ORIGINAL RESEARCH PAPER

Medicine

TO STUDY SOCIODEMOGRAPHIC VARIABLE AND THE BURDEN OF KEY CAREGIVERS OF SCHIZOPHRENIC PATIENTS

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ABSTRACT

Background: Socio-demographic variable and burden in caregivers of patients with schizophrenia was cross-sectionally evaluated in this study.It includes various factors like caregiver's age, gender, education level, marital status and income.

Aim: To study the correlation between sociodemographic variables and burden in caregiver of schizophrenic patients

Methodology: The study was conducted at the psychiatryOPD of MGMC Indore. This is a descriptive cross-sectional study with 100 sample size. Informed consent form, socio-demographic and clinical data sheet were used for assessment of sample.

Results: Among 100 Caregivers of schizophrenia patients, there were male (57%) and female (43%).

Conclusion: The study gives insight about sociodemographic variable and burden on caregiver of patient with schizophrenia.

INTRODUCTION:

Caregiver is the most important person who care of the patient with schizophrenia.Caregivers face countless burden as well as care burden, worry and embarrassment regarding unwellness, uncertainty regarding the course of the illness, and lack of social support. Burden refers to the negative impact of the individuals mental illness on the caregivers.[1]

In this context research has revealed that caregiver of patients with schizophrenia, experienced significantly higher levels of objective and subjective burden as compared to caregiver of patients with as depressive disorders, bipolar disorders and obsessive–compulsive disorder.Caregiver factors attribute to the caregiver's sociodemographic, ethnic and concurrent characteristics (age, sex, kinship, education, economic status, etc.) and their capacity to cope with the illness.

The majority of studies reveal that the lowest Quality of life is shown in caregivers who are young, female and have low educational levels, no job and poor physical health. [2]

Aim:

To study the correlation between sociodemographic variables and burden in caregiver of schizophrenic patients

Material and method:

This wasa cross sectional hospital based study of 100 caregiver of patients with schizophrenia. Caregivers who were more than 18 years of age were included in the study. Caregiver of schizophrenic patientswith intellectual disability or any disease that affect their cognitive or mental functionswere excluded.Subjects were included in the study from Department of psychiatry, M.G.M Medical College, Indore, after meeting inclusion criterion. Written informed consent was obtained from all participants after complete description of the study to the subjects. Assessment of caregiver group was done as per described methodology. Socio-demographic data was collected. Burden assessment schedule (BAS) were used to assess burden in caregiver. Diagnosis of schizophrenia was done clinically in accordance with the ICD 10 criteria forschizophrenia disorders.

Results:

Table 1.Socio demographic variable of caregiver (categorical)

variable	Frequency (n)	Percentage (%)
Gender		
Female	43.0	43
Marital status		
Single	6	6
Married	93	93
widowed	1	1
divorced	0	0
separate	0	0
Religion		
Hindu	93	93
Muslim	6	6
Christian	1	1
Education		
Illiterate	23	23
Primary	33	33
Middle	20	20
High school	17	17
Diploma	0	0
Graduate/postgraduate	7	7
Occupation		
unemployed	19	19
Unskilled	41	41
Skilled	14	14
semiskilled	6	6
Clerk/shopkeeper/farmer	18	18
semiprofessional	0	0
professional	2	2
Income		
No income	19	19
< = 1802 rs	2	2
1803-5380 rs	35	35
5381-8998 rs	23	23
8989-13494 rs	10	10
13495-17999 rs	5	5
18000-36016 rs	5	5
>36016 rs	1	1
Locality		
Urban	60.0	60.0

Rural	40.0	40.0

Table 1. The majority were Males, Married, belonged to Hindu religion, had formal education, employed, belonged to low income group, lived in urban locality

Table 2. Characteristic of caregiver (continuous variables)

	Mean	Standard deviation	Range
Burden assessment scale	1.98	0.30	1.07-2.50

Table 2. Shows the Mean of Burden assessment scale score was 1.98 ±0.30.

Discussion:

In our study (57%) caregivers were male and (43%) were female. Similar male gender preponderance was also obtained by **Kuchhal et al.**[3] In their study caregivers were male (57.69%) with (42.31%) of the caregivers being female. A study by **Bhat et al** also found the similar finding. . [4]In our study (93%) were married and (6%) were single and (1%) were widowed. Similar results were obtained by**Shamsaei et al.**[1]In their study (70.7%) of caregiver were married, (17.3%) were single and (12%) were divorced. The majority of caregiver (93%) was Hindu by religion while rest was Muslim (6%) and Christian (1%) in distribution. In our study we have found Hindu people were in excess similar to**Nirmala et al** and this finding is in concordance of the usual ethnic distribution as per geographical distribution. [5]

In our study (23%) of caregiver were illiterate and (33%) were having education up to primary, (20%) were having education up to middle, (17%) were having education up to high school and (7%) were graduate/ post graduate. These finding were similar to the findings obtained by **J. M. RIB_E et.al.** [6] In their study (46%) participant were having primary education, (37%) were having secondary education and (17%) attended university.

In our study (81%) caregiver were employed and major proportions of them were unskilled workers while (19%) were unemployed. Similar finding were found by **J. M. RIB et.al** in their study (62%) caregivers were employed, (38%) were unemployed. This was in accordance with present study.[6]

In our study (60%) of caregivers belonged to urban while (40%) belonged to rural background. Study done by **Mahmoud Mohammed et.al** reported different finding from the present study.[7]In their study (40%) were belong to urban and (60%) were belong to rural background. They found that the more caregiver belong to rural background.

Mean of BAS score was 1.98 ±0.30. In a previous study by **A. Jagannathan et al.** with 137 caregiver of schizophrenia patient, finding was similar to current study. **[8]**

Conclusion: Majority of caregivers were male, married, hindu, urban and employed. Low income in caregivers significantly increases the burden.

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Conflicts of interest
There are no conflicts of interest.

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