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

Souzan Abd El-Menem Abd El-Ghafar Harfush and Hosam El-Din Fathalla Elsayi
Tanta University, Egypt

Background: Caring for mentally ill patients affects the family caregivers' physical and mental health which leads to a lot of burden. Consequently, family caregivers need resilience to help relieving 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.

Materials & Methods: The study was conducted at the Psychiatric Outpatient Clinic of Mental Health Hospital in Tanta City (affiliated to General Secretariat of Mental Health) and Psychiatric Outpatient Clinic affiliated to Tanta University. A descriptive correlational design was utilized in the study, using a convenient sample of family caregivers of patients with schizophrenia (N=109). The tools used for the study were: 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 had moderate level of resilience, and around two thirds of them had poor overall quality of life and experienced moderate to severe burden.

Conclusion: The present study concluded that, decreasing family caregivers' burden and enhancing their quality of life is imperative, which 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.