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## Assessment on Knowledge, Attitude and Practices Regarding Schizophrenia among Caregivers Attending Psychiatric Outpatient Department at Selected Hospital in Puducherry



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### ABSTRACT

**Background:** Schizophrenia is a severe persistent mental disorder causing elevated of strains and sorrow to the caregivers in taking care of their schizophrenic patients. Families maintain in terms of, emotional, psychological, physical, personal, and public isolation and other realistic, it develop depression, and persistent physical illness to that caregivers. **Objectives:** To assess the knowledge, attitude and practices regarding schizophrenia among caregivers. To correlate the level of knowledge and attitude, practices and knowledge, attitude and practices of schizophrenia among caregivers. To find the association between the level of knowledge, attitude and practices regarding schizophrenia among caregivers with their selected demographic variables. **Materials and Methods:** The study adopted a descriptive survey design. The 110 caregivers of schizophrenic patients were selected on purposive sampling technique in the age group of 20- above 60 years. Data were collected by self administered questionnaires. **Results:** The study findings revealed that most of them 70.91% had inadequate knowledge, and 29.09% had moderately adequate knowledge among Caregivers. It is evident from, most of them 49.09% had positive attitude, 43.64% had neutral adequate attitude and 7.27% negative attitude among Caregivers. It is evident from most of them 88.18% had inadequate practices and 11.82% had moderately adequate practices among Caregivers. **Conclusion:** The study suggested that increase the level of knowledge with positive attitude and inadequate practices. Educational intervention aiming specific target groups at each level in education. The study underlined the need for educational programmes for the relatives of patients. These findings also help the need for a continuous psycho-educational input from mental health professionals in order sustain and improve the level of awareness in the caregivers and in the general public.



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## INTRODUCTION

Schizophrenia is a severe mental illness. There are different types of schizophrenia that affects person how to think, feel, and behave it seems like they lost their reality. It causes high level of strains and distress in taking care of their schizophrenic patients to the caregivers. Families sustain in terms of personal, emotional, physical, psychological strain, social isolation and other practical, it results that caregivers develop chronic physical illness and depression. At global level according to WHO reports it may affect about 1.0% of the general population in any known country. Schizophrenia affects about 24 million people worldwide and 90% of the untreated cases of schizophrenia are in the developing world. This means that approximately 60,000 people may suffer from schizophrenia. This is a major public concern because it causes chronic disability, family disappointments, marital problems, financial disadvantages and destroys the educational opportunities for those affected by illness at early age.<sup>1</sup> The (75%) of caregivers in southern region and (57.5%) of major caregivers are parents. It is a severe form of mental illness affecting about 7 /1000 of the adult population, mostly in the age group of 15-35 years. Though the incidence is low (3-10,000), the prevalence is high due to chronicity at national level.<sup>2</sup>

Families are the main caregiving source for people with mental disorder, however, lack of knowledge and skills are needed to support their relative members. Previous researches show that caregivers usually request for basic information regarding fact about mental illness and its treatment to cope up with the patient's illness. It has been accepted that the main impact of a psychiatric disorder is developed by the family unit and often leads to entire disturbance in performance.<sup>3</sup>

Schizophrenia is a treatable disorder, treatment being more effective in its initial stages. More than 50% of schizophrenic patients are not receiving appropriate care when discharged from the hospitals. After discharge of the Schizophrenic patients are managed at residence by the caregivers and follow up at clinics for treatment and assessment. Caregivers usually face problems of cope up with social withdrawal, social behavior and descriptive attitude of patients with schizophrenia, this kind of behaviour may be unhealthy for caregivers and may create lot of strain and emotional distress in the families However, the majority of the persons with schizophrenia not receiving proper family support, which contributes to the chronicity.<sup>1</sup> The possibility of getting readmission is common with relapse in schizophrenic patients. The

management is more efficient when the caregivers are trained with knowledge, attitude and practices relating to schizophrenia. So the researcher selected this study and felt that it would greatly benefits to assess the knowledge, attitude, and practices of caregiver's of patients with schizophrenia.4

## **MATERIALS AND METHODS**

This study was a descriptive survey design questionnaire is introduced to caretakers in psychiatric outpatient department at selected hospitals. The sample size was 110 caregivers of schizophrenic patients by purposive sampling technique [5, 6, 7]. Semi-structured questionnaire was used in the study. It consists of 4 sections. Section A consists of demographic variables includes Age, Gender, Relationship with patient, Religion, Type of family, Education status, Employed, Economic status, length of stay with patient, and Residence, Section B consisted of semi structured questionnaire was used to assess the Knowledge regarding schizophrenia among caregivers. It had 6 sections with 41 questions such as 1.diagnosis 2. cause 3. symptomology 4.medication 5.Prognosis and 6.treatment.Each section had both open ended and closed ended questions. The open ended questions were awarded 1 point for correct or partially correct and 0 point for incorrect or not responded questions. The closed ended questions were awarded 1 point for yes and 0 for no response or don't know. The score ranges from 0-4, section C consists of 5 point Rating Scale with 15 statement Each statement were awarded as All of the time-1, Most of the time-2, Some of the time-3, A little of the time-4, None of the time-5 The score ranges from 15-75, and section D consists A checklist was used to assess the Knowledge on practices, It had 5 categories related to practices include treatment for patient with severe mental illness, support to recover patient as caregiver's, Practical difficulties face, regular follow up treatment, supportive intervention Each categories had 4-5 questions and totally there are 19 questions each was awarded as 1 point for yes and 0 for no response.The score ranges from 0-19. Through Descriptive and inferential statistical was used to analyzed the data. [8].

## **RESULTS:**

The study reveals demographic variables out of 110 samples. Majority of the caregiver's 33(30%) were the age group of between 41-50years, 29(26.36%) were  $\geq 60$  years, 24(21.82%) were in the age of 51 – 60 years, 17(15.45%) were in between 31 – 40 years, and 7(6.36%) were

in the age of 20 – 30 years. With respect to the gender of the caregiver, 55(50%) were male and female respectively. Considering the relationship with patient, Majority of them 51(46.36%) were father/mother, 29(26.36%) were husband/wife, 18(16.36%) were son/daughter and 12(10.91%) was brother/sister. Regarding religion, Majority of them 92(83.64%) were Hindus and, 9(8.18%) were Christian and Muslim respectively.

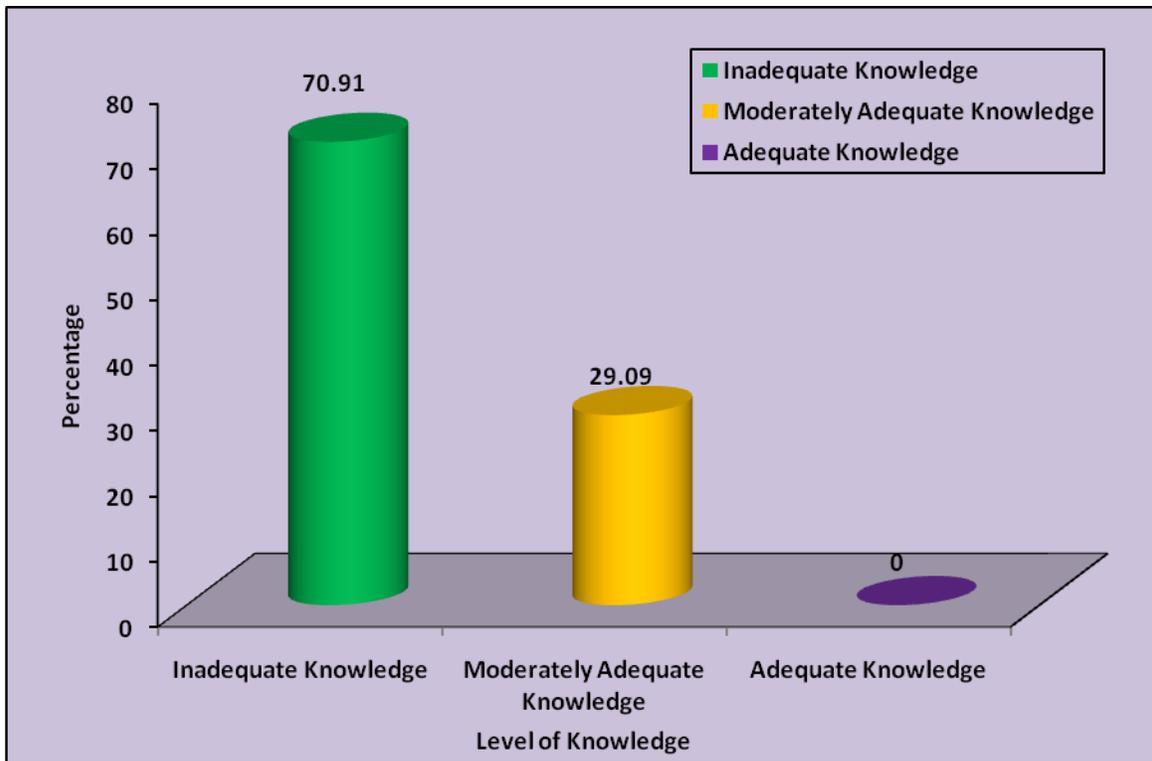
With respect to the type of family, Majority of them 82(74.55%) belonged to nuclear family and, 28(25.45%) belonged to joint family. Regarding education majority of them, 33(30%) were educated up to secondary level, 30(27.27%) were educated up to high school level, 29(26.36%) of them were not educated and 18(16.36%) of them were educated up to degree level. Regarding employment, Majority of them 57(51.82%) were employed and, 53(48.18%) were unemployed. Considering the economic status, Majority of them 50(45.45%) belonged to lower middle class, 33(30%) belonged to poor economic status, and 27(24.55%) belonged upper middle class. With regard to length of stay with patient, Majority of them 102(92.73%) stayed for above 5 years, 4(3.64%) had stayed for 2–5 years, and 2(1.82%) had for 1 year and 1–2 years respectively. Place of residence revealed that Majority of them 80(72.73%) were residing in urban area, and 30(27.27%) were residing in rural area.

**Table No. 1: Frequency and percentage distribution of level of knowledge regarding schizophrenia among Caregivers.**

(N= 110)

Level of Knowledge	Frequency (n)	Percentage (%)
Inadequate Knowledge	78	70.91
Moderately Adequate Knowledge	32	29.09
Adequate Knowledge	0	0

The above table depicts that frequency and percentage distribution of level of knowledge regarding schizophrenia among Caregivers. It is evident from the above table, majority of them 78(70.91%) had inadequate knowledge, and 32(29.09%) had moderately adequate knowledge among Caregivers.



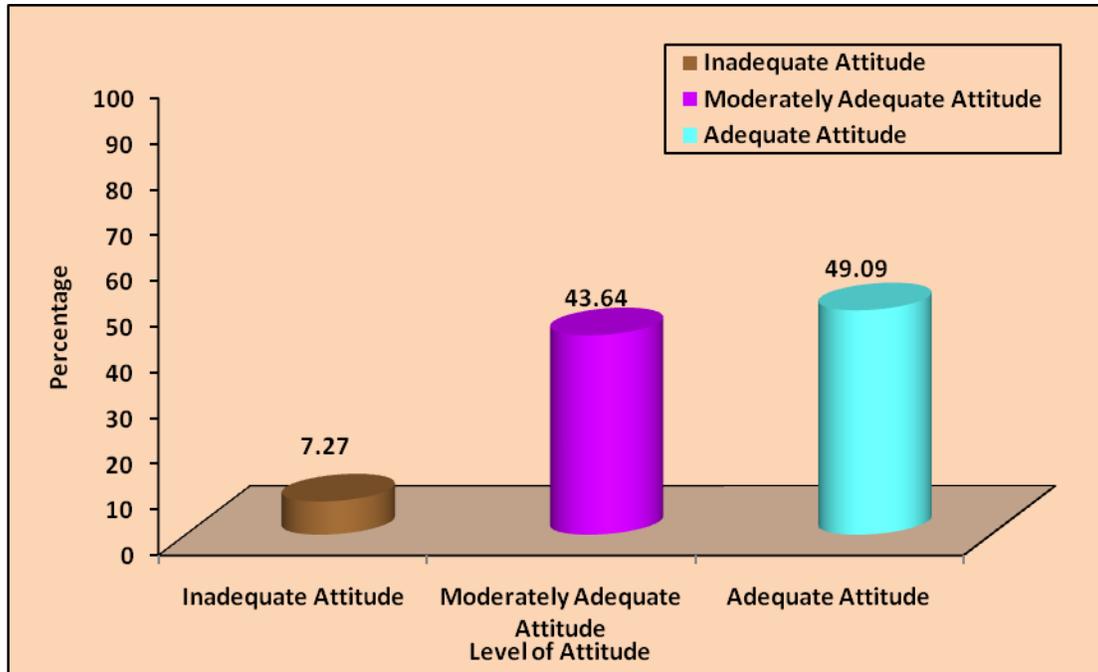
**Percentage distribution on the level of Knowledge among Caregiver's of Schizophrenic patients**

**Table No. 2: Frequency and percentage distribution of level of attitude regarding schizophrenia among Caregivers.**

(N= 110)

Level of Attitude	Frequency(n)	Percentage (%)
Negative Attitude	8	7.27
Neutral Attitude	48	43.64
Positive Attitude	54	49.09

The above table depicts that frequency and percentage distribution of level of attitude regarding schizophrenia among Caregivers. It is evident from the above table, majority of them 54(49.09%) had positive attitude, 48(43.64%) had neutral attitude and 8(7.27%) had negative attitude among Caregivers.



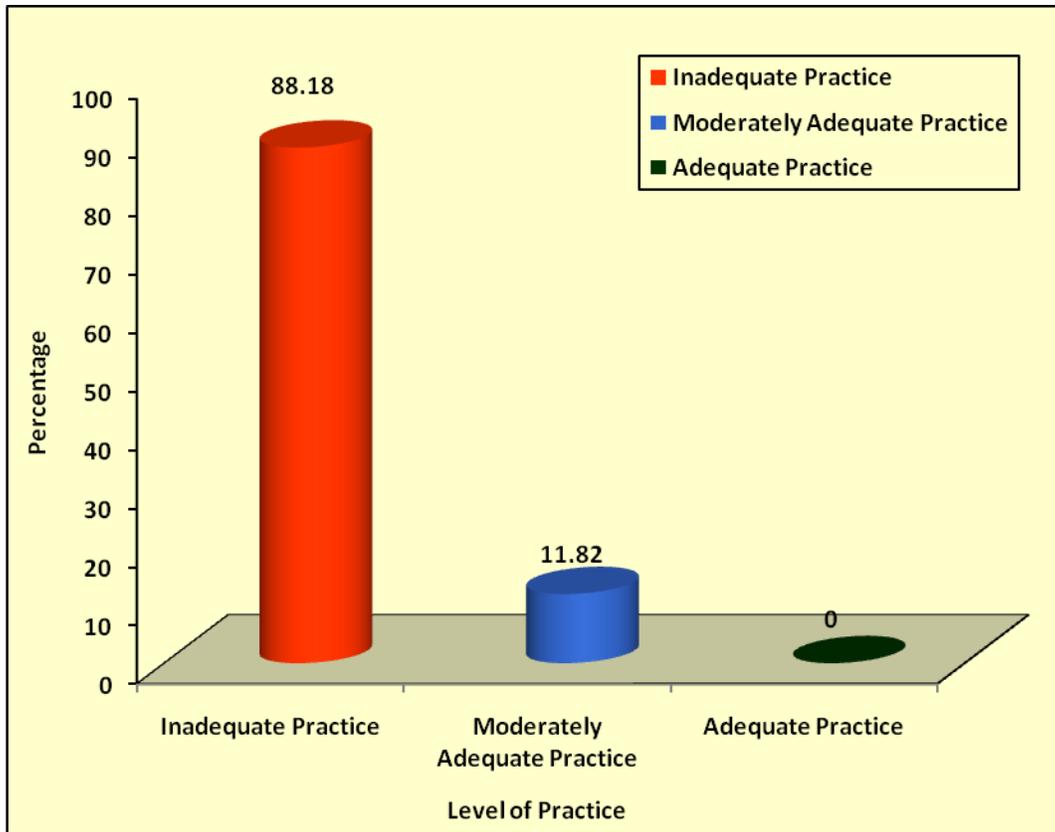
**Percentage distribution of the attitude among the Caregiver's of Schizophrenic patients.**

**Table No. 3: Frequency and percentage distribution of level of practice regarding schizophrenia among Caregivers.**

(N= 110)

Level of Practice	Frequency(n)	Percentage (%)
Inadequate Practice	97	88.18
Moderately Adequate Practice	13	11.82
Adequate Practice	0	0

The above table depicts that frequency and percentage distribution of level of practice regarding schizophrenia among Caregivers. It is evident from the above table, majority of them 97(88.18%) had inadequate practice and 13(11.82%) had moderately adequate practice among Caregivers.



Percentage distribution of practices among Caregiver's of Schizophrenic patients.

Table No. 4: Correlation between the level of knowledge, attitude and practice scores regarding schizophrenia among caregivers.

(N= 110)

Variables	Mean	S.D	Karl Pearson's Correlation Value
Knowledge	18.75	3.24	r = 0.154
Attitude	54.06	10.59	p = 0.107, N.S
Knowledge	18.75	3.24	r = 0.028
Practice	7.45	1.53	p = 0.770, N.S
Attitude	54.06	10.59	r = -0.071
Practice	7.45	1.53	p = 0.458, N.S

N.S – Not Significant

The table shows that the mean and standard deviation of the knowledge regarding schizophrenia among caregivers was  $18.75 \pm 3.24$ , Attitude regarding schizophrenia among caregivers was  $54.06 \pm 10.59$ , and practice regarding schizophrenia among caregivers was  $7.45 \pm 1.53$ . The Correlation between the knowledge and attitude regarding schizophrenia among caregivers shows the result value of  $r=0.154$  and value of  $p=0.107$ , between knowledge and practice the result value of  $r=0.028$  and  $p=0.458$ . The correlation between attitude and practice the results values of  $r= -0.071$  and  $p=0.458$ . It was inferred that inadequate knowledge influences less positive attitude and inadequate practice among caregivers of schizophrenic patients.

The table shows that the demographic variables caregivers educational status and place of residence had shown statistically significant association with level of knowledge regarding schizophrenia among caregivers at  $p<0.01$  and  $p<0.05$  level respectively. The other demographic variables had not shown statistically significant association with level of knowledge regarding schizophrenia among caregivers. It was inferred that the educational status and place of living influenced the knowledge regarding schizophrenia among caregivers.

The above table depicts the association between the levels of attitude regarding schizophrenia among caregivers with their selected demographic variables. It results that none of the demographic variables had shown statistically significant association with level of attitude regarding schizophrenia among caregivers.

The table shows depicts association of level of practices regarding schizophrenia among caregivers with their selected demographic variables. It results that none of the demographic variables had shown statistically not significant association with level of practices regarding schizophrenia among caregivers.

## DISCUSSION

It is evident from the study revealed that Majority of them 78(70.91%) had inadequate knowledge, and 32(29.09%) had moderately adequate knowledge among Caregivers. It is evident from the study revealed that Majority of them 54(49.09%) had adequate attitude, 48(43.64%) had moderately adequate attitude and 8(7.27%) had inadequate attitude among Caregivers. It is evident from the study revealed that Majority of them 97(88.18%) had inadequate practice and 13(11.82%) had moderately adequate practice among Caregivers. **Hemavath (2016)** study

showed 26(86.7%) of them have inadequate knowledge and 4(13.5%) had moderate knowledge among caregivers of schizophrenia.

The study revealed that Majority of them 78(70.91%) had inadequate knowledge, and 32(29.09%) had moderately adequate knowledge among Caregivers. It is evident from the study revealed that, Majority of them 54(49.09%) had adequate attitude, 48(43.64%) had moderately adequate attitude and 8(7.27%) had inadequate attitude among Caregivers. It is evident from the study revealed that, Majority of them 97(88.18%) had inadequate practice and 13(11.82%) had moderately adequate practice among Caregivers. The present study was supported by **Savitha (2018)** showed the Most of the caregivers 22(44%) had no prior knowledge about schizophrenia.

The study was to find the associate the level between knowledge, and attitude and practice regarding schizophrenia among caregivers with their selected demographic variables. The study shows that the demographic variables caregivers educational status and place of residence had shown statistically significant association with level of knowledge regarding schizophrenia among caregivers at  $p < 0.01$  and  $p < 0.05$  level respectively. The other demographic variables had not shown statistically significant association with level of knowledge regarding schizophrenia among caregivers. The study shows that none of the demographic variables had shown statistically significant association with level of attitude regarding schizophrenia among caregivers. The study shows that none of the demographic variables had shown statistically significant association with level of practice regarding schizophrenia among caregivers.

## CONCLUSION

This study explored that caregivers had only belief that can be treated with help of medical treatment but not aware of giving about counseling and family support which is also a part of supportive treatment important for schizophrenic patients. The study suggested the need psychoeducational programmed for the caregivers of schizophrenic patient.

## RECOMMENDATION

- The study can be undertaken with the large sample on other mental illness in different settings to generalize the study result.

- Further study can find out the effectiveness of interventional strategies on knowledge attitude and practices of caregivers towards mentally illness.

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