Burden and coping strategies among caregivers of patients with mood disorder

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Abstract:

The study aimed to investigate burden and coping strategies among caregivers of patients with mood disorder and examine the relationship between them. A descriptive correlational design was utilized. The study was carried out at inpatient unit at neuropsychiatry and neurosurgical hospital at Assiut University. The sample comprised of 100 caregivers of patients with mood disorder. Tools of study comprised of personal data questionnaire, mood disorder burden index and ways of coping questionnaire. Results: The highest mean scores of burden of exhibited specific behaviors by patients were related to sleeping too much, there were too many thoughts running through patients' head and they were more talkative than usual. The highest mean scores of coping strategies were related to self-controlling, positive reappraisal and seeking social support respectively. Self-controlling, planful problem solving and positive reappraisal were positively and significantly correlated with frequency of exhibited specific behaviors by patients. Conclusion: Caregivers experienced high mean scores of burden related to the frequency of symptoms exhibited by patients. The highest mean scores of coping strategies utilized by them were related to self-controlling, positive reappraisal and seeking social support. Self-controlling, planful problem solving and positive reappraisal were positively and significantly correlated with some of exhibited specific behaviors by patients. Recommendations: Designing and implementing psychoeducational programs are essential for caregivers of patients with mood disorders.

Keywords:

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