

Compare the Quality of Life between Caregivers of Patients with Schizophrenia and Mania

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Abstract: A Cross sectional analytical study was conducted to compare the quality of life between caregivers of patients with Schizophrenia and Mania in outpatient and inpatient department of psychiatry, Dr.SM CSI Medical College & Hospital, Karakonam. The primary objective of the study was to compare the quality of life between care givers of patients with Schizophrenia and Mania. The conceptual model used in this study was Modified Wilson and Cleary Model (1995). Modified WHO Adult Quality of life of care givers assessment scale was used for data collection. The sample size consist of 60 care givers of patients with Schizophrenia and Mania (30 each), selected by purposive sampling technique. Pilot study was conducted among 6 samples and was found to be feasible. The data was tabulated and analysed using descriptive and inferential statistics. The results of the study revealed that, the mean and standard deviation scores of quality of life of caregivers of patients with Schizophrenia & Mania were 59.9 ± 7.15 and 68.4 ± 6.4 respectively and concluded that quality of life among caregivers of patients with Schizophrenia is low comparing to care -givers of patients with Mania.

Keywords: Caregivers, Quality of life, Patients with Schizophrenia, Patients with Mania

1. Introduction

QOL is an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns. The QOL of caregivers is important in reflecting the quality of care that is given to patients diagnosed with mental illness to aid recovery or stability and can also affect the progress and outcome of the patients. Caregivers are fundamental in giving care to patients diagnosed with severe mental illness however there is limited documentation on the QOL of the caregivers for these patients. Due to the limited documentation of QOL, there are few interventions for caregivers that are incorporated in the India health policy to help them handle with their role. The few interventions include the community mental health program run at Government hospitals in Kerala that offers caregiver counselling to people living within the 10 km radius of the hospital and the Schizophrenia fellowship caregiver support group found in Trivandrum district. Therefore, it is important to understand their QOL, which may give baseline information on their way of life and guide health workers and policy makers on the development of appropriate interventions to support the caregivers in their role.

2. Objectives of the study

Primary objective

- To compare the quality of life between care givers of patients with Schizophrenia and Mania.

Secondary objectives

- To assess the quality of life of care givers of patients with Schizophrenia.
- To assess the quality of life of care givers of patients with Mania.
- To determine the association between quality of life among care givers of patients with Schizophrenia and

Mania with their selected demographic and clinical variables.

3. Materials and Format

Quantitative research approach was selected for the study. The study design used was Cross sectional analytical study. Non- Probability purposive sampling technique was used. Sixty samples were selected based on the inclusion criteria(Thirty in each group). In the study data collection period is 6 weeks. Modified WHO Adult quality of life of care givers assessment scale is used for this study. The instrument consists of two sections. The clinical and demographic variables. Demographic variables consists of age, gender, religion, education, occupation, type of family, monthly income, marital status, relationship with the patient and residence. The clinical variable includes duration of illness, number of hospitalization, types of admission, monthly expenses, availability of support system and duration of caregiving. The assessment scale was a 4 point rating scale which had total of 22 items. The pilot study is conducted in Inpatient department of Dr.SM CSI Medical College & Hospital, Karakonam.. The period limited for pilot study is one week. Main study conducted in outpatient department of Dr.SM CSI Medical College & Hospital, Karakonam Data are entered using SPSS trial version and stored in a password protected system for a period of five years. The obtained data are analysed by using both descriptive and inferential statistics.

4. Results

The result shows that, the Mean and Standard deviation score of quality of life of care givers of patients with Schizophrenia is 59.9 and 7.15. The mean and standard deviation score of quality of life of care givers of patients with Mania is 68.4 and 6.4. The mean difference 8.5 is statistically significant. In Schizophrenia caregivers, 83.3% of them are having average level of Quality of Life and

16.7% of them are having high level of Quality of Life. In Mania caregivers, 36.7% of them are having average level of Quality of Life and 63.3% of them are having high level of Quality of Life. There is no significant association between care givers of patients with Schizophrenia and Mania with their demographic and clinical variables.

4.1 Findings related to Frequency and percentage distribution of demographic variables among care givers of patients with Schizophrenia and Mania.

Among 30 care givers of patients with schizophrenia, majority (36.3%) of the caregivers are in the age group of 41- 50 years, 56.7% of them are females, 70% of them are Christians, 56.7% of them are had School education, 46.7% of them are Unemployed, 93.3% of them belongs to nuclear family, 56.7% of them are having monthly income between Rs.5001-10,000, 66.7% of them are married, 46.7% of them are Spouse, 83.3% of them are living in rural area. Among 30 care givers of patients with Mania, majority (40%) of the caregivers are in the age group of 41-50 Years, 56.7% of them are males, 63.3% of them are Christians, 56.7% of them are had School education, 46.7% of them are both Unemployed & had private job, 100% of them belongs to nuclear family, 56.7% of them are having monthly income between Rs.5001-10,000, 63.3% of them are married, 26.7% of them are parent, 80 % of them are living in rural area.

Table 2: Comparison of Quality of Life Among care givers of patients with Schizophrenia and Mania, n=60

Variables	Variables Difference	SD	t-value	p-value	CI	Mean
Caregivers of Patients with Schizophrenia	59.9	7.15	-4.85	<0.001	-12-4.9	8.5
Caregivers of Patients with Mania	68.4	6.4				

4.3 Association between Quality of Life among care givers of patients with Schizophrenia and their demographic variables

There is no significant association between the Quality of Life among care givers of patients with schizophrenia with their demographic variables.

4.4 Association between the Quality of Life among care givers of patients with schizophrenia and their clinical variables

There is no significant association between the Quality of Life among care givers of patients with schizophrenia with their clinical variables.

4.5 Association between the Quality of Life among care givers of patients with Mania and their demographic variables

There is no significant association between the Quality of Life among care givers of patients with Mania with their demographic variables.

4.6 Association between the Quality of Life among care givers of patients with Mania and their clinical variables

There is no significant association between the Quality of Life among caregivers of patients with Mania with their clinical variables.

4.2 Findings related to Frequency and percentage distribution of clinical variables of care givers of patients with Schizophrenia and Mania.

Among 30 care givers of patients with Schizophrenia, majority (53.3%) of them having illness for 1-3 Years, 66.7% of them are hospitalized for first time, 70% of them are admitted voluntarily, 63.3% of them are having support system as family, 66.7% of them have Monthly expenses for treatment is between Rs. 1001-2000, 43.3% of them are giving care for 2 yrs. Among the 30 care givers of patients with Mania, majority (63.3%) of them having illness for 1-3 Years, 50% of them are hospitalized for first time, 70% of them are admitted Voluntarily, 76.7% of them are having support system as family, 63.3% of them are have Monthly expenses for treatment is between Rs. 1001-2000, 50% of them are giving care for 2 yrs.

Table 1: Frequency and Percentage distribution of Quality of Life of caregivers of patients with Schizophrenia and Mania

Level of QOL	Care givers of patients with Schizophrenia		Care givers of patients with Mania	
	f	%	f	%
Low	0	0	0	0
Average	25	83.3	10	36.7
High	5	16.7	20	63.3

5. Conclusion

In Schizophrenia caregivers majority (83.3%) of caregivers are having average level of Quality of Life and 16.7% of them are having high level of Quality of Life. In Mania caregivers, 36.7% of them are having average level of Quality of Life and 63.3% of them are having high level of Quality of Life. It shows that the quality of life among care givers of patients with Schizophrenia is lower comparing to the care givers of patients with Mania.

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