

TOPIC: CAREGIVER'S BURDEN OF CARE AND TREATMENT OUTCOME OF PATIENT WITH SCHIZOPHRENIA: THE ROLE OF COPING SKILLS

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Abstract

Introduction

Treatment for individuals with serious mental health condition such as schizophrenia has been identified as such that requires systematic inclusion of significant stakeholders in order to achieve more productive treatment outcome. The study thus investigated "Caregiver's burden of care and treatment outcome of patient with schizophrenia: the role of coping skills".

Methods

A total of 60 psychiatric in-patients, diagnosed with Schizophrenia from the Federal Neuropsychiatric Hospital, Yaba, Lagos, each with one active caregiver was recruited in this analytic survey study. The patients were made up of more males (53.3%) than females and with aged ranged from 21 to 65 years old ($M=39.15$; $SD=11.496$). The caregivers were however largely made up of females (66.7%), mothers (31.7%), and had their age ranged from 21 to 62 years of age ($M=44.25$; $SD=10.462$). The patients' treatment outcome was measured with the Positive and Negative Syndrome scale (PANSS) while the caregivers responded to Brief Cope inventory and Zarit Burden Interview in order to measure their coping styles and level of burden associated with caring for the patients. Three formulated hypothesis was tested and analyzed using a computer package, SPSS version 23.

Results

The results revealed that, majority of the patients observed and interviewed had diagnosis of paranoid schizophrenia (83.3%) and a high level of burden was equally observed in their caregivers. Increase in caregivers' burden level predicted significantly, poorer treatment outcome in patients [$\beta = .714$, $t(58) = 7.774$, $p < .001$]. In addition, caregiver's coping styles were observed to significantly predict the level of burden they perceived from caring for patients [$R^2 = .684$, $F(14, 58) = 10.132$, $p < .001$]. Coping and burden was also identified to have significant explanation patients' treatment outcome [$F_{\Delta R^2}(2, 59) = 61.48$; $R^2 = .553$; $p < .05$).

Conclusion

Caring for individuals with serious health condition, particularly mental health condition comes with significant responsibility and demands which in most cases appears too much for the caregivers to adaptively cope with, hence burden occurs. As a result, clinicians should be in the know by frequent assessment of caregivers and help these caregivers to adequately deal with their burden by encouraging more adaptive coping strategies and discouraging the maladaptive ones.

Key words: Schizophrenia, Coping, Caregivers, Patients, Burden

Word Count: 350