant, Direct correlation between Burden assessment scale (BAS) and time spent with patient in same house but it was not statistically Significant. Negative Correlation was found between Burden and income of caregiver and it was statistically significant.

Discussion: In our study the mean of age of caregiver was 44.61 ± 10.28 years. Similar mean age was obtained by Yazıcı et al. ^[6] who found the mean age of caregiver group was 49.68 ± 12.47 years. Similar mean age was also reported by Nirmala et al. in their study. ^[7] Mean of monthly income of caregiver was 10650 ± 9553.01 . Range was between 1500 to 60000 rupees, mean of Time spent with patient in same house was 23.04 ± 8.80 years, while mean of Time spent with the patient during the day was 18.34 ± 4.71 hours. Studies done by Yazıcı et al also have similar findings, the mean of time spent with patient in same house was 19.70 ± 14.15 years and mean of time spent with the patient during the day was 14.87 ± 8.33 hours. ^[6]

Mean of BAS score was 1.98 ± 0.30 . In a previous study by A. Jagannathan et al. on 137 caregiver of schizophrenia patient. Found similar scores as in this study ^[4]

In our study direct correlation was found between Burden and age of caregiver, but was not statistically significant. A study conducted by Yazıcı et al investigated burden on caregivers of patients with Schizophrenia and related factors in Turkey. ^[6]

They applied Zarit caregiver Burden interview (ZBI) on 88 caregiver of patient with schizophrenia to assess the burden on caregiver, but they found that burden increased with the age of caregiver.

Another factor which affects the burden of caregiver is time spent with

patient in same house (years) and time spent with the patient during the day (hours). In our study Burden was directly correlated with their factors (hours), but it was not statistically significant. In contrast, a study conduct by Yazıcı et al demonstrated that the caregiver burden was associated with the time spent with patient in same house and patient spending time with the patient during the day. [6]

In the current study Negative Correlation was found between Burden and income of caregiver and it was statistically significant. [6] Yazıcı et al found the results different from our study the possible reason could be low sample size, different scale (Zarit caregiver burden interview) to assess burden. More-over their patients belonged to different sociocultural background.

Conclusion: To conclude findings of our study, caregivers of patients with schizophrenia experience considerable level of burden. BAS score was found to be high among caregiver of patient who had low income. Future studies with a larger sample size, longitudinal design would be more helpful.

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Conflicts of interest

There are no conflicts of interest.

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