ISSN number: 2169-0022

Volume:10| ISSUE 03

Effect of spirituality, religiosity and personal beliefs on resilience of caregivers of patients with mental illness

Gupta S, Verma R

Abstract (600 word limits)

Watching a close relative suffering from mental illness on everyday basis, the gradual detachment in relationship and no reciprocity in the caring process affect the caregivers in a manner that creates distress and hampers their quality of life. Spirituality, religiosity and personal beliefs may enhance the ability of the caregiver to overcome distress and aid in maintaining their mental health. Method: A cross sectional study was conducted in the Department of Psychiatry, Lady Hardinge Medical College, New Delhi. 100 caregivers of individuals with Axis 1 disorder (ICD-10) meeting the inclusion criteria were recruited by random sampling. Written informed consent was taken. World Health Organization Quality of Life Spirituality, Religiousness and Personal Beliefs (WHOQOL-SRPB) and Connor-Davidson resilience scale CD-RISC (Hindi version) were administered in the caregivers. Student t test and Anova were used to analyze the data.

Biography (200 word limit)

Sakshi Gupta owns The Healing Clinic and is a Consultant psychiatrist at Sharma Psychiatry Clinic Patiala, Punjab. She pursued her medical education and masters and worked as a senior resident for 3 years at Government Medical College (GMCH) Chandigarh including 3 months of exclusive experience with special children at Government Rehabilitation Institute for Intellectual Disability (GRIID); a member of the Indian Psychiatric Society. She has been a part of Crisis Resolution Home based Treatment (CRHT) services, and organized various activities in the community for spreading awareness on mental health and mitigating stigma against it. She hosted webinars highlighting the significance of identification and treatment of mental disorders.

References (With Hyperlink)

Written informed consent was taken. World Health Organization Quality of Life Spirituality, Religiousness and Personal Beliefs (WHOQOL-SRPB) and Connor-Davidson

The Healing Clinic and is a Consultant psychiatrist at Sharma Psychiatry

Department of Psychiatry

Organization / University Logo


LADY HARDINGE MEDICAL COLLEGE
L.H.M.C.
100
YEARS
EMPOWERING WOMEN IN HEALTHCARE
1916 - 2016