

The Burden Among Caregivers of Patients with Chronic Psychoses.

R. FEKI¹, I. Feki¹, N. Smaoui¹, I. Baati¹, I. Abida¹, J. Masmoudi¹, A. Jaoua¹

¹Psychiatrie A, CHU Hédi Chaker Sfax Tunisia, sfax, Tunisia

Introduction:

Psychoses are severe mental disorders, which place a considerable burden on the caregivers.

Families experience a lot of physical, emotional and financial distress due to a patient's abnormal behavior, and social and occupational dysfunction.

In countries like Tunisia, where rehabilitation services are almost nonexistent, the role of the family becomes more important.

Objective:

Assess caregiver burden among relatives of patients with chronic psychoses.

Methodology:

This is a descriptive cross-sectional study regarding 40 caregivers accompanying patients with chronic psychoses (schizophrenia, bipolar disorder and non-schizophrenic psychosis).

The burden was assessed by the European version of the scale of the burden IEQ (Involvement Evaluation Questionnaire).

Results:

The average age of our population was 48 years.

Caregivers were as follows: siblings(35%), parents (27.5 %) and spouses(27.5 %).

Almost all of the caregivers (80%) lived in the same household as the patient.

Pathologies diagnosed in patients were schizophrenia (65%) and bipolar disorder (20%).

Most caregivers have an important sense of burden (IEQ > 15) with a percentage of 77.5%.

This burden was mainly due to the "tension" with a mean score of 5.6 and the 'supervision' with an average of 3.7.

A significant burden was found among caregivers without occupation ($p = 0.028$).

Patients Caregivers treated with atypical antipsychotic express less important burden ($p = 0.032$).

Conclusion:

Caregivers of patients with chronic psychoses experience moderate to severe burden.

Caring for the psychotic patient need to change from a patient focused approach to a combined patient and caregiver approach.