



ISSN: 0976-3031

Available Online at <http://www.recentscientific.com>

CODEN: IJRSFP (USA)

International Journal of Recent Scientific Research
Vol. 8, Issue, 5, pp. 16920-16922, May, 2017

**International Journal of
Recent Scientific
Research**

DOI: 10.24327/IJRSR

Research Article

LEVEL OF DEPRESSION AMONG PRIMARY CAREGIVERS OF PATIENTS WITH SUBSTANCE ABUSE

Karpagavalli.Nageswaran¹., Rakesh Ghildiyal²., Mary Mathews³ and
Tapati Bhattacharjee⁴

¹*MGM Institute of Health Sciences Navi Mumbai

²Department of Psychiatry, MGM Hospital, Navi Mumbai

³MGM College of Nursing NaviMumbai

⁴Bharati Vidyapeeth College of Nursing Pune

DOI: <http://dx.doi.org/10.24327/ijrsr.2017.0805.0245>

ARTICLE INFO

Article History:

Received 05th February, 2017

Received in revised form 21st
March, 2017

Accepted 06th April, 2017

Published online 28th May, 2017

Key Words:

Depression, Primary Caregivers, Patients
With Substance Abuse

ABSTRACT

Background: Substance abuse is an important health problem throughout the world including India. A research study with family members of drug dependent people showed an increase in the risk of the emergence of mental disorders in 58.0% of the spouses, and a greater frequency of physical assaults. **Methodology:** A non-experimental survey method was used. 140 subjects who met the sampling criteria were included. The standardised tool DASS depression aspects were included. **Results:** 99% of subjects were females. 34 percentage of caregivers have moderate level of depression. **Conclusion:** In the present study, it has observed that most of the subjects suffer vary from mild to very severe depression shows that these subjects need community based psychosocial interventions like psycho education and relaxation therapy.

Copyright © Karpagavalli.Nageswaran *et al*, 2017, this is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution and reproduction in any medium, provided the original work is properly cited.

INTRODUCTION

Every day, India sees 10 suicides related to drug abuse. In the presence of substance dependence, the completely family structure can shake, however, the family members suffer varying degrees of closeness and distancing, faced with the negative impacts of this behaviour. The caregivers caring for this patient feel stressed, anxious and low, since the illness tends to be chronic and demanding. They may develop burnout and emotional exhaustion. The caregivers feel isolated from the society, due to both restrictions of their social and leisure activities.

Objectives

1. To assess the Level of depression among primary caregivers of patients with substance abuse
2. To associate the findings with selected demographic variables

MATERIALS AND METHODS

The research approach used for the present study was quantitative approach. The design adopted was Non-

experimental survey design. Depression was the research variables. The population under this study was primary caregivers of patients with substance abuse. The samples were from selected primary caregivers of patients with substance abuse, residing in Pune city and the size was 140. Non-Probability sampling technique adopted to select the representative samples. Data collection tool was consists of two sections;

Section 1:-Demographic data and Section 2:- DAS Scale depression aspects were included. Formal Permission taken from the authorities and informed written consent taken from the samples prior to data collection. Samples assured about the confidentiality of the data. Data collection tool were b administered to assess the depression. The duration was 20 minutes for each participant for data collection

RESULTS

44% of subjects were belongs to age group of 25-35 years, 99% of subjects were female 47% subjects had secondary education, 58 % subjects were homemaker, 99 % are married,

*Corresponding author: Karpagavalli.Nageswaran
MGM Institute of Health Sciences Navi Mumbai

Table 1 Demographic data of Primary caregiver of patient with substance abuse n=140

S.No	Demographic Data	Frequency	%
1.	Age(years)		
	<25	23	16
	25-35	61	44
	35-45	24	17
	45-55	20	14
2.	Gender		
	male	1	1
3.	Education		
	No formal education	22	15
	primary	10	07
	secondary	47	34
	higher secondary	45	32
4.	Occupation		
	graduate	12	09
	any other	4	03
	home maker	56	40
	domestic worker	48	34
5.	Marital Status		
	private services	19	14
	laborer	6	04
	self employed	11	08
	married	139	99
6.	Type Of Family		
	Widow/widower	1	01
7.	Monthly Income Of The Family		
	joint	48	34
	nuclear	92	66
8.	Relation With Patient		
	5000-15000	19	14
	15000-30000	115	82
	30000-45000	0	0
	above 45000	6	04
9.	Expenses For The Patient/Month(Rs)		
	mother	22	16
	father	0	0
	wife	63	45
	husband	1	1
	daughter	17	12
10.	Supporting System		
	daughter in law	37	26
	Yes	65	46
	no	75	54
	family member	59	42
	Paid care giver	6	04

Table 2 Demographic data of details of patient with substance abuse n=140

S.No	Demographic Data	Frequency	%
1.	Gender		
	Male	140	100
2.	Duration of The Disease(years)		
	2-5	45	32
	5-8	81	58
	8-11	8	06
	Above 11	6	04
3.	Any Family History of substance abuse		
	yes	40	29
4.	History of Any Relapse		
	no	100	71
	yes	43	31
	If yes	97	69
	environmental conditions	17	12
	peer pressure	80	57

82% had monthly income Rs, 15000-30000, in relationship with patient 45 % subjects were wife, 91% of subjects spare expenses for the patient Rs 2000-5000 per month and 65% of the subjects had supporting system in the form of family care member or paid caregiver.

In this study, all the patients were male, 71% of patients have family history of substance abuse 69% of them have history of relapse due to peer pressure and environmental conditions.

Objective 1: To assess the Level of depression among primary caregivers of patients with substance abuse

n=140

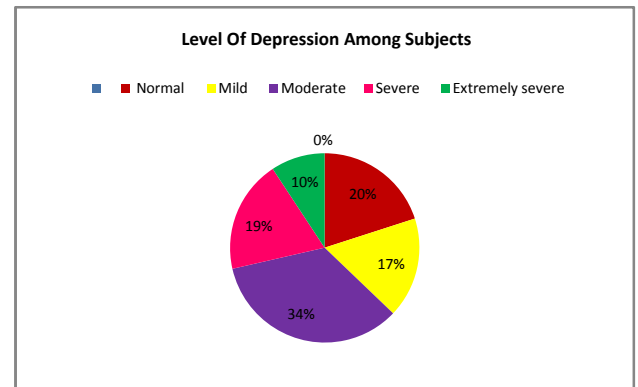


Figure no 1 Level of depression among subjects

Figure no 1 show that majority of the subjects have i.e. 34% moderate level depression and subjects have depression vary from mild to extremely severe.

Objective 2: To associate the findings with selected demographic variables

Table 3 Association of the findings with selected demographic variables n=140

S.No	Demographic Data	Chi Square		
		Cal. value	df	Pvalue
1.	Age(years)	10.813	16	0.8208
2.	Gender	4.868	4	0.3011
3.	Education	24.968	20	0.2027
4.	Occupation	19.029	16	0.2671
5.	Marital Status	1.93	4	0.7485
6.	Type Of Family	3.022	4	0.5541
7.	Monthly Income Of The Family	1.93	4	0.7485
8.	Relation With Patient	20.491	16	0.1989
9.	Expenses For The Patient/Month(Rs)	10.924	8	0.2061
10.	Supporting System	10.953	8	0.2044

As p value is more than 0.05 the none of the demographic variables age, gender, occupation, marital status, type of family, relationship with patient, Duration Providing Care, Hours Provide Care to the Patient and supporting system shows the association

Table 4 Association of patient with substance abuse with selected demographic variables n=140

S.No	Demographic Data	Chi Square		
		Cal. value	df	P value
1.	Gender	-	-	-
2.	Duration Of The Disease(years)	15.76	12	0.2025
3.	Any Family History Of Illness Of The Patient	12.084	8	0.1475
4.	History of Any Relapse	5.724	8	0.6781

As p value is more than 0.05, none of the demographic variables shows the association with findings statistically in gender 100% is male patients so cannot able find the association

DISCUSSION

In the present study, show that 34% moderate level depression and subjects have depression varies from mild to extremely severe. As a caregiver, may struggle with anxiety or social isolation. When the negative effects of care giving are combined, they may actually increase mortality rates in those care giving. For example, a study of individuals between the ages of 66 and 96 who cared for their spouses and who reported caregiver strain found that their mortality risk was 63% higher than those in a non-care giving control group were

Acknowledgment

The researcher likes to acknowledge the subjects for participation

References

1. Schenker M, Minayo MCS. A importância da família no tratamento do uso abusivo de drogas: uma revisão da literatura. *Cad Saúde Pública*. 2004;20(3):649-59
2. Figlie N, Fontes A, Mores E, Payá R. Filhos de dependentes químicos com fatores de risco biopsicossociais: necessitam de um olhar especial? *Rev Psiquiatr Clin*. 2004;31(2):53-62
3. Zaleski M, Laranjeira RR, Marques ACPR, Ratto L, Romano M, Alves HNP, *et al* . Diretrizes da Associação Brasileira de Estudos do Álcool e outras Drogas (ABEAD) para o diagnóstico e tratamento de comorbidades psiquiátricas e dependência de álcool e outras substâncias. *Rev Bras Psiquiatr*. 2006;28(2):142-8
4. Grant BF, Frederick FS, Dawson A, Chou P, Dufour MC, Compton W, *et al*. Prevalence and co-occurrence of substance use disorders and independent mood and anxiety disorders. *Arch Gen Psychiatr*. 2004; 6:807-16.
5. <https://www.promises.com/articles/issues-related-to-addiction/the-toll-of-caregiving-when-the-strain-of-caring-for-others-leads-to-substance-abuse/> Kaur D, Ajinkya S. Psychological impact of adult alcoholism on spouses and children. *Med J DY Patil Univ* 2014;7:124-7
6. Lima RA, Amazonas MC, Motta JA. [Incidence of stress and stressful sources in alcoholics' wives]. *Estud Psicol (Campinas)*. 2007; 24(4):431-9. Portuguese.
7. Miranda FA, Simpson CA, Azevedo DM, Costa SS. [The negative impact of the disturb of the use and abuse of the alcohol in the family coexistence]. *Rev Eletr Enf [Internet]*. 2006 [cited 2012 Set 10]; 8(2):222-. Portuguese. Disponível em: http://www.fen.ufg.br/revista/revista8_2/v8n2a07.htm.
8. Figlie N, Fontes A, Moraes E, Payá R. [Children of Addicted Parents with Bio-psychosocial Risk Factors: Do They need a Special Care?]. *Rev Psiquiatr Clin*. 2004; 31(2):53-62. Portuguese.
9. David E. Biegel, Shiri Katz-Saltzman, David Meeks, Suzanne Brown & Elizabeth M. Tracy (2010) Predictors of Depressive Symptomatology in Family Caregivers of Women With Substance Use Disorders or Co-Occurring Substance Use and Mental Disorders, *Journal of Family Social Work*, 13:1, 25-44, DOI: 10.1080/10522150903437458 To link to this article:
10. <http://www.nepjol.info/index.php/JKMC/article/viewFile/8145/6614>
11. http://www.scielo.br/scielo.php?script=sci_arttext&pid=S0104-11692012000100022
12. <https://www.ahrq.gov/research/findings/factsheets/mental/mentalhth/mentalhth2.html>

How to cite this article:

Karpagavalli.Nageswaran *et al*.2017, Level of Depression among Primary Caregivers of Patients With Substance Abuse. *Int J Recent Sci Res*. 8(5), pp. 16920-16922. DOI: <http://dx.doi.org/10.24327/ijrsr.2017.0805.0245>
