

Research Article

Effectiveness of Psychoeducation Programme on Knowledge of Schizophrenia among Care Givers of the Patients with Schizophrenia, Admitted in Selected Hospital of SGR

Perkash Kour

Astt. Prof., Department of nursing, MMINSR SKIMS Soura, Srinagar Kashmir, India.

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I N F O

E-mail Id:

perkashkour@gmail.com

Orcid Id:

<https://orcid.org/0000-0003-1762-455X>

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A B S T R A C T

Background: Schizophrenia is one of the commonly occurring disorders, often causing a high degree of disability to the patients, as well as being stressful to the caregivers. Many people are still unaware that there are effective treatments for schizophrenia. A combination of regular medication, family education and support reduce the relapse rate from 50% to 60%. Psychoeducation interventions provide information to patients and their families as well as provide the tools necessary to cope with the disorder.

Aim: The study aimed to find the efficacy of psycho-education on knowledge regarding schizophrenia among care givers of patients by conducting pretest before intervention and posttest after intervention.

Methods: Pre-experimental one group pre-test and posttest design was used for this study. The sample of 50 care givers were selected using purposive sampling technique consists of care givers of schizophrenia patients admitted in psychiatric ward. The study was conducted at the selected state govt. hospital IMHANS Srinagar J&K India. Data was collected using structured knowledge questionnaire. The researcher first explained the aim of the evaluation and invited family members to take part. After consenting to participate in the study, family members were assessed in group of twenty five.

Result: mean knowledge score at pre-test was 8.94±5.101 and 27.66±1.814 at post test. There was significant difference in knowledge scores of pre-test and post-test ($p < 0.001$). There was no significant association between knowledge score and demographic variables.

Conclusion: There was significant gain in knowledge score of care givers. The study concluded that psycho education was effective in increasing the knowledge of care givers of schizophrenia patients. Psycho education of the family members is the key to understand about the illness and provide better care to the patient.

Keywords: Schizophrenia, Caregivers of Patients, Psycho Education and Knowledge

Introduction

Schizophrenia is a major mental health problems in the world today. It is one of the most debilitating psychiatric disorders worldwide (Jablensky, 2000; messias et al. 2007). Approximately 1% of the population develops schizophrenia though only half of this of this group gets treatment Equally as many women as men develops schizophrenia. The onset for males usually happens earlier than for females (Kaplan & Sadock)¹ Schizophrenia is a severe mental illness that affects the function of thinking, perception, cognition, emotion and motivation and can cause stress and burden for families, especially caregivers.² In India for a population of nearly one billion people, there are estimated four million people with Schizophrenia, with different degrees of impact on some 25 million people with schizophrenia, with different degrees of impact on some 25 million family members.³ Knowledge of schizophrenia among care givers of schizophrenia is known to directly and indirectly influence the various outcomes of treatment.⁴ It influences the treatment adherence, supervision of medication and compliance, regular follow-ups, explanatory models, belief system, expressed emotions, financial and social support offered, stigma related to mental illness, as well as acceptance in the society and rehabilitation of the individual.⁵ Caring for patient with schizophrenia is a significant burden on the families and caregivers have assumed(Kitchers et al. 2012). Schizophrenia also affects functioning and health of family caregivers, mainly because the care givers have assumed functions that were performed in the past by psychiatric institutions (Motter- Leimkuhler & Wiesheu, 2012). The impact of care giving on caregivers quality of life is substantial, especially when experiencing a significant burden, restricted roles and activities and activities and increased psychosomatic, anxious or depressive symptoms (zamzan et al., 2011). Moreover, caregivers negative experience may affect their ability their ability to care for the patients Research on caregivers QOL is thus of importance both for the caregivers themselves and indirectly for patients health. The cultural and psychosocial status and attitude of the family and the patient toward the disorder could be different in various communities (Caqueo- Urizer et al., 2009).

Psycho-education may be defined as the education of a person with any psychiatric disorder in subject areas that serve the goals of treatment and rehabilitation⁶ Mental illness is a psychological or behavioral pattern that occurs in an individual and is thought to cause distress or disability that is not expected as part of normal development or culture.⁷ A chronic mental illness such as schizophrenia is a challenging task for caregivers especially in the current era of de-institutionalization. After the de-institutionalization of psychiatric hospitals, many families have become primary caregivers for seriously mentally ill individuals.⁸ WHO (9

April 2018) reported that schizophrenia is a severe mental disorder affecting more than 21 million people worldwide. People with schizophrenia are 22.5 times more likely to die early than the general population. It is treatable. Treatment with medicines and psychosocial support is effective.⁹ The psycho education program is one of the psychosocial interventions that have been recommended to help both schizophrenia persons and caregivers. Nurses used this intervention as one of the strategies in order to provide information about schizophrenia, treatment, social skills, problem solving and the resources available.¹⁰ Group psycho education involving patients, caregivers and families has been emphasized as an important component of treatment strategy for schizophrenia, bipolar disorder, major depression and other disorders.⁵

Research Methodology

The objectives of the study include:

- To assess the level of knowledge on schizophrenia among care givers of the patient with schizophrenia
- To administer psycho-education programme on schizophrenia among care givers of patients with schizophrenia
- To evaluate the effectiveness of psychoeducation on knowledge of care givers of patients with schizophrenia
- To find out the association between the pretest knowledge score and selected demographic variables

Hypothesis

H₁: There is significant increase in the mean post test knowledge score as compared to mean pre-test knowledge score regarding schizophrenia among care givers after implementing structured teaching programme at 0.05 level of significance.

H₂: There is significant association between pre-test knowledge score of care givers regarding schizophrenia with their selected demographic variables (age, gender, family income, education duration of illness.

Sampling Criteria

Inclusion Criteria: Care givers of Schizophrenia Patients

- Diagnosed with chronic schizophrenia since two years
- Who are willing to provide written informed consent to participate in the study
- Available at the time of data collection
- Staying with and taking care of patient who has diagnosed as schizophrenia

Exclusion Criteria: Care givers of Schizophrenia Patients

- Not willing to participate in the study
- Not present at the time of data collection

Tools

The data was collected using a structured tool which include

demographic variables and knowledge questionnaire regarding schizophrenia that is with general information on schizophrenia, its causes, psychotic symptoms, treatment, drug side effects, management and prevention of relapse.

Research Approach

Pre-experimental, one group pretest posttest design was used for the study. The study design is schematically represented as follows.

01: pre-test Assessment of knowledge of caregivers regarding care of chronic mentally ill patients before administration of psycho education programme.

X: Administration of psycho education programme to caregivers of patients who was diagnosed with schizophrenia.

02: Post-test Assessment of knowledge of caregivers regarding care of chronic mentally ill patients after administration of psycho education program.

Research Design

A self structured interview schedule is used to assess knowledge of care givers of patients who was diagnosed with schizophrenia.

Setting

IMHANS Srinagar j&k Kashmir.

Sample Size

The sample of the study were 50 care givers of schizophrenia patients admitted in Govt. Hospital IMHANS Sgr.

Sampling Technique

Purposive sampling method was used for collecting data.

Data Collection Procedure

Formal permission was obtained from concerned authority. Data was collected from psychiatric in-patient ward of psychiatric hospital at Srinagar Kashmir. Informed written consent was taken from care givers. The care givers were assured of anonymity and confidentiality of the information provided by them. Fifty care givers were selected using purposive sampling. Pre-experimental one group pre-test post-test design was used. Pre-test was done using interview schedule. Pre-test consisting of two sessions twenty five care givers of patients with schizophrenia each day. The care givers participated in psycho education programme soon after completion of pre test. Teaching was given using lecture method which included topics related to schizophrenia to be given for the duration of 45 minutes discussion. Post-intervention programme was held after a gap of week and were assessed individually for two days at IMHANS Sgr. Psycho-education was designed for six hour followed by 10 minutes discussion and each session included minimum group of twenty five care givers per

day. Doubts were clarified during discussion. Post test was conducted on 7th day using same interview schedule to evaluate the effectiveness of psycho education. Toward the end of each session, care givers of patients were thanked for their cooperation and participation. The program was organized under following headings, the families experience of schizophrenia, identify the causes, sign and symptoms, effect of medication, compliance and warning signs of relapse and relapse prevention.

Ethical Consideration

For this study, the investigator took in to consideration the ethical issues. No ethical issues were raised by conducting this study. Prior permission was obtained from higher authorities of Hospital to conduct the study. Informed consent was obtained from the study samples. Samples were informed that the confidentiality of the data will be maintained.

Result

The data were tabulated, analysed, organized and presented under following headings:

Section 1: Findings on sample characteristics of care givers of schizophrenia patients.

Section 2: Findings to assess level of knowledge on schizophrenia before administration of structured teaching programme among care givers of patients.

Section 3: Findings to assess the knowledge score after administration of STP among care givers of schizophrenia patients.

Section 4: Findings related to association of post-test knowledge score about schizophrenia among care givers of patients with selected demographic variables.

Section I: Findings Related to their Demographic Characteristics

Table 1. Frequency and percentage distribution of demographic variables of care givers of schizophrenic patients

n=50		
	Frequency	Percentage
Age in yrs		
<50 yrs.	20	40%
>50 yrs.	30	60%
Gender		
Male	20	40%
Female	30	60%
Education		
Illiterate	16	32%
Higher secondary	21	42%

Above 12 th standard	13	26%
Income		
Less than 4000	4	8%
4000-20000	36	72%
>-20000	10	20%
Relation with patients		
Father	4	8%
Mother	9	18%
Spouse	9	18%
Children	22	44%
Sibling	6	12%
Type of family		
Nuclear	12	76%
Joint	38	24%
Occupation		
Professional	0	0
Govt employe	8	16%
House wife	22	44%
Self employed	20	40%

The data presented in (Table 1): reveals that the majority 30 (60%) of the respondents were in the age group less than 50 yrs. and 20 (40%) were aged belong to the age group of more than 50 years, 30 (60%) of participants were females 20 (40%) were males. Majority 21 (42%) were

having higher secondary education. 36 (72%) were having higher income.⁴ (8%) were father 9 (18%) were mother and spouse, 22 (44%) were children and 6 (12%) were sibling. Majority 22(44%) were house wives.

Section 2: Findings to Assess the Knowledge Score on Schizophrenia before and after Administration of Structured Teacing Programme among Care givers of Patients

Table 2, it reveals that in pretest out of 50 subjects, majority 45 (90%) of care givers had moderate knowledge, 3 (6%) of them had good knowledge and 2 (4%) care givers had poor knowledge. In post-test majority 49 (98%) of caregivers had good knowledge and 1(2%) had good knowledge.

Section 3: Findings related to Effectiveness of Structured Teaching Programme on Knowledge among Care Givers of Schizophrenia Patients

Table 3, shows the mean difference between before and after knowledge score was 18.720 and it was found there was statistically significant difference between the pre-test and post-test knowledge score on care givers of schizophrenic patients.

Section 4: Findings related to Association of pre-test Knowledge Score on Schizophrenia among Care givers of Patients with their Selected Variables

Table 4, Shows that there is no significant association between pre-test knowledge score of study subjects with their selected demographic variables.

Table 2. Distribution of caregivers according to knowledge scores on care of schizophrenia patients

Knowledge score	Pre-test		Post-test	
	Frequency	Percentage	Frequency	Percentage
Poor (<21)	2	4%	-----	-----
Moderate (22-31)	45	90%	1	2%
Good (32-42)	3	6%	49	98%

Table 3. Comparison of subjects on the basis of pre-test and post-test mean knowledge score

Score (Mean+S.D)	Pre-test	Post-test	Mean Diff.	P-Value
		8.94+5.101	27.66+1.814	18.720

Table 4. Association of knowledge scores of care givers with their demographic variables

Variables	Categories	Level of knowledge			chi square	p-value
		Poor <21	Moderate 22-31	Good 32-42		
Age	<50	3	25	0	0.43	0.5
	>50	2	20	0		
Gender	Male	4	19	0	0.181	0.67
	Female	6	21	0		

Education	Illiterate	1	10	0	0.089	0.956
	Higher sec	2	20	0		
	Above 12 th	2	15	0		
Income	<4000	1	5	0	1.005	0.605
	4000-20000	2	20	0		
	>20000	1	21	0		
Relation with patient	Father	1	5	0	1.084	0.896
	Mother	1	12	0		
	Spouse	2	14	0		
	Children	1	10	0		
	Sibling	1	3	0	0.206	0.649
Type of family	Nuclear	2	25	0		
	Joint	1	22	0		
Occupation	Professional	1	12	0	0.144	0.986
	Govt employee	2	18	0		
	House wife	1	8	0		
	Self employed	1	7	0		

Discussion

The aim of the present study was to examine the knowledge about schizophrenia among care givers of patients. The psycho-education in this study demonstrated positive effects in reduction of family burden because illnesses in one family member results in a substantial burden for the whole family.¹¹ Most previous family psycho-educational studies have focused on European and American populations. The present study focused on the impact of psycho-educational intervention in families which one member has schizophrenia. Farkhondeh sharif, Maryam Shaygann and Arash Mani same study done (2012) effects of a psycho-educational intervention for family members on caregiver burdens and psychiatric symptoms in patients with schizophrenia in Shiraz, Iran. The results revealed significantly reduced symptom severity and caregiver burden and care givers bueden.¹² The results of our psycho-educational intervention were encouraging and the care givers indicated significant increase in knowledge about schizophrenia disease. As a result of our intervention, family members may have learned to understand effective ways of expressing emotions in the family context.

Conclusion

The study reveals that there was significant increase in the level of knowledge among care givers of schizophrenic patients in the post test. The effectiveness of psycho-education using paired "t'test" shows significant at the level of $p < 0.05$

Conflict of Interest: None

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