



ORIGINAL RESEARCH PAPER

Psychiatry

APPRAISAL OF CARE GIVING AMONG SPOUSES OF PATIENTS WITH PSYCHOTIC ILLNESS.

KEY WORDS: Appraisal, care giving, spouses of the patients, psychotic illness.

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ABSTRACT

Mental Health problem constitute a wide spectrum of disorders. A positive appraisal of care giving is a fundamental need to improve the quality of life. Methods and materials: A descriptive study was performed among 90 spouses of patient with psychotic illness, were selected by purposive sampling. The study was conducted in out- patient psychiatric department of Father Muller Medical College Hospital Mangaluru. The tools used were baseline proforma and experience of care giving inventory. Results: Majority of spouses (64.8%) had high positive appraisal (74.7 ± 8.64) and 35.9% had low negative appraisal (36.3 ± 6.02). Conclusion: The findings of the study showed that majority of spouses had high level of positive appraisal of caregiving, it reveals that despite of all the difficulties, their marital relationship has helped the spouses to have positive judgment to give quality care to the patients.

INTRODUCTION:

The caregiver's appraisal is a dynamic and continuous assessment of the caregiving situation. The appraisal may be positive or negative depending on the care giving situation. The caregiver's appraisal is very important to know the level of awareness among the care givers regarding their mastery in the care-giving process, because it affects both the patients and the care-givers. Many family caregivers have multiple, varied, and serious unmet financial, physical, emotional, and social needs. In order to continue providing care, spouses need assistance and support so that their physical and mental health needs are met rather than compromised. A systematic and well-designed assessment can help identify a caregiver's needs and strengths and, in turn, contribute to a plan of care that ensures the well-being of both care partners.²

OBJECTIVES:

- To assess the appraisal of care giving among spouses of patients with psychotic illness.
- To find association between appraisals of care giving among spouses of patients with psychotic illness and selected demographic variables.

MATERIALS AND METHODS:

- **Settings:** The study was conducted in Psychiatric outpatient department of Father Muller Medical College Hospital, Mangaluru
- **Research approach :** Quantitative research approach
- **Research design:** Descriptive research design
- **Sample:** 90 Spouses of patients with psychotic illness.
- **Sampling technique:** Purposive sampling technique.
- **Inclusion criteria:** The spouses of patients with psychotic illness who have been with the patient for a minimum period of six months duration.
- He/she identified him/herself as the primary family caregiver of the patient.
- Spouses who speak Kannada, Malayalam, and English
- **Exclusion criteria:**
- Spouses of those who are taking treatment for mental illness.

- **Data collection instruments:** Baseline proforma Experience of caregiving inventory (ECI Szmukler. 1996)
- **Description of tool:** Section 1: Baseline Proforma of spouses consisted of 13 variables - age of caregiver, age of patient, gender, religion, education, occupation, place of residence, family income per month, type of family, number of children, duration of living together, when disease was diagnosed, time spent for daily care giving for your spouse.
- Section 2: It is a self-report questionnaire to assess the appraisal of care giving among spouses of patient with psychotic illness. It consists of 66 items that captures eight negative subscales and two positive subscales. Respondents select a rating on a five point Likert scale from "never" to "nearly always". The maximum possible score was 264 and minimum possible score was zero. Negative subscale consists of difficult behaviours, negative symptoms, stigma, problems with services, effects on the family, loss, dependency, need for backup. Positive subscale includes positive personal outcomes, good aspects of the relationship with the patient.³
- **Data collection procedure:** The investigator obtained permission to conduct the study from the concerned hospital authority and informed consent was taken from subjects. Purposive sampling technique was used. Data was collected using self-report questionnaire (ECI) to assess the appraisal of care giving among spouses of patient with psychotic illness. Immediately after collecting data, the level of self-reported appraisal of care giving assessed through data analysis.

MAJOR FINDINGS OF THE STUDY:

The data was analyzed and presented under the following heading:

Section 1: Demographic data containing sample characteristics would be analysed using frequency and percentage.

Section 2: Appraisal of caregiving of the spouses would be analysed by computing the mean, standard deviation and mean percentage.

Section 3: Association between the appraisal of care giving among spouses of patients with psychotic illness and selected demographic variables would be analysed by chi-square test.

Section 1: Frequency and percentage distribution of subjects according to baseline characteristics.

- Among 90 participants, majority of the spouses were distributed in the age of 30-50years (57.7%), mean age of spouses were 38.32±9.18years, 34 spouses (37.7%) belonged to age group of above 50 years, 4 spouses(4.7%) between 18-30 years.
- Maximum number of spouses were distributed in the age group of 30 – 50years (57.8%), mean age of patients were 39.19±9.14years. 31 spouses (34.4%) belonged to age group of above 50years, 7 spouses (7.8%)between 18 -30years.
- Among the 90 spouses, 61.8% were Hindus, 22.2% were Christians, and 10% were Muslims.
- Data on education shows that 20.1% of the spouses had primary (1-5) education, 45.5% had secondary education, 18.9% each with higher secondary education and 15.5% had graduate respectively.
- 50% of the spouses were skilled workers, 15.5% were in agricultural sector, 20.1% were homemakers and 14.4% of the spouses were professionals.
- The majority 60% of the spouses were lived in rural areas and 40% of spouses in urban areas.
- Data of family income per month shows that 31.1% of the spouses had monthly income above Rs.10,001/-, 30% within Rs.5001-10,000/-, and 38.9% below Rs.5000/
- The maximum number (76.75%) of spouses living in nuclear family and 23.3% of spouses in joint family.
- Data of number of children shows that 7.8% of the spouses do not have children, 61.1% of the spouses had one or two children and 31.1% of the spouses had more than two children
- The majority 47.8% of the subjects were living together with their spouses for above 20 years, 30% for 10 – 20 years and 22.2% for 1 – 10 years.
- The majority 46.7% of the patient's duration of illness above 10 years, 22.2% for within 5 – 10 years and 31.1% for within 0 – 5 years.
- 32.2% of the spouses spent 1- 3 hours on care giving, 26.7% spent 3 – 7 hours and 41.1% for more than 7 hours.

Section 2:Appraisal of care giving among spouses of patients with psychotic illness.

- The data presented figure 1shows that majority(57.8%) of subjects had high level of positive appraisal of care giving and none of them have low level of positive appraisal of care giving.Mean positive appraisal score is 36.3±6.02.
- The data presented figure 2 shows thatmajority(57.8%) of subjects had low level of negative appraisal of care giving and none of them have high level of negative appraisal of care giving.Mean negative appraisal score is 74.7±8.64

c) Area wise distribution of subject about appraisal of care giving

Higher mean percentage was found in dependency category of negative appraisal 10.4±2.73,and in positive appraisal higher mean percentage was good aspect of relationship category 16.9 ± 3.77

Section 3:Association between appraisal of care giving among spouses of patient with psychotic illness and selected demographic variables.

a) Association of negative appraisal score with selected demographic variable

Majority (57.8%) of subjects had low level of negative appraisal of care giving and none of them have high level of negative appraisal of care giving. Mean negative appraisal score is 74.7±8.64

b) Association of positive appraisal score with selected demographic variable

There is no significant association of positive appraisal of care giving among spouses with selected demographic variables.

Discussion:

The finding of the present study is congruent with the study done in UK in 2001 on Relatives of patients with severe psychotic illness: Factors that influence appraisal of caregiving and psychological

distress. Sample size was (n = 154). Demographic, social and clinical data were collected from patients and relatives by the Experience of Caregiving Inventory and the General Health Questionnaire. As a result there was an unexpected positive correlation between the two appraisal scales, with relatives who appraised caregiving more positively.⁴

Conclusion:

The present study was an enriching experience for the investigators. The respondents were very co-operative during the study. It was thought provoking to find majority of the spouses were having positive appraisal in care giving of their mentally ill partner. Hence constant awareness and reinforcement, can help to reduce the psychological and physical morbidity of the patient.

Figure 2: Grading of positive appraisal of care giving among spouses of patient with psychotic illness

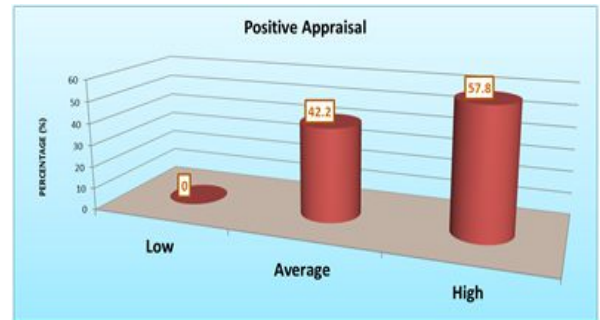


Figure 1: Grading of negative appraisal of care giving among spouses of patient with psychiatric illness.

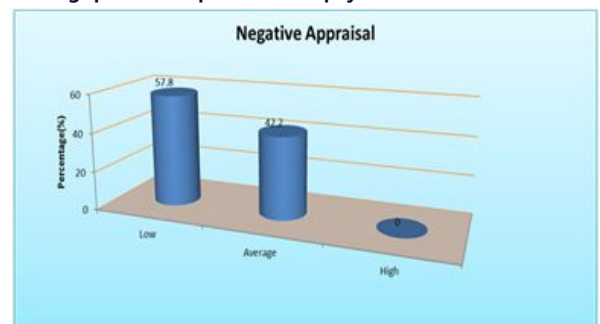


Table 1 Domain wise mean, standard deviation, mean percentage of appraisal of care giving among spouses of patients with psychotic illness.

N=90

Sl. No	Area	Maximum Score	Range	Mean ± SD	Mean (%)
1	Difficult behaviors	32	0 - 30	10.8 ± 6.5	33.75
2	Negative symptoms	24	2 - 24	9.38 ± 5.3	39.08
3	Stigma	20	0 - 16	5.2 ± 3.9	26
4	Problems with services	32	3 - 22	8.3 ± 4	25.93
5	Effect on family	28	0 -24	7.1± 5.5	25.35
6	Need for back up	24	2- 17	9.9 ± 3.97	41.54
7	Dependency	20	5 – 17	10.4 ± 2.73	52
8	Loss	28	2– 15	12.8 ± 6.27	45.71
9	Positive Personal Experiences	32	7 - 29	19.2 ± 5.05	59.6
10	Good aspects of Relationship	24	7 - 23	16.9 ± 3.77	70.4

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