



## Assess the Caregivers Burden, Stress and Coping Mechanism among Family Caregivers of Schizophrenic Patient – A Systematic Review

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### ABSTRACT

**Introduction:** Schizophrenia is a disabling, chronic mental disorder that gives rise to numerous challenges in its management and consequences. It exerts a significant cost of the patient in terms of personal suffering, on the caregivers a result of the shift of burden of care from hospital to families, and on society at large in term of significant direct and indirect cost that include frequent hospitalizations and need for long term psychological and economic support as well as life time last productivity. **Aim and Objectives:** This systematic review analyzes caregivers burden, stress and coping mechanism among family caregivers of Schizophrenic patients. **Methods:** The systematic review was conducted to determine caregivers burden, stress and coping mechanism in family caregivers of Schizophrenic patients. No date limitations were imposed for search. The National and International Journal, Pub Med, Google search databases were searched. The key words family caregivers burden, stress, coping were used as search terms. The study inclusion criteria were: study conducted with family caregivers of Schizophrenic patient. It exclusion criteria were : studies conducted with families caregivers of other than Schizophrenic. **Results:** Burden, The collective studies reveal that there was 31.6% mild burden, the prevalence of moderate burden is 48.1% and studies reveal that severe burden is prevalent in 15.6%, **Stress,** The overall result of studies showed that 52.5% is mild stress. Moderate stress prevails in 86% and severe stress is present in 14%, **Co-relation,** Collective studies reveal that higher the level of stress lower the coping strategies.  $r = -0.341$ , **Mean Score:** Studies reveal that the mean score of ZBI scale is 44.88.

**Keywords:** Caregivers burden, stress, coping mechanism, systematic review

### INTRODUCTION

Caregiving for Schizophrenia is often provided by family members or other close persons and plays an important role in ensuring that people with this mental illness are able to live life to the fullest. However, it is natural for caregivers of persons with Schizophrenia to experience feelings of frustration, burden, stress and difficult in coping when placed in this role. As a caregiver, you have to serve as both a support system for your family members and a liaison for their medical store. In other words, learning curve and its simply not easy. Not only do you need to quickly learn about and understand the illness and the board range of behaviours that it can involve, but you also need to determine how best to provide care without overstepping or creating undue stress. The more that a person with Schizophrenia can do for themselves, the better of

they will be in terms of their own self-esteem and having hope for the future. For this reason, as a caregiver, you should be encouraging the use of coping skills and self-help strategies for areas of life that are affected by the illness. In this way, you are helping to empower the person with Schizophrenia by helping them to do all that they are capable of doing.

## OBJECTIVES

This systematic review analyzes caregiver's burden, stress and coping among family caregivers of Schizophrenic patients.

## METHODS

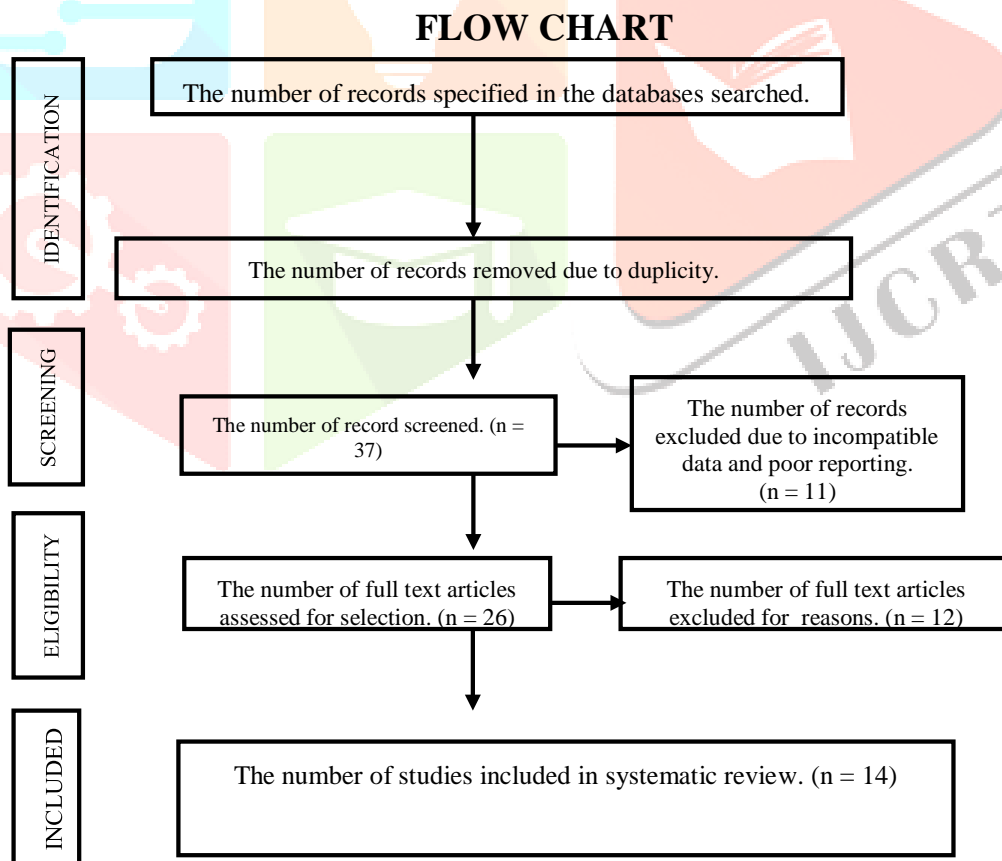
**Study Identification**– No date limitations were imposed for search. The National and International Journal, Pub Med, Google search databases were searched.

**Inclusion Criteria:** Study conducted with family caregivers of Schizophrenic patient.

**Exclusion Criteria:** Studies conducted with families caregivers of other than mental illness.

## STUDY SELECTION:

The researchers search identified a total of 44 studies from the International Journals (6), the national Journals (9), the higher education thesis (5), and Pub Med (24). Some studies were excluded from this study, because 6 were same and 26 were irrelevant. The remaining 14 studies were reassessed in terms of the study's inclusion and exclusion criteria. Finally, 2 studies were included and were examined.



Author/ Year	Title of the Study	Source	Setting of Study	Sampling tech Study Design	Participant And sample size (n)	Tools	Findings of Study
Silas Treveli M., Sheela Upendra 2018.	Stress and Coping Strategies among family members of patients with Schizophrenia	Journal of Psychiatric Nursing 2018; 7(2); 46-50	Rehabilitation Centres of Pune (MH).	Purposive Sampling and Descriptive Survey Schizophrenia	Family members Of patients with 50 schizophre ni a.	Modified stress Scale-30 and Modified Coping Scale	The finding showed that the overall stress score of respondents was 50.9% and the overall coping strategies score were found to be 23.8%. The highest stress score found in the dimension of social stress (73%) and lower in physical stress (17%). With respect to coping strategies, majority (51%) of respondents had used escape avoidance coping strategies and 6.7 used problem focused coping. Study reveals that higher the level of stress lower the coping strategies ( $r = -0.344, P < 0.05$ )
2)Urmila D. Bhardawaj, Jomal Fatima Hashmi, 2018	Assessment of the Stress and Coping strategies used by the family members of Schizophrenia patients	Journal of Psychiatric Nursing 2018; 7(1) : 17-22.	New Delhi	Purposive sampling technique and Nonexperimental descriptive survey design	Family members of Schizophrenia (30)	Structure d interview schedule- 77 and coping strategies scale	Out of 30 subject 53# found to be stressed and 47% were not stressed about their financial condition. In the area work or employment, 65% of subject found stress and 35% were not found stress. There was a statistically not significant negative (inverse) correlation between coping and stress as evident from the 'r' value of 0.338 (absolute r value), which is less than the table value of 0.349, df (28) at 0.05 level of significance.
Kamala-Darlami et.al.; (2015)	Caregivers stress and coping of psychiatric patients	Journal of Universal College of Medical Science Vol. 03 No. 02 Issue 10 : 39-43	Bhairhawa, Nepal	Purposive sampling Technique and Descriptive Research Design	Caregivers of Psychiatric Patients (50)	Modified version of GHQ12 and Kingston Caregiver's stress scale & cope scale	Result related to stress level of respondents revealed that majority of the respondents (86%) were at moderate stress, followed by 14% with severe stress. Study finding showed that caregivers were stressed with caregiving, family and financial Issue. In relation to coping strategies, 86% of respondent used active coping measures whereas 32% adopted passive coping methods.
EsraYazici, 2015	Burden on Caregivers of Patients with Schizophrenia	Noro Psikiyatr Ars – 2016 Jan; 53(2) : 96-101	Community Mental Health Centers (CMHC) in Derince		88 family caregivers of Schizophrenia patient	Zarit caregiver's Burden Interview	Caregivers burden was negatively correlated with income level and functionality of the patient and was positively correlated with the age of the caregivers, the daily time spent with the patient, and the number of hospitalizations of the patient ( $P < 0.05$ ). There was no significant correlation between the caregivers knowledge about Schizophrenia and Caregivers burden ( $P < 0.05$ )
U.Bhanupriya; (2016)	Family Burden among caregivers of hospitalized patients	The Journal of Nightingale Nursing Times; Vol. XII, No. 3	NIMS Hospital Hyderabad	Nonexperimental cross section al descriptive design & Non-probability convenient sampling	100 Caregivers of hospitalized patients.	Question naire consisted of 30 items	Results showed that majority of subjects 58 (58%) experimental moderate burden and 21 (21%) had mild burden and 20 (20%) had sever burden. Thus, it is inferred that the majority of subject had moderate level of burden.
ShijaK; 2018	Gender difference in burden of Care perceived among the spouses of persons with Schizophrenia	The Journal of Nightingale Nursing Time, Vol. XIV, No. 19	Govt. Mental Health Centre. Thiruvanantha-puram, Kerala	Purposive sampling Technique and Cross-sectioned survey design	60 spouses of persons with Schizophrenia	Burden assessment schedule (BAS) 10	Result showed that there is significant difference between the average scores of burden of care perceived by male and female spouses. Significantly high level of burden was shown by the female spouses ( $P < 0.001$ )

Janarathanan B, (2017)	Assessed the burden among caregivers of patients with mental illness	Journal of Psychiatric nursing 2017; 6(2) : 49-53	Psychiatric OPD of a Tertiary Care Hospital, Puducherry India	Non-probability convenient sampling and Quantiative approach	178 caregivers of patient with Mental illness.	ZBI-22	The majority of subjects (82%) has subjective burden and only 17.9% had experienced no burden. About 45.2% subjects had mild burden; 43.2% had moderate burden and only 11.6% had severe burden.
Sunanda G.T, Ramesh C.	Effectiveness Of Psychoeducation on Caregivers burden among Caregivers f Patient with Schizophrenia.	Internation al journal of nursing care, ISSN-2320-8643 . Dos: 10.59,58/: 23208651.1.2.04 8	Shree psychiatric care, cen tre, Dharwad, Karnataka.	-----	40 caregivers of schizophreni a.	(BAS) Burden assessme nt schedule.	The results reveals that the mean scores of burden in both groups at pretest before the psychoeducation were (83.42, SD= 8-47, 82.83, SD = 7.32) . After the the psychoeducation to study group the mean scores of both groups were at post test (48.50, SD=6-86, 79.92 SD=6.96) respectively.
Kizilirmak B, 2016.	Assess the caregivers burden among family members of schizophrenic patients.			Descriptive study.	Schizophreni a 243 family givers.	Disease burden assessme nt scale (DBAS)	Total burden scale mean score of caregivers was 45.4. caregivers burden and risk of Mental illness were associated.
YavasAyhan AG, 2013.	Assess the caregivers burden among family members of schizophrenia.			Descriptive study.	85 caregivers of schizphrenia.	Zarit caregivin g burden scale.	Total burden scale mean score of caregivers was 51.8.
Kaya Y. 2013	Assess the caregivers burden among family members of schizophrenia.			Descriptive Study.	130 caregivers of schizophreni a.	Zarit caregivin g burden scale.	Total burden scale mean score of caregivers was 55.8.
Tanriverdi D, 2012.	A study to assess the effectiveness of Psychoeducatio n on Caregivers burden among family Caregivers of Schizophrenic Patient.			Pretest- posttest quasi experimental study.	31 caregivers of schizophreni a.	Zarit caregivin g burden scale.	while total burden scale Mean Score before psycho education was 57.2, this score after the psycho education was 34.3, and this difference was significant.
Arsalantas, 2021	Assess the caregivers burden among family caregivers of schizophrenia.			Descriptive Study.	144,caregiver s of schizophreni a.	Perceive d family burden scale.	Subjective burden mean score of caregivers was 28.9, their objective burden mean score was 8.7.
Kinari I, 2011.	Assess the caregivers burden among family caregivers of schizophrenia.			Descriptive Study	152, caregivers of schizophreni a.	Zarit caregivin g burden scale	Total burden Scale Mean scare of Caregivers Was 42. 5

## FINDINGS

**The General characteristics of the studies:** There was no date limitations impose for search. Of the studies included, 11 had descriptive studies, 1 non-experimental descriptive survey design, 1 non-experimental cross-sectional descriptive design and one pretest-post test quasi experimental research design. Of the studies 11 involved caregivers for patients with Schizophrenia; 1 involved caregivers for psychiatric patients; 1 involved caregivers for hospitalized patients; 1 involved caregivers for mentally ill patients. The study found that, among descriptive studies included, the study by Tanriverdi D (2012) had the smallest study sample with 31 caregivers, and the study by Kizilirmak B. (2016) had the largest study with 243 caregivers.

**THE MEASUREMENTS TOOL USED AND THEIR RESULTS:**

A variety of measurement tools were used to assess the caregivers of burden, stress and coping among family caregivers of Schizophrenic patients:- The modified stress scale (1), Modified coping Scale, (1) Structured Interview Schedule (1), Coping Strategies Scale (1), CoPEScale (1), ZBI-22 (6), Burden Assessment Scale (BAS) (3), Perceived Family Burden Scale (1).

**Zarit Burden Interview:**

Of the studies taken under analysis using the ZBI, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> studies concluded that the burden was above 50%. The total number of studies taken under the analysis using ZBI are 6. A study by EsraYaziki concluded that there was no significant co-relation between the caregivers knowledge about Schizophrenia and Caregivers burden ( $P < 0.05 >$ ). A study conducted by Kinari, 2011 concluded that the mean score of caregivers burden was 42.05.

**Burden Assessment Schedule:**

A study by Shiba K., 2018 found that the score of burden of care showed that the burden of Care was more among female spouses. The study by Sunanda G.T., Ramesh C. showed that the psycho education to caregivers of patient with Schizophrenia may have significant impact on reducing their burden level.

**Modified Stress Scale:**

Silas Treveli M., Sheela Upendri 2018, conducted a study among family members of patients with Schizophrenia found that higher the level of stress, lower the coping strategies. The study reveals that provision of psycho education may reduce the stress among family members of patients with Schizophrenia.

**Modified Coping Scale:**

Study conducted by Kamala Darlani et.al., (2015) revealed that the most of caregivers of psychiatric illness were found to be stressed and used active coping measures to manage their stress.

**Structural Interview Schedule:**

A study conducted by Urmila D. Bhardwaj, Jamal Fatima Hashmi, 2018 used this scale and showed that there was a negative (inverse) co-relation between coping and stress.

**Kingston Caregivers Stress Scale:**

A study by Kamala Darlami et.al.; (2015) used this scale and concluded that majority of the respondents were at moderate (86%).

**Coping Strategies Scale:**

A study done by Urmila D. Bhardwaj, Jamal Fatima Hashmi, 2018 concluded that family members of Schizophrenic patients were majority stress (65%).



**COPE Scale:**

A study by Kamala Darlami et.al.; (2015) used this scale and showed that the most of the caregivers of Psychiatric illness were found that they are stressed (86).

**Perceived Family Burden Scale:**

A study conducted by Arsalant as H. 2012 used this scale and concluded that subjective burden mean score of caregivers was 28.9, their objective burden mean score was 8.7.

**Result:** Burden, The collective studies reveal that there was 31.6% mild burden, the prevalence of moderate burden is 48.1% and studies reveal that severe burden is prevalent in 15.6%, *Stress*, The overall result of studies showed that 52.5% is mild stress. Moderate stress prevails in 86% and severe stress is present in 14%, *Co-relation*, Collective studies reveal that higher the level of stress lower the coping strategies.  $r = -0.341$ , *Mean Score*: Studies reveal that the mean score of ZBI scale is 44.88.

**CONCLUSION:**

The studies were analyzed to find the stress, burden and coping among family caregivers of Schizophrenic patients.

**Stress:**

The stress showed that medium level stress was present, mean score was (60%) with overall coping ability of 40%. Purposive sampling and descriptive survey approach were mainly used with descriptive research designs. Modified stress scale 30 and modified coping scale was used. The result of these studies showed that close monitoring of caregivers, mental health and provision of psycho education family intervention may reduce the stress among caregivers.

**Burden:**

The study findings revealed that majority of subject (47%) experienced moderate burden. Collectively it was found that there was significant association between burden and the selected variables. Studies showed that the score of burden was more among female spouses. BAS and ZBI-22 tools were used in studies.

Purposive sampling technique and cross sectional survey designs were used.

Stress and Burden was somehow decreased after providing psycho education to caregivers.

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