

Depressive disorders among caregivers of schizophrenic Patients in Relation To Burden of Care and Perceived Stigma

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To evaluate Depressive Disorders among caregivers of schizophrenic patients and its relationship with burden of care and perceived stigma.

Sixty primary caregivers of patients with schizophrenia, and 30 healthy non-caregivers as a control group. Both groups were screened for depressive symptoms using the Center of Epidemiological Studies for Depression Scale. Diagnosis of Depressive Disorders was made according to DSM-IV-TR criteria. The Caregiver Strain Index and the Discrimination-Devaluation Scale were administered to the caregivers. Depressive Disorders were higher among caregivers (18.33%) than control group (3.33%) with ($p < 0.05$). The most common Depressive Disorders among the caregivers group was adjustment disorder with mixed anxiety and depressed mood (6.67%). Depressive Disorders were correlated with burden of care and perceived stigma. Depressive symptoms were associated with increased number of hours per week for providing care, older age of the caregiver and duration of care giving.

These results can be used to plan interventions to reduce caregiver stressors. Mental health services must be directed to caregivers as well as patients of schizophrenia.