



# ASSESSMENT OF DEPRESSION AMONG CAREGIVERS OF MENTALLY ILL PERSONS ATTENDING PSYCHIATRIC OPD,SVIMS,TIRUPATHI

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**Abstract:** Family members are the primary caregivers of persons with mental illnesses in most of the nonwestern world. In India, more than 90% of patients with chronic mental illness live with their families. The family caregiver plays multiple roles in care of persons with mental illness, including taking day-to-day care, supervising medications, taking the patient to the hospital and looking after the financial needs.

Descriptive study was conducted to assess the depression among caregivers of mentally ill persons attending psychiatric opd, svims, Tirupathi. A total of 100 caregivers were chosen by convenient sampling technique. After getting consent from the study sample, standardized questionnaire was given to collect data. Results revealed that 15% had,52% had mild depression,26% had moderate depression,7% had severe depression. In association of level of demographic variables Religion, Occupation, Duration of treatment and Socio economic class  $p < 0.05$  level.

**Key Words:** Depression, caregivers, mentally ill.

## I INTRODUCTION

### BACKGROUND OF THE STUDY :

According to Marina Marcus Depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self-worth, disturbed sleep or appetite, and poor concentration. Moreover, depression often comes with symptoms of anxiety. These problems can become chronic or recurrent and lead to substantial impairments in an individual's ability to take care of his or her everyday responsibilities. At its worst, depression can lead to suicide. Almost 1 million lives are lost yearly due to suicide, which translates to 3000 suicide deaths every day. For every person who completes a suicide, 20 or more may attempt to end his or her life .<sup>1</sup> (WHO, 2012)

The family caregiver also has to bear with the behavioral disturbances in the patient. Thus, the family caregiver experiences considerable stress and burden, and needs help in coping with it. The caregivers develop different kinds of coping strategies to deal with the burden. An unhealthy coping style is likely to adversely affect the caregiving function. Hence, it is important to take care of the needs of the family caregivers. The family caregiver has remained a neglected lot, often ignored by the mental health professionals. This key support system can't be taken as granted and ignored by the mental health professionals.<sup>2</sup>

Across the world, around 450 million people suffer from mental or behavioral disorders. One person in every four will be affected by a mental illness at some stage of life . Mental illnesses affect peoples of all ages, educational levels, economic statuses and cultural backgrounds. The effect of these illnesses on the caregivers of people with mental illness is substantial . Around 150 million persons in the world suffer from depression at any one point in time . Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings and sense of well-being. People with depressed mood can experience feeling of sadness, lack of interest, hopelessness, helplessness, worthlessness, guilty feeling, irritability. They may also experience suicidal ideation, sleep disturbance and loss of appetite . Depression accounts for 4.3% of the global burden of disease and is among the largest single causes of disability worldwide particularly for women.<sup>3</sup>

At its worst, depression can lead to suicide. Almost 1 million lives are lost yearly due to suicide, which translates to 3000 suicide deaths every day. For every person who completes a suicide, 20 or more may attempt to end his or her life.<sup>4</sup> (WHO, 2012)

## II.OBJECTIVES

- To assess the level of depression among caregivers of mentally ill.
- To associate the level of depression with selected demographic variables of caregivers of mentally ill.

## III.MATERIAL AND METHODOLOGY

In view of problem revealed and objective to be accomplished a simple descriptive design was adopted for this study. A sample of 100 caregivers were chosen by convenient sampling technique. Caregivers who are willing to participate were included after taking an informed consent. The setting was psychiatric opd, svims, Tirupathi. Besides socio-demographic data sheet, Standardized questionnaire (Hamilton depression scale) was prepared consisting of 17 questions has 0 to 4 options with scoring Normal = 0-7, Mild depression = 8-16, Moderate depression = 17-23, Severe depression = >24, Maximum is being 52 on the 17 point scale. The data was analyzed by using descriptive and inferential statistics.

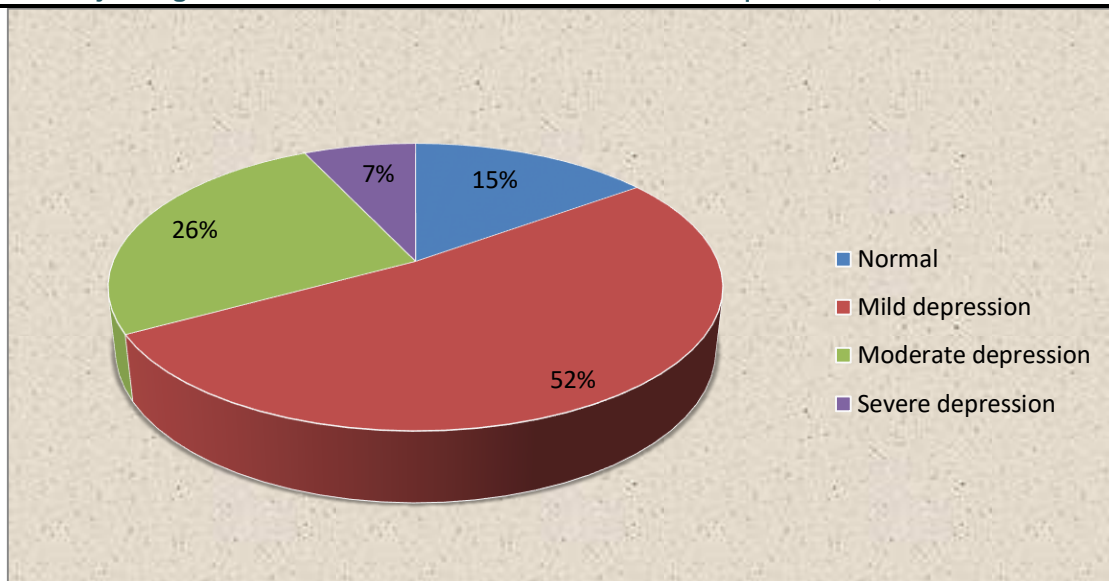
## IV.RESULTS

TABLE I

**Distribution of level of depression among caregivers of mentally ill.**

level of depression	frequency	percentage
Normal	15	15.00%
Mild depression	52	52.00%
Moderate depression	26	26.00%
Severe depression	7	7.00%

**Table 1:** Shows that out of 100 samples 15% had normal, 52% had mild depression, 26% had moderate depression, 7% had severe depression. The present study supported by the study conducted Mr. Abdulaziz s. Alfakhri (2018). Findings of the study revealed that prevalence of clinical depression among the caregivers was 14.9%. Minimal symptoms of depression were experienced by 96 caregivers (43.2%), moderate by 45 (20.3%), moderate-severe by 15 (6.8%), and severe by 8 (3.6%). 46 patients had mild dementia (22%), 73 had moderate (34.9%), and 90 had severe (43.1%) regarding prevalence of clinical depression.



**Fig.:1: Percentage distribution of the respondents according level of their depression.**

**TABLE II**

**Mean and standard deviation of level of depression among caregivers of mentally ill.**

Category	Mean	Standard deviation
Depression	13.28	6.186

**Table :2**reveals that the value of mean 13.28 and standard deviation 6.186 on level of depression among caregivers of mentally ill persons.

Association between level of depression among caregivers of mentally ill with the  
demographic variables. (n=100)

selected

S. No	Demographic variable	Chi-square	P value
1.	Age	67.793	0.000 NS
2.	Gender	7.366	0.061 S*
3.	Religion	4.527	0.606 S*
4.	Marital status	19.115	0.000 NS
5.	Type of disease condition	10.306	0.016 NS
6.	Educational status of caregiver	38.877	0.000 NS
7.	Occupation of caregiver	23.626	0.072 NS
8.	Monthly family Income of caregiver	17.903	0.036 S*
9.	Duration of illness	20.982	0.002 S*
10.	Duration of treatment	11.783	0.067 S*
11.	Mode of payment	19.874	0.019
12.	Socio economic status	4.480	0.877 S*

**Table 3** : revealed that there is a statistically significant association between level of depression with Gender, Religion, Occupation, Duration of treatment, Socio economic class  $p < 0.05$  level.

**Association between the level of depression among caregivers with selected demographic variables of their clients( n=100)**

S.No	Demographic variable	Chi-square	P value
1.	Age	20.965	0.013 S*
2.	Gender	22.802	0.000
3.	Marital status	5.802	0.118 S*
4.	Type of disease condition	38.419	0.003 S*

**Table: no 4** : revealed that there is a significant association between caregivers level of depression with selected demographical variables of their clients age ,marital status and type of disease condition at  $p < 0.01$  level.

### V.CONCLUSION

In this study out of 100 samples 15% had normal,52% had mild depression,26% had moderate depression,7% had severe depression. In association of level of demographic variables , Religion, Occupation, Duration of treatment and Socio economic class  $p < 0.05$  level. There is a significant association between caregivers level of depression with selected demographical variables of their clients age ,marital status and type of disease condition at  $p < 0.01$  level.

### VI.RECOMMENDATIONS

- A similar study can be conducted by providing counseling sessions .
- A similar study can be conducted at SVIMS, OPD, TIRUPATHI same geographical area with large population .
- Comparative study can be conducted between caregivers of mentally ill and other chronic diseases.

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