Relationship between Resilience and Social Support in Primary Caregivers of Individuals with Mental Disorders

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Abstract (300 word limit)

Statement of the Problem: Nowadays, family members are taking on the role of full-time caregivers for patients suffering from mental disorders in China. The increasing burden and tasks of caretaking can cause them psychological distress such as depression or anxiety. Resilience has been characterized by the ability to bounce back from negative emotional experiences and by flexible adaptation to the changing demands of stressful experiences. To discuss and explore the question: which factors effects the resilience of the caregivers of patients with mental disorders, and to what extent are the resilience of the caregivers of patients with mental disorders and their level of social support related? Methodology: The study is a descriptive and correlational study. Caregivers of individuals with mental disorders (n = 169) were investigated by Connor-Davidson Resilience Scale (CD-RISC) and Social Support Rating Scale (SSRS) in two psychiatric units in West China Hospital of Sichuan University, Chengdu, China, from January to April, 2018. Findings: The resilience of the caregivers according to the average scores were determined as 21.58±5.17 for strength dimension, 31.20±8.04 for tenacity dimension, 9.12±2.73 for optimism dimension, and the total average score of resilience was 61.89±14.66, which was lower than the domestic norm (65.34±14.27). The total average score of social support was 40.44±8.50, 23.57±5.43 for subjective support, 9.25±3.53 for objective support, 7.61±1.87 for utilization of support. Additionally, resilience was associated with social support (r=0.329, p=0.000), social support accounts for 10.8% of the caregivers' resilience via a linear regression. Conclusion & Significance: According to the results obtained from this study, caregivers of patients with mental disorders have the lower level of resilience, which implies nurses should pay much attention to the caregivers' needs, and provide social support to improve their resilience to lead a better life.

Table

The Resilience and Social Support of the Caregivers

	Resilience	Strength	Tenacity	Optimism	Social Support	Subjective Support	Objective Support	Utilization of Support
Primary Caregivers of Individuals with Mental Disorders	61.89±14.66	21.58±5.17	31.20±8.04	9.12±2.73	40.44±8.50	23.57±5.43	9.25±3.53	7.61±1.87
China norm	65.34±14.27	21.34±6.28	32.04±5.34	8.05±3.01	——	——	——	——

Recent Publications (minimum 5)

1. Tugade M , Fredrickson B (2004) Resilient individuals use positive emotions to bounce back from negative emotional experiences. J Pers Soc Psychol 86(2): 320-33.
2. Mengli L （2017） Caregiving Stress and Case Involvement in Patients with Mental Disorders. Nanjing University of Science&Technology :47.
3. Qijia Z , Xiaoli Y (2015) Investigation and analysis of the social support for caregivers of patients with mental disorders at home. Today Nurse (03):140-141.
4. Qiubi T, Ying Z Shuixian Y et.al (2015) Research on resilience of caregivers of patients with mental disorders. Guangdong Medical Journal 37(23),3621-3624.
5. Yanhua W, Jie L, Yi L （2017） A study on the intervention model of social support for family caregivers in urban mental isorders——taking the "Beautiful Mind" special family psychological support project as an example. Journal of China University of Mining & Technology(Social Sciences) 19(04):34-40

Biography (150 word limit)

Mengmeng W has completed her Bachelor at the age of 22 years from Sichuan University and now she is studying for a master in Sichuan University. She has published 2 papers in reputed journals.

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