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Resilience, caregiving burden and quality of life in Egyptian family caregivers of patients with schizophrenia

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Introduction: Caring for mentally ill patients affects the family caregivers' physical and mental health which leads to a lot of burdens. Consequently, family caregivers need resilience to help in relieve this burden and to regain their quality of life.

Objective: The present study was designed to assess the levels of resilience, burden and quality of life among family caregivers of patients with schizophrenia and their relationships.

Setting: The study was conducted at the psychiatric outpatient clinic of Mental Health Hospital in Tanta City (which is affiliated to General Secretariat of Mental Health) and Psychiatric Outpatient Clinic Affiliated to Tanta University.

Subjects: A descriptive correlational design was utilized in the study, using a convenient sample of family caregivers of patients with schizophrenia (N=109).

Tools: Connor Davidson Resilience Scale (CD-RISC), Burden of Care Inventory and the World Health Organization Quality of Life Scale.

Results: The present study indicated a significant positive correlation between resilience level and quality of life. On the other hand, caregiving burden was negatively correlated with each of resilience and quality of life. Moreover, family caregivers have a moderate level of resilience and around two-thirds of them have the poor overall quality of life and experiencing moderate to the severe burden.

Conclusion: The present study concluded that decreasing family caregivers' burden and enhancing their quality of life is imperative, this can be done by emphasizing the significant role of resilience.

Recommendations: A rehabilitation program and ongoing interventions for family caregivers should be established to enhance their resilience and consequently to decrease their burden and improve their quality of life.

Biography

Souzan Abd El-Menem Abd El-Ghafar Harfush has completed her PhD at the age of 32 years (since 18 months) from Tanta University, faculty of nursing. She has published 2 papers in reputed journals. Occupy the position of lecturer in psychiatric and mental health nursing department, faculty of nursing, Tanta University

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