

Abstract

The present study aimed to find out the level of subjective, objective burden and mental health problems among caregivers of patients diagnosed with schizophrenia and epilepsy. Moreover it was also intended to study gender differences on various measures and difference of subjective, objective burden, and mental health problems among caregivers of patients diagnosed with schizophrenic and epilepsy along with interaction between gender and problem diagnosed on Burden Assessment Scale (BAS) and its subscales such as subjective and objective burden, General Health Questionnaire-28 (GHQ) and its subscales such as somatic, anxiety & insomnia, social dysfunction and depression. Purposive sampling technique was used for the data collection. 237 caregivers of already diagnosed patients with schizophrenia and epilepsy (87 caregivers of patients diagnosed with schizophrenia and 150 caregivers of patients diagnosed with epilepsy) were taken as sample. BAS Urdu version translated and validated by Ilyas and Malik (2009) and Urdu version of GHQ translated and validated by Minhas & Mubbasar (1996) was used for the measurements. Results showed that caregivers of schizophrenia and epilepsy suffered from high objective, subjective burden and mental health problems. On the other hand the caregivers of schizophrenia and epilepsy were not differing in terms of subjective, objective burden and mental health problems. MANOVA showed significant gender differences on GHQ and its two subscales such as somatic complaints, anxiety and insomnia. Women were suffering from more physiological and mental health problems, anxiety and sleep disturbances as compared to men. While other subscales such as social dysfunction, depression, subjective and objective burden stayed insignificant on gender and the problems diagnosed. Moreover interaction between gender and problem diagnosed on the BAS and its subscales, GHQ and its subscales were also non significant. This study is highly valuable for the mental health professionals such as psychiatrists, psychologists, social workers, and policy makers to focus on the problems of caregivers who provide the assistance to the chronic patients like schizophrenia and epilepsy. Keeping in view the results of this study, if any kind of policy on the subject of caregivers is formulated that will be ultimately helpful for the patients.