A study to evaluate the effectiveness of family intervention package on perceived burden, coping ability and family functioning of caregivers and level of functioning of patients with chronic Schizophrenia”

Dr.Sreeja.I       Guide: Dr.Sr.Anne Jose

This study aimed to evaluate the effectiveness of family intervention package on perceived burden, coping ability, family functioning of caregivers and level of functioning of patients with chronic schizophrenia. Quasi experimental non equivalent control group design was adopted for the study. 177 subjects were recruited for the study from three hospitals by consecutive sampling method. Study sample constituted 52 patient caregiver dyads in experimental group and 50 patient caregiver dyads in control group. Family intervention package comprised of 3 sessions that were 45 min in length with an additional 15 min discussion/question time. The intervention was done with a small group of 8-10 members to be completed over the period of a month. Data were collected using standardized tools. There were longitudinal assessment at 1 month, 3 month and 6 months of intervention. Results revealed that caregivers perceived burden mostly in the financial area and patient behavior. There was significant (p< 0.01) difference between control and experimental group in burden subscales of patient behavior, family relations and social support at 1 month after intervention. Caregivers adopted more of religious coping and social support as coping strategies. There was significant (p<0.01) difference in coping skills between control and experimental group after intervention. Forty three (43)% of families were unhealthy and 57% were healthy in
the present study. There was significant (p<0.01) improvement in family functioning in experimental group after intervention at 1 month, 3 month, and 6 month compared to control group.

Key words: family intervention, burden, coping, family functioning