Stress and Coping status among Caregivers of Major Psychiatric Patients

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Abstract

Background: It's estimated that 970 million people worldwide had a mental disorders in 2017.In Bangladesh the scenario is about 20 million on 2018-2019 out of which 14% are of 7-17 years children .Here, 92.3% patients can't afford treatment or can't access treatment. It is estimated that mental disorder account for 13% of Global burden of disease. About 1 in 17 suffers from serious mental illness in worldwide. Therefore the affected person is dependent on caregiver and their wellbeing is directly related to nature and quality of care provided by caregiver. Prior research has shown that, these caregivers are specially vulnerable as they face complex, high burden care situation resulting in higher caregiver stress and strain.

Objectives The objectives of this study are to determine the level of stress and coping of caregivers of Psychiatric patients attended in a tertiary care hospital and to identify the possible association of stress and coping with the socio demographic variables of the caregivers.

Methods: This was a Cross sectional study, sampling technique was convenient, with Face to Face Interview using Semi structured questionnaire. Descriptive statistics were used to describe the socio-demographic characteristics, Caregiver personal information, Psychiatric patients related information, level of stress and their coping. Also, association between socio-demographic factors with stress and coping were analyzed using Chi-square test.

Results: Out of a total of 171 respondents, female are mainly on moderate stress. Respondents with good and moderate coping (n=131) ability were on moderate stress. Respondents with poor coping (n=2) were on high stress. That means the person with average and good coping had moderate stress. The results showed that monthly income of the respondents' ($p<0.05$) were statistically significant with Stress and coping level. In addition, the result also showed that stress and coping were associated statistically.

Conclusion: So there is a need to reduce stress and improve coping which mitigates the caregiver's stress and that will help in the treatment of psychiatric patients. To provide a total care to the Psychiatric patients it is necessary to mitigate the caregiver's stress. For this reason clinicians need to review periodically the status of caregiver's stress. Further exploration is needed in future to assess the caregiver's stress and coping status in community based, multi centered approach in long term follow up with a large sample size.

Keywords Schizophrenia, Dementia, caregiver, stress, coping status, Bipolar disorder