

## ABSTRACT

There have been many studies reporting the cross cultural variations on expressed emotions and its link with Burden of Care among the primary caregivers of the patients with schizophrenia. The present study was aimed to rate the primary caregivers on Expressed emotions (EE) and to explore the relationship of EE with burden of care from Pakistan's cultural perspective, assuming that among the primary caregivers, higher EE would be positively associated higher burden of care. It was also assumed that both EE and burden of care would be associated with risk for depression in caregivers along with the assumption that some of the illness variables and demographic variables of both the patients and the caregivers would be associated with EE and the burden of care. A purposive sample of 24 patients with schizophrenia was drawn from psychiatric wards of hospitals in Lahore and assessed for positive and negative symptoms and one primary caregiver of each patient was interviewed and rated for EE, burden of care and depression. It was found that majority of the caregivers (83.3%) were high on EE and 54% were high on burden of care whereas both EE and burden of care emerged as significant predictors of each other and depression as a second potential predictor of burden of care with significantly positive relationship with the both. Depression had inversely significant relation with Socio-economic-status. Among illness variables, positive symptoms of the patients and duration of illness were positively associated with burden of care whereas, among demographic variables, only family system proved to be a predictor of EE. Caregivers differ significantly on Emotional Over involvement (sub-scale of EE) where parents were more involved than the spouses who were more critical. It was found that most of the caregivers were at risk for depression.

This indicates that EE and burden of care are closely associated and they determine the nature of relationship between the patient and the caregiver and that the burden of care negatively influences the psychological health of the caregivers.