

A Correlative Study on Disability of Schizophrenic Patients and Burden among the Caregivers of Schizophrenic Patients

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Abstract

Background: In the present era, mental disability is a major public health problem in the society. Many of the mental disabilities are correctable if detected early. Schizophrenia is a severe mental illness, which is stressful not only for patients, but also for caregivers. **Purpose:** To find out the correlation between the disability of the patients and burden of the caregivers. **Methodology:** Disability of the patients was measured by standardized IDEAS scale, and burden of the caregivers was measured by BASS standardized interview questionnaire. **Results:** Out of 210 samples, 7 (3.3%) Patients had No Disability, 126 (60%) Patients had Mild Disability, 31 (14.8%) Patients had Moderate Disability, 19 (9%) Patients had Severe Disability, 27 (12.9%) Patients had Profound Disability. The burden levels of caregivers were: 50 (23.8%) Caregivers had Mild Burden, 109 (51.9%) Caregivers had Moderate Burden, 51 (24.3%) Caregivers had Severe Burden. **Conclusion:** From the above results it shows that 20% Patients were having disability and 24% Caregivers were having Severe Burden Levels, so there is a need of educational programs for Schizophrenic Patients and their caregivers provide rehabilitation programs in community to decrease the disability levels.

Keywords: Disability; Burden; IDEAS; BASS; Schizophrenia; Caregivers.

Introduction

World Health Organization estimates that 10% of the world's population has some form of mental disability and 1% suffers from severe incapacitating mental disorders [1]. Community-based surveys conducted during the past two decades in India showed that the total prevalence of psychiatric disorder was around 5.8% [2]. In contrast, recent National Sample Survey Organization report revealed prevalence as little as 0.2% [3].

Psychiatric disorders are one of the most common and prevalent illnesses that widely affect world population accounting for nearly 31 per cent of world's disability. Five of the 10 leading causes of

disability worldwide are in the category of mental disorders: major depression, alcohol use, bipolar affective disorder, schizophrenia and obsessive-compulsive disorder. Psychiatric illnesses like schizophrenia, bipolar affective disorder and obsessive-compulsive disorder, impact negatively on the academic, occupational, social and family functioning of the patients [4].

The Prevalence Rate for schizophrenia is approximately 1.1% of the population over the age of 18 (Source: (National Institution of Mental Health) NIMH) or, in other words, at any one time as many as 51 million people worldwide suffer from schizophrenia, including; (1996-2010), in India 4.3 to 8.7 million people suffer from schizophrenia [5].

The World Health Organization (WHO) 2005, states caregiver burden as the "the emotional, physical, financial demands and responsibilities of an individual's illness that are placed on the family members, friends or other individuals involved with the individual outside the health care system" [6].

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Fujino and Okamura (2009) conducted cross sectional study in Japan to identify factors that affects the sense of burden felt by family member while caring for mental illness. Data were gathered from 30 patients and 30 family caregivers from rural psychiatric hospital. Results showed that patient's disability in daily life or community function was associated with burden on caregiver. The patients impairment of social function was associated to severity of illness, such as disturbance n patient's behavior and longtime illness that result in dependency of patients on caregiver to carry out their daily activities. Thus, it results in limiting time, energy and attention of caregiver [7].

Objectives

1. To assess the disability among the schizophrenic patients
2. To assess the burden among the caregivers of the schizophrenic patients
3. To find out the correlation between the disability of Schizophrenic patients and burden among the caregivers

Materials and methods

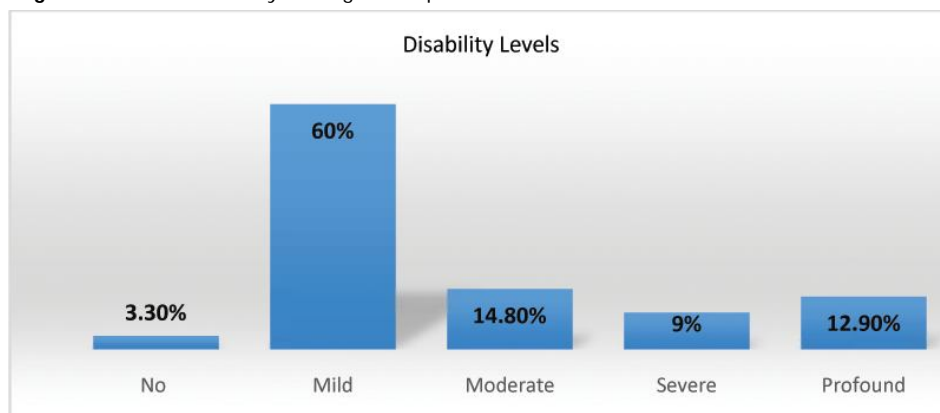
Research approach: Quantitative research approach was adopted for the present study.

Research design: cross sectional descriptive research design was adopted for the study.

Setting: The study was conducted at psychiatry ward, SVRRGGH, Tirupati.

Results

Fig. 1: Levels of Disability among Schizophrenic Patients



Population: The population includes caregivers of mentally ill patients.

Sample

Caregivers of Schizophrenic Patients

Sample Size: Consists of 210 caregivers

Sampling technique: As the selection of samples depends on availability of the sample, a convenient sampling technique was adopted based on inclusion criteria. Description of the research tool.

Development and description of the tool

The tool was developed with the help of related literature from various text books, journals, web sites, discussion and guidance from the experts in the field of nursing and psychiatric nursing.

The tool consists of 3 sections

Section-I: consists of questions to collect demographic data.

Section II: Standard Indian Disability Evaluation and assessment Scale (IDEAS)

Section-III: Standard Burden Assessment Schedule of SCARF.

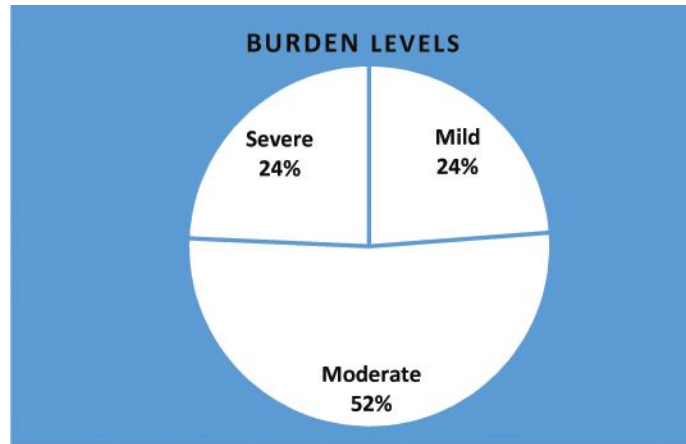
Plan for data analysis: Analysis of data was done by using descriptive and inferential statistics.

Descriptive statistics were used to find out

- Frequency, Percentage, Mean, Standard Deviation
- Inferential statistics were used to find out:
- Chi-square, Correlation

The Fig-1 shows that out of 210 Schizophrenic Patients 7 (3.3%) had No Disability, 126 (60%) had Mild Disability, 31 (14.8%) had Moderate Disability, 19 (9%) had Severe Disability, 27 (12.9%) had Profound Disability

Fig. 2: Levels of Burden among Caregivers of Schizophrenic Patients



The above Fig-2 illustrates that among 210 Caregivers of Schizophrenic Patients, 50 (23.8%) Caregivers had Mild Burden, 109 (51.9%) Caregivers had Moderate Burden and 51 (24.3%) Caregivers had Severe Burden.

Table 1: depicts association between the disability of Schizophrenic patients and burden among the caregivers with caregiver's demographic variables

S. No	Variables	Disability			Burden		
		Chi-square χ^2	df	p	Chi-square χ^2	df	p
1	Age in Years	6.532	12	NS	18.244	6	0.006**
2	Gender	3.989	4	NS	6.948	2	0.031*
3	Religion	20.173	8	0.010**	4.417	4	NS
4	Marital Status	11.616	8	NS	15.826	4	0.003**
5	Education	17.115	20	NS	13.786	10	NS
6	Occupation	35.498	24	NS	18.809	12	NS
7	Residence	11.262	4	0.024*	11.171	2	0.004**
8	Type of Family	5.471	4	NS	3.462	2	NS
9	Monthly Income	16.850	12	NS	13.031	6	0.043*
10	Relation to patient	27.389	20	NS	24.477	10	0.006**

NS: Not significant

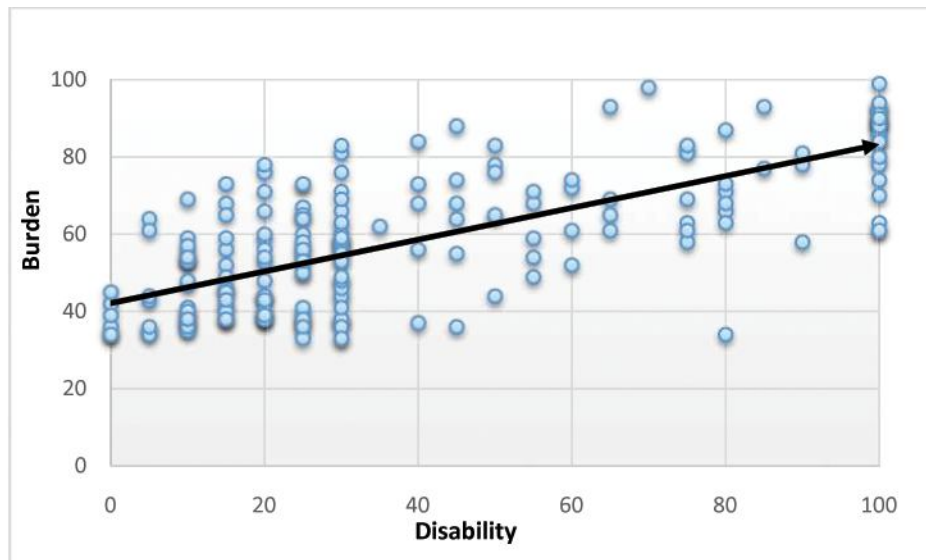
*Significant at $p < 0.05$ Level

**Significant at $p < 0.01$ Levels

Table 2: Mean, standard deviation and correlation between Disability of Patients and Burden of Caregivers

S. No	Scale	Mean	Standard Deviation	Correlation	p
1	IDEAS	40.00	31.231		
2	BASS	58.57	17.616	+0.728	0.000

Table 2 depicts that, disability and burden scales mean, standard deviation were 40.00, 58.57 and 31.231, 17.616 respectively. There was statistically Significant Positive Correlation ($r = +0.72$), ($p < 0.000$) exists between Disability of Patients and Burden of Caregivers.

Fig. 3: Correlation between disability of patients and burden of caregivers

From above Graph 1, there is Statistically Positive Correlation between Disability of Patients and Burden of Caregivers.

Discussion

The first objectives of the study was to assess the disability among the schizophrenic patients. Out of 210 Schizophrenic Patients 7 (3.3%) had no disability, 126 (60%) had mild disability, 31 (14.8%) had moderate disability, 19 (9%) had severe disability, 27 (12.9%) had profound disability. The age group of 20-30 years Schizophrenic patients were have more disability i.e. 40 %.

The second objective of the study was to assess the burden among the caregivers of the schizophrenic patients. 50 (23.8%) Caregivers had Mild Burden, 109 (51.9%) Caregivers had Moderate Burden, 51 (24.3%) Caregivers had Severe Burden. This result was supported by Juvang, Lambert, and Lambert (2007) in China on 96 caregivers showed there was correlation between patient age and subjective stress burden and subjective demand burden. Younger patients with schizophrenia had not been able to take care of themselves, and they might be in early stage of disease. Therefore caregiver feel burden when they take care the younger patient in long time period. Other study in Africa also showed that caregivers who had patient with schizophrenia also displayed a very high degree of burden, especially while taking care of younger patients (Caquez-Urizar & Gutierrez-Maldonado, 2006). The younger patients may require more caregiving that have consequences on more caregiver spent time [7].

Third objective of the study was to found out the correlation between the disability of Schizophrenic patients and burden among the caregivers.

The present study was partially supported by Anette Schrag et al. Caregiver-burden in Parkinson's disease is closely associated with psychiatric symptoms, falls, and disability. Conducted a postal survey in 123 caregivers of patients with PD to assess caregiver-burden and factors associated with it. The majority of caregivers were female (66%). Over 40% of caregivers indicated that their health had suffered as a result of caregiving, almost half had increased depression scores, and two-thirds reported that their social life had suffered. After adjustment of disease duration, there was no difference in caregiver-burden between younger and older caregivers, or between male and female caregivers. Caregiver-burden increased with increasing disability and symptoms of PD, particularly with mental health problems such as depression, hallucinations, or confusion, and with falls. Caregiver-burden scores also correlated significantly with the patients' depression and quality of life scores, and with caregivers' own satisfaction with their marital and sexual relationship [8].

Conclusion

This study demonstrated that there is an increase in burden levels among caregivers when they are caring disability patients. Moreover there was a statistical positive correlation between disability and burden i.e. ($r = +0.72$), significant at ($p < 0.000$). So here the government has to take initiation to educate regarding Schizophrenia and its signs and

symptoms. However they need to have awareness programs regarding resources available in community to decrease burden of caregivers and disability of patients. Hence, there is a need to establish various rehabilitation centers by the government to decrease disability levels of patients.

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