

P02-97 - EVALUATION OF MENTAL HEALTH STATUS IN CAREGIVERS OF PATIENTS WITH CHRONIC PSYCHIATRIC DISORDERS

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Objective: The prevalence of psychotic disorders is %2-%2.5 in general population. This study has been performed to evaluate mental health status in caregivers of patients with chronic psychiatric disorders.

Materials and methods: This research was a descriptive - Analytic study performed in Mazandaran province northern Iran. Two hundred caregivers of patients with sever psychiatric disorders completed (GHQ-28) and Demographic Questionnaire. The caregivers had to care at least one year continuously. Sever psychiatric disorders is referred to patients with schizoaffective or schizophrenia or bipolar mood disorder that at least 2 years was passed from onset of disease. Data were analyzed in descriptive statistical method with SPSS soft ware.

Results: Our study showed that %35 of caregivers had GHQ>23 and didn't have mental health. We found significant association between patients age, Age of onset of disease with GHQ Score ($p=0.0001$). And there was an association between caregivers' GHQ score with marital status in patients, although this was not significant ($p=0.08$). In addition, the χ^2 test didn't show significant relationship between duration and type of disease and patient's sex and caregiver's sex with GHQ score.

Conclusions: According to the results of pervious studies and ours, it seems that further investigations with more samples and other Questionnaire is needed to evaluate of caregivers needs and it is suggested that a logical planning be conducted by the authorities, to decrease caregivers' burden.

Keywords: Caregiver; chronic psychiatric disorders; mental health status