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Factors influencing psychological well-being among caregivers of patients with schizophrenia

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Statement of the problem: Caregivers of patients with schizophrenia have an important role in providing care. If these caregivers have high level of psychological well-being, they would be able to provide more efficient care for the patients.

Methodology & Theoretical Orientation: The purposes of this predictive correlational study were to investigate the psychological well-being and its predicting factors among 110 caregivers of patients with schizophrenia in Amphoe Meuang, Chon Buri Province. The multi-stage random sampling was used to select the sample. Research instruments included questionnaires to gather data for personal information, resilience, optimism, attitude towards provision of care for patients with schizophrenia, caregiver burden, family relationship, social support and psychological well-being with Cronbach's alpha of .87, .86, .75, .91, .80, .88 and .80, respectively. Descriptive statistics, Pearson's product moment correlation coefficient, and stepwise multiple regression were employed for data analyses.

Findings: The results showed that psychological well-being of these caregivers was at a moderate level ($= 52.53$, $SD = 4.60$). From stepwise multiple regression analysis, social support, resilience, optimism, and family relationships could together explain 67.30 percent of variance for caregivers' psychological well-being ($R^2 = .673$, $F = 54$ $p < .001$). These significant predictors ordered from strongest to lowest were social support ($\beta = .463$, $p < .001$), resilience ($\beta = .240$, $p < .01$), optimism ($\beta = .196$, $p < .01$) and family relationship ($\beta = .129$, $p < .05$).

Conclusion & Significance: The results of this study provide useful information for health care providers to develop intervention or activities aimed at promoting psychological well-being among the caregivers of patients with schizophrenia by enhancing their social support, resilience, optimism and family relationship.