

# NURSING CARE

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## Relationship between resilience and social support in primary caregivers of individuals with mental disorders

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**Aim:** The aim of the study was answer to the question: which factors effects the resilience of the caregivers of patients diagnosed with mental disorders and to what extent are the resilience of the caregivers of patients diagnosed with Mental disorders and their level of social support related?

**Method:** The study is a descriptive and correlational study. Caregivers of individuals with mental disorders (n=169) were investigated by Connor-Davidson Resilience Scale (CD-RISC) and Social Support Rating Scale (SSRS) in two psychiatric units in West China Hospital of Sichuan University, Chengdu, China, from January to April, 2018.

**Result:** The resilience of the caregivers according to the average scores were determined as  $21.58 \pm 5.17$  for strength dimension,  $31.20 \pm 8.04$  for tenacity dimension,  $9.12 \pm 2.73$  for optimism dimension and the total average score of resilience was  $61.89 \pm 14.66$  which was lower than the domestic norm ( $65.34 \pm 14.27$ ). The total average score of social support was  $40.44 \pm 8.50$ ,  $23.57 \pm 5.43$  for subjective support,  $9.25 \pm 3.53$  for objective support,  $7.61 \pm 1.87$  for utilization of support. Additionally, resilience was associated with social support ( $r=0.329$ ,  $p=0.000$ ), social support accounts for 10.8% of the caregivers' resilience via a linear regression.

**Conclusion:** According to the results obtained from this study, caregivers of patients with mental disorders have the lower level of resilience, which implies nurses should pay much attention to the caregivers' needs and provide social support to improve their resilience to lead a better life.

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