



EFFECTIVENESS OF MULTI INTERVENTION PACKAGE ON STRESS AMONG PRIMARY CARE GIVERS OF PATIENTS WITH MAJOR MENTAL ILLNESS

Mental Health Nursing

Sr. Anju Mathews M.Sc. Nursing, Govt College of Nursing, Kottayam

Mrs. Mariamma P Alexander Assistant Professor, Govt College of Nursing Kottayam

Dr. Usha V K Principal, Govt College of Nursing Kottayam

ABSTRACT

The present study investigated the effectiveness of multi intervention package on stress among primary caregivers of patients with major mental illness. The study was conducted among seventy primary caregivers who are with the patient admitted in psychiatry department Government medical college hospital Kottayam. The study was interventional in nature and purposive sampling technique was used. The theoretical frame work of the study was based on Roy's Adaptation model. The research design selected for this study was quasi experimental pretest post test control group design. A structured questionnaire prepared by the investigator was used for collecting socio personal data. A Stress Rating Scale prepared by the investigator based on Zarit Burden Index (ZBI) was used to assess stress of primary caregivers of patients with major mental illness. The Pilot study was conducted to assess the feasibility of the study. For the main study, researcher selected seventy primary caregivers of patients with major mental illness who met the inclusion criteria for the study. The data were tabulated and analyzed by descriptive and inferential statistics. The study revealed that multi intervention package was much effective ($p < 0.05$) in reducing stress of primary caregivers of patients with major mental illness. Findings of the study have implications in nursing practice, education, administration and research.

KEYWORDS

multi intervention package; major mental illness; primary caregivers;

INTRODUCTION

Globally, it is estimated that 450 million people are affected by mental disorders at any given time. These include 121 million people with depression, 24 million with schizophrenia, and 37 million with dementia.¹ In India, more than 90% of patients with chronic mental illness live with their families. The family caregiver plays multiple roles in the care of people with mental illness, including taking day-to-day care, supervising medications, taking the patient to the hospital, and looking after the financial needs. The family caregiver also has to bear with the behavioural disturbances in the patient. Thus, the family caregiver experiences considerable stress and burden and needs help coping with it. The caregivers develop different kinds of coping strategies to deal with the burden. An unhealthy coping style is likely to adversely affect the caregiving function. Hence, it is important to take care of the needs of the family care givers.²

The most common psychological illnesses observed among caregivers include stress and anxiety disorders. In order to improve their psychological wellbeing and avoid the development of any mental disorders, caregivers require social support or assistance in caring for relatives or friends who have been diagnosed with severe mental illness. This assistance ensures that caregivers are left with enough time and resources to address their own psychological needs. Psychological wellbeing can be improved through support groups where caregivers are able to share the stressors related to their role so that they can adequately handle their role.⁴

OBJECTIVES

1. To assess the stress among primary caregivers of patients with major mental illness.
2. To evaluate the effectiveness of a multi intervention package on stress among primary care givers of patients with major mental illness.

MATERIALS AND METHODS

Present study was conducted among 70 caregivers of patients with major mental illness admitted in Medical College Hospital, Kottayam, Kerala to find out the effectiveness of multi intervention package on stress. Quasi experimental pretest posttest control group design was used. Samples were selected purposively on the basis of inclusion and exclusion criteria and the data were collected using socio personal data sheet, caregiver stress rating scale for assessing stress among primary caregivers of patients with major mental illness. Thirty five primary caregivers of patients with major mental illness were selected to experimental group and thirty five to control group.

Control group was selected and given pretest on the first day, no intervention was given for them and their post test was done on 21st day

of pretest. After the completion of the entire study, multi intervention programme was given to primary care givers of patients with major mental illness in control group. After completing the post test of control group, experimental group was selected and pretest was given for them. Following this multi intervention package was given to experimental group which consisted of four sessions including computer assisted teaching program, individual counselling, group counselling, and JPMR of 30 minutes each, given in four consecutive days, for a group of 5-6 primary care givers of patients with major mental illness and the fourth session was repeated once daily 20 minutes for three weeks. The post test for the experimental group was done on 21st day of intervention.

The socio personal data and clinical data were analyzed using frequency distribution and percentage. Effectiveness of multi intervention package on stress and anxiety among primary care givers of patients with major mental illness was analysed by Mann Whitney U test. The data were analyzed using the licensed SPSS 26 version.

RESULTS

Socio personal data of primary care givers of patients with major mental illness.

Among 70 samples forty percentage of primary caregivers of patients with major mental illness in control group belonged to the age group 60-74 years and 37.1% in experimental group belonged to age group 46-59 years. Considering the gender 57.1% of primary caregivers of patients with major mental illness in control group and 74.3% in experimental group belonged to female gender. Among the samples, 34.3% in control group and 45.7% in experimental group had secondary education. Considering the occupation, 34.3% of primary caregivers of patients with major mental illness in control group and 28.6% in experimental group were unemployed. Among the study participants selected for the study 57.1% primary caregivers of patients with major mental illness both in control and experimental group were married. Majority of primary caregivers of patients with major mental illness both in control (68.6%) and experimental (62.9%) group belonged to nuclear family. Regarding the economic status majority of primary caregivers of patients with major mental illness in control 82.9% and 85.7% in experimental group belonged to BPL.

Majority of primary caregivers of patients with major mental illness in control 65.7% and in experimental group 62.9% had no family history of psychiatric illness. Considering the relationship of primary caregivers with the patient, 48.6% in control group and 74.3% in experimental group were either father or mother. Study revealed that 48.6% of primary caregivers of patients with major mental illness in control group and 34.3% in experimental group were supported by

relatives/friends.

Stress among primary care givers of patients with major mental illness

Table 1 Frequency distribution and percentage of stress among primary caregivers of patients with major mental illness in control and experimental group (n=70)

Stress	Control group (n=35)		Experimental group (n=35)		df	χ^2	p
	f	%	f	%			
Mild (0-28)	22	62.9	14	40			
Moderate (29-56)	13	37.1	21	60	1	3.66	0.06
Severe (57-84)	0	0	0	0			

Table 1 depicts that 62.9% of primary caregivers of patients with major mental illness in the control group and 40% in experimental group had mild stress. It was also evident that 37.1% of primary caregivers of patient with major mental illness in the control group and 60% in experimental group had moderate stress. Chi square value shows that there was no statistically significant difference in both control and experimental groups in terms of stress. Hence both groups were homogenous.

Effectiveness of multi intervention package on stress among primary care givers of patients with major mental illness between control and experimental group

H₀₁: There is no significant difference in the scores of stress among primary care givers of patients with major mental illness between the control and experimental groups.

Table 2 Mean rank, sum of ranks and Mann Whitney U value of stress among primary caregivers of patients with major mental illness (n=70)

Group	Stress			
	Mean rank	Sum of ranks	U value	p
Control (n=35)	49.34	1727	128	0.000
Experimental (n=35)	21.66	758		

The table 2 shows that mean rank of stress among primary care givers of patients with major mental illness in control and experimental group was 49.34 and 21.66 and the sum of ranks was 1727 and 758. The obtained U value is 128 which is significant at 0.01 level. Hence the null hypothesis H₀₁ was rejected and it can be inferred that multi intervention package was effective in reducing stress among primary care givers of patients with major mental illness.

CONCLUSION

The findings revealed that majority of the primary care of patients with major mental illness in the control group had mild (62.9%) stress and the experimental group had moderate (60%) stress. The present study also shows that the primary care of patients with major mental illness (25.7%) in control group and (22.9%) in experimental group had severe stress. It indicates the need for an intervention programme to reduce stress and anxiety among primary care givers of patients with major mental illness.

The results of the present study revealed that multi intervention package was effective ($p < 0.05$) in reducing the stress among primary care givers of patients with major mental illness. The study also depicted that multi intervention package can be used as an effective intervention programme in reducing the stress among primary care givers of patients with major mental illness.

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