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Stroke burden and associated depression among caregivers in a tertiary hospital

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Statement of the Problem: Stroke caregiver burden is becoming a renowned universal issue. Several studies were done globally to investigate the burden of stroke among caregivers, but the gulf region generally and Saudi Arabia specifically had little or no share of these studies. The purpose of this study is to investigate the prevalence of depression and strain among stroke caregivers and to determine factors related to increased depression and strain levels.

Methodology & Theoretical Orientation: A cross-sectional design was used with a convenience sample of 137 subjects. The Patient health questionnaire (PHQ-9)[®] and the Caregiver Strain Index were used to identify caregiver depression and burden, respectively. Multinomial Logistic regression analysis identified the influence of independent variables on caregiver depression and caregiver burden.

Findings: Caregivers had high scores of both depression and burden indices. Greater levels of depression and strain were associated with caring for dependent females with hemorrhagic type of stroke. Caregiver's gender, satisfaction with income, and receiving help in caring for patient were related to caregiver depression. Those who were females, not satisfied with income, and did not receive help in caring for patients had significantly higher levels of depression and strain.

Conclusion & Significance: The study indicated significant strain and depression levels among caregivers of stroke patients.

Recommendations: Awareness should be spread and further research should be conducted about strategies which may help in decreasing burden and depression among caregiver. These strategies may include educational and counseling programs in addition to financial support programs.

Biography

Haifa Adnan Al Issa is a senior medical student at King Saud bin Abdulaziz University for Health Sciences (KSAUHS) with a keen interest in neurology. She finds her passion in providing a better comprehensive healthcare and optimizing patient outcome. Her dedication to patients is expressed through her curricular and extracurricular activity. She participated in a number of community-oriented events, awareness campaigns, and patient support groups for stroke, multiple sclerosis, epilepsy, and Alzheimer's disease. She is working on research projects with neurology department at NGH.

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