# ORIGINAL RESEARCH PAPER

## ASSOCIATION OF EXPRESSED EMOTION IN CARETAKERS WITH THEIR DEMOGRAPHIC VARIABLE IN PATIENTS OF MAJOR DEPRESSIVE DISORDER

**Psychiatry**

**KEY WORDS:** depression, expressed emotion

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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:** Unpaired t test and Anova test was applied,in which p values were not less than 0.05 for this study. Hence, association between expressed emotion in caretakerswith demographic variable in patients with MDD is not significant .
**Conclusion:** Expressed emotion in caretakers was not associated withwith demographic variable in Major Depressive Disorder patients.

## 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 EE was introduced in studies done by Brown et al[1], where it was shown to have an effect on relapse of schizophrenic patients. In addition, there is a growing literature concerning the role of EE in unipolar depression[2,3] and other psychiatric illness.

## AIM:

To explore the association of expressed emotions of caregivers with demographic variables in patients of 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 (LEE).Unpaired t test and Anova test was used to measure the strength of association between expressed emotion in caretakers with demographic variables in patients with Major Depressive Disorder ( MDD).

## 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 Major Depressive Disorder (MDD) patient's was46.07 with a standard deviation of 10.6226)

**Table No.1 Comparison of mean LEE in relation to age of patients**

| Age | N | Mean ± SD | 't' Value | p Value |
|---|---|---|---|---|
| 19–29 years | 2 | 44.50 ± 6.36 | 2.78 | 0.055, NS |
| 30-44 years | 16 | 54.25 ± 33.89 | | |
| 45-59 years | 15 | 55.87 ± 30.41 | | |
| > 60 years | 7 | 93.60 ± 38.7 | | |

*One-Way ANOVA test applied. pvalue = 0.055, not significant*

**Table No.2 Comparison of mean LEE in relation to sex of patients**

| Sex | N | Mean ± SD | 't' Value | p Value |
|---|---|---|---|---|
| Male | 24 | 57.3 ± 32.9 | 0.386, DF =38 | 0.386, NS |
| Female | 16 | 67.3 ± 38.7 | | |

*Unpaired't' test applied.p value = 0.386, not significant*

**Table No. 3 Comparison of mean LEE in relation to area of patients**

| Area | N | Mean ± SD | 't' Value | p Value |
|---|---|---|---|---|
| Rural | 2 | 78.5 ± 50.2 | 0.71, DF =38 | 0.484, NS |
| Urban | 38 | 60.3 ± 34.9 | | |

*Unpaired 't' test applied. p value = 0.484, not significant*

**Table No.4 Comparison of mean LEE in relation to education of patients**

| Education | N | Mean ± SD | 't' Value | p Value |
|---|---|---|---|---|
| Illiterate | 2 | 78.0± 50.90 | 2.52 | 0.058, NS |
| Primary | 17 | 65.18 ± 38.12 | | |
| Secondary | 15 | 46.40 ± 16.15 | | |
| Graduate | 4 | 63.00 ± 48.70 | | |
| Post Graduate | 2 | 119.00 ± 29.70 | | |

*One-Way ANOVA test applied. pvalue = 0.058, not significant*

To find out the comparison among the pairs, post hoc Tukey test was applied.

**Table No. 5 Comparison of mean LEE in relation to occupation of patients**

| Occupation | N | Mean ± SD | 't' Value | p Value |
|---|---|---|---|---|
| Unemployed | 24 | 68.46 ± 30.83 | 1.37 | 0.268, NS |
| Unskilled Worker | 13 | 52.15 ± 26.46 | | |
| Skilled Worker | 3 | 43.00 ± 7.00 | | |

*One-Way ANOVA test applied. pvalue = 0.268, Not significant*

**Table No. 6 Tukey Pairwise Comparisons**

| Pairs | 't' Value | p Value | Remarks |
|---|---|---|---|
| Unskilled worker to Unemployed | -1.36 | 0.373 | Non – Significant |
| Skilled worker to Unemployed | -1.19 | 0.465 | Non – Significant |
| Unskilled worker to Skilled worker | -0.41 | 0.912 | Non – Significant |

**Table No. 7 Comparison of mean LEE in relation to marital status of patients**

| Marital Status | N | Mean ± SD | 't' Value | p Value |
|---|---|---|---|---|
| Single | 1 | 40.00 ± | 4.97 | 0.003* |
| Married | 35 | 56.34 ± 30.07 | | |
| Divorced | 1 | 140.00 ± | | |
| Separated | 1 | 38.00 ± | | |

| Widow/Widower | 2 | 130.00 ± 8.49 | |
|---|---|---|---|

*One-Way ANOVA test applied. p value = 0.003, Significant*

To find out the comparison among the pairs, post hoc Tukey test was applied.

The above table shows the pair wise comparisons.

The pair wise comparisons were done between the pairs Married to Single, Divorced to Single; Separated to Single; Widow/Widower to Single; Divorced to Married; Separated to Married; Widow/Widower to Married; Separated to Divorced; Widow/Widower to Divorced; Widow/Widower to Separated.

There was a statistically significant difference seen in the pair Widow/Widower to Married (P<0.05), showing a higher LEE in the Widow/Widower in comparison to the Married.

There was no statistically significant difference seen in any of the remaining pairs (P>0.05), showing that the mean LEE was comparable between each of the pairs.

**Table No. 8 Comparison of mean LEE in relation to family type**

| Family Type | N | Mean ± SD | 't' Value | p Value |
|---|---|---|---|---|
| Nuclear | 18 | 52.0 ± 24.7 | -1.53, DF =38 | 0.134, NS |
| Extended | 12 | 68.80 ± 40.90 | | |

*Unpaired 't' test applied. pvalue = 0.134, not significant*

## DISCUSSION

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

Number of Male patients (60%) was higher than Female patients (40%). This study include (95%) patient from urban area and (5%) from rural area. Majority of patients were Hindu (95%) and (87%) were married. Majority of belonged to Extended (55%) families.

Several reports did not actually find any association between EE levels and demographicvariable[4-6].Giuseppe Carrŕ et al had carried out study with topic 'The association between expressed emotion, illness severity and subjective burden of care in relatives of patients with schizophrenia' in which he also found that EE did not associated with demographic variable.[7]

The comparison of the mean LEE in relation to age,sex,area occupation ,education and family type were carried out in which the p value obtained was statistically not significant (P>0.05), showing that the mean LEE is comparable between the various age groups. This study found that expressed emotion does not vary with demographic variables.

## Comparison of mean LEE in relation to marital status

The comparison of the mean LEE in relation to marital status was done using One-Way ANOVA. The P value obtained was statistically significant (P<0.05), showing that the mean LEE is varies between the various age groups. There was a statistically significant difference seen in the pair Widow/Widower to Married (P<0.05), showing a higher LEE (Expressed Emotion) in the Widow/Widower in comparison to the Married. This study found that expressed emotion was more in widow/widower in comparison to married patients.

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

## CONCLUSION
The comparison of the mean LEE in relation to age, sex ,area occupation ,education and family type were carried out in which The p value obtained was statistically not significant (P>0.05).This study found that expressed emotion was not vary with above demographic variable The comparison of the mean LEE in relation

to marital status was done using One-Way ANOVA. The P value obtained was statistically significant (P<0.05).There was a statistically significant difference seen in the pair Widow/Widower to Married (P<0.05), showing a higher LEE (Expressed Emotion) in the Widow/Widower in comparison to the Married. This study found that expressed emotion was more in widow/widower in comparison to married patients.

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