



Effectiveness Of Self Instructional Module On Knowledge Regarding Adverse Effects Of Antipsychotic Drugs Among Caregivers Of Schizophrenic Patients In Selected Tertiary Care Hospital Of The City

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Abstract: Antipsychotic medications are first-line medication treatment for schizophrenia and while they can be effective in managing symptoms, they can also have significant adverse effects. However, caregivers may not always have adequate knowledge about the adverse effects of antipsychotic drugs, which can lead to poor treatment outcomes. The side effects of antipsychotics not only damage the health of patients, but also increase the burden and stress of caregivers. However, caregivers have different attitudes and coping styles about the side effects of antipsychotics. The aim of the study was to assess the effectiveness of Self Instructional Module on knowledge regarding adverse effects of antipsychotic drugs among caregivers of Schizophrenic patients in selected tertiary care hospital of the city.

Methods : One group pre test post test method was undertaken where 100 caregivers of Schizophrenic patients were recruited as sample by non-probability convenient sampling method. Using structured questionnaire for knowledge (25 questions) data were collected. Data analyzed using both descriptive and inferential statistics to describe and show the association between knowledge and the variables

Result : The study result depicted that Among all caregivers 24% of the caregivers had poor knowledge (score 0-8), 58% of them had average knowledge (score 9-16) and only 18% of caregivers had good knowledge (score 17-25) in pre-test whereas in post-test 1% of the caregivers had poor knowledge, 30% of them had average knowledge and 69% of them had good knowledge. The comparisons of the pre- test and post- test mean score of the knowledge were done by the paired t test. Average knowledge score in pre-test was 12.52 which increased to 18.91 in post-test. 't' value for this test was 11.9 with 99 degrees of freedom. Corresponding p-value was small (less than 0.05), the null hypothesis is rejected. Knowledge score in post-test was significantly high as compared to that in pre-test.

Conclusion : Present study concluded that the Self Instructional Module have significant improvement in knowledge about adverse effects of antipsychotic drugs among caregivers of Schizophrenic patients, it has enriched features such as self explanatory, self understanding, self directed, self motivated and self evaluating ,a finding reveals that Self Instructional Module was effective in improving knowledge and awareness regarding adverse effects of antipsychotic drugs and its management

Index Terms - Knowledge, antipsychotic drugs, adverse effects, Self Instructional Module.

INTRODUCTION

Health is a state of complete physical, mental and social wellbeing and mental health is an essential component of health. It is state of balance between individual and surroundings, mental wellbeing, prevention of mental disorder.¹

Schizophrenia is a psychotic condition characterized by disturbance in thinking, emotions in presence of consciousness which lead to social withdrawal.²

Antipsychotic drugs are psychotropic drugs, also known as narcoleptics or major tranquilizers, are a class of medication primarily use to manage psychosis including delusions, hallucinations, paranoia or disordered thought, principally in Schizophrenia that is why also known as anti schizophrenic drug.³

Globally, there are 24 million people with schizophrenia or 1 out of 300 individuals in every country. This amounts to 0.32% of the worldwide population. Among young adults, 1 out of every 222 individuals, or 0.45% of the global population, have schizophrenia .The onset of schizophrenia typically begins between the ages of 18 and 24 years, with symptoms showing up earlier in men than in women.⁴

Care givers are the significant person who give care to the family member with psychiatric illness and it is important for the care giver to be able to know the sign and symptoms regarding adverse effects of antipsychotic drugs. Psychiatric patient usually takes long term medication which the patient themselves are not able to know much about their medications, how it works and how the adverse effects occurs. So, it is very important to get the family members involved in the treatment process so as to help them in getting successful patient care and keeping the patient on the safe side from the adverse effects as much as possible.⁵

Antipsychotic medications are first-line medication treatment for schizophrenia and while they can be effective in managing symptoms, they can also have significant adverse effects. Atypical antipsychotics were the most common drug class associated with adverse effects (34 %). Central nervous system symptoms, including falls, over sedation, and extra pyramidal symptoms, were the most frequent (44 %), followed by gastrointestinal symptoms, including constipation (34 %).⁶

Antipsychotic drugs can be effective in reducing or eliminating symptoms of psychosis. They appear to be most effective in treating hallucinations, delusions, disorganized thinking, and aggression. Although antipsychotic drugs are most commonly prescribed for schizophrenia, they appear to be effective in treating these symptoms result from schizophrenia, Antipsychotic drugs have a wide range of adverse effects, including metabolic syndrome, tardive dyskinesia, and extra pyramidal symptoms, which can lead to long term complications and negatively impact the quality of life of the patient. Studies have shown that between 50 and 70% of schizophrenic patients experience at least one serious side-effect from antipsychotic medication.⁷

Studies have shown that between 50 and 70% of schizophrenic patients experience at least one serious side-effect from antipsychotic medication. Of these serious effects, the annual incidence ranges from 37 to 44% for Parkinsonism, 26 to 35% for akathisia, and 8 to 10% for tardive dyskinesia. Schizophrenic patients also commonly experience other side-effects, such as weight gain, excessive sleep, insomnia, sexual dysfunction, dry mouth, constipation, urinary problems, and dizziness.⁸

Ms. R. Lalkimi, Mrs. Nilima Rakshale, Mrs. Jaya Gawai,(2019) performed a study on Effectiveness of Self Instructional Module on Knowledge Regarding Adverse Effects of Antipsychotic Drugs Among Care Givers of Psychiatric Patients. The study aimed to enhance the knowledge of caregivers. 100 samples of care giver of psychiatric patient were selected by purposive sampling technique, one group pre-test, post-test design was used. Structured questionnaire and self instructional module were used as tools. Results

showed that in pre-test 94% of caregivers had poor level of knowledge score, 6% of them had average level of knowledge score, whereas post- test knowledge revealed that 3% have average knowledge score and 10% have good level of knowledge score, 66% of them had very good level of knowledge and 21% had excellent level of knowledge score respectively. The study concluded that self instructional module regarding adverse effect on antipsychotic drug was effective.⁸

Baskaran M, A Jaysudha (2019) conducted study on Effectiveness of Self Instructional Module on Antipsychotic Drugs among Family Members of Psychiatric Patients in Selected Tertiary Hospitals Coimbatore. The methodology selected for this study was pre experimental design, one group pretest post-test design. Sample of 15 family members in psychiatric ward taken for study. Result of study showed out of 15 family members ,13 had adequate knowledge, 2 had moderate knowledge and no one had inadequate knowledge. Conclusion of study was the self instructional module has helped the family members to know about the action and complication of antipsychotic drugs and they can well known to differentiate side effect of antipsychotic drugs.⁹

PROBLEM STATEMENT

Effectiveness of Self Instructional Module on knowledge regarding adverse effects of antipsychotic drugs among caregivers of Schizophrenic patients in selected tertiary care hospital of the city.

OBJECTIVES OF THE STUDY:

The objectives of the study were -

1. To assess the demographic data of caregivers of Schizophrenic patients in selected tertiary care hospital of the city.
2. To assess the knowledge regarding adverse effects of anti psychotic drugs among caregivers of Schizophrenic patients in selected tertiary care hospital of the city.
3. To assess the effectiveness of Self Instructional Module on knowledge regarding adverse effects of antipsychotic drugs among care givers of Schizophrenic patients in selected tertiary care hospital of the city.
4. To find the association between pretest knowledge score with selected demographic variables

MATERIALS & METHODS

Researcher methodology is a technique that is used to structure a study and to gather information in systematic fashion.

Research Design: Pre Experimental, one group pre-test post-test Research Design

Research Approach: Quantitative Research Approach

Sample: Caregivers of Schizophrenic patients

Sample Size: 100

Sampling Technique: Non Probability Convenience sampling.

Data collection tool: Self structured knowledge questionnaires was used for data collection.

Criteria for Sample selection:

a. Inclusion criteria:

1. Caregivers whose age between 18 to 60 years.
2. Both male and female caregivers.
3. Caregivers who are staying with the patient .
4. Who are present at the time of data collection.
5. Caregivers who are able to understand English / Marathi language..
6. One and More than one caregivers of same family.

b. Exclusion criteria:

1. Caregivers who are not available at the time of study
2. Caregivers who already have knowledge related adverse effects of antipsychotic drugs through social media.

The investigators introduce him and obtain consent from Caregivers of Schizophrenic patients admitted in selected hospitals and who are willing to participate. Purpose and important of research study explain before collection of data. The knowledge was assessed by Self structured knowledge questionnaires. Descriptive and inferential statistics was used for data analysis. The collected data was organized and tabulated by using descriptive statistics, that is frequency, percentage, mean and SD. The inferential statistics that is chi-square test was used to find the association between knowledge score with their selected demographic variables. The data was planned and presented in the form of tables and figures.

RESULT

The data collected is entered in the master sheet for tabulation and statistical processing. In order to find out relationship, the data was tabulated, analyzed and interpreted using descriptive and inferential statistics.

Table 1 : Description of caregivers based on their personal characteristics interms of frequency and percentage

n=100

Demographic variable	Frequency	Percentages
Age		
18-30years	41	41%
31-40years	22	22%
41-50years	20	20%
51-60years	17	17%
Gender		
Male	49	49%
Female	51	51%
Transgender	0	0%
Educational qualification		
Primary	19	19%
Secondary	17	17%
Higher secondary	24	24%
Graduate	28	28%
Postgraduate	12	12%
Marital status		
Married	52	52%
Unmarried	41	41%
Divorcee	1	1%
Widow	6	6%
Type of family		
Joint family.	67	67%
Nuclear family.	29	29%
Extended family	4	4%

Family Income		
5000to 10,000	27	27%
10,001to15,000	17	17%
15,001to 20,000	16	16%
Above20,000	40	40%
Length of stay with patient		
6months-1year	28	28%
1.1-1.6years	10	10%
1.7-2years	20	20%
Morethan2years	42	42%
Relation with patient		
Parent	36	36%
Spouse	20	20%
Sibling	31	31%
Grandparents	7	7%
Child	6	6%

The above table 1 shows that that among 100 samples majority (41%) of caregivers were from age 18-30 years.51% were female and 49% of them were male. Majority of caregivers 28% had graduation, 24% had higher secondary education. Most of the caregivers (52%) were married. 29% of caregivers had nuclear family, 67% of caregivers had joint family. About 40% people are having above Rs.20000. Majority 36 % of caregivers are staying with patient for more than 2 years. 36% of caregivers were parents of patient whereas, 20% were spouse, 31% were siblings, and 7% were grandparents and 6% children.

Table 2 : Effect of Self Instructional Module regarding adverse effects of antipsychotic drugs among caregivers of Schizophrenic patients

n=100

Knowledge	Pre-test		Post-test	
	Frequency	Percentages	Frequency	Percentages
Poor (score 0-8)	24	24%	1	1%
Average(score9-16)	58	58%	30	30%
Good(score 17-25)	18	18%	69	69%

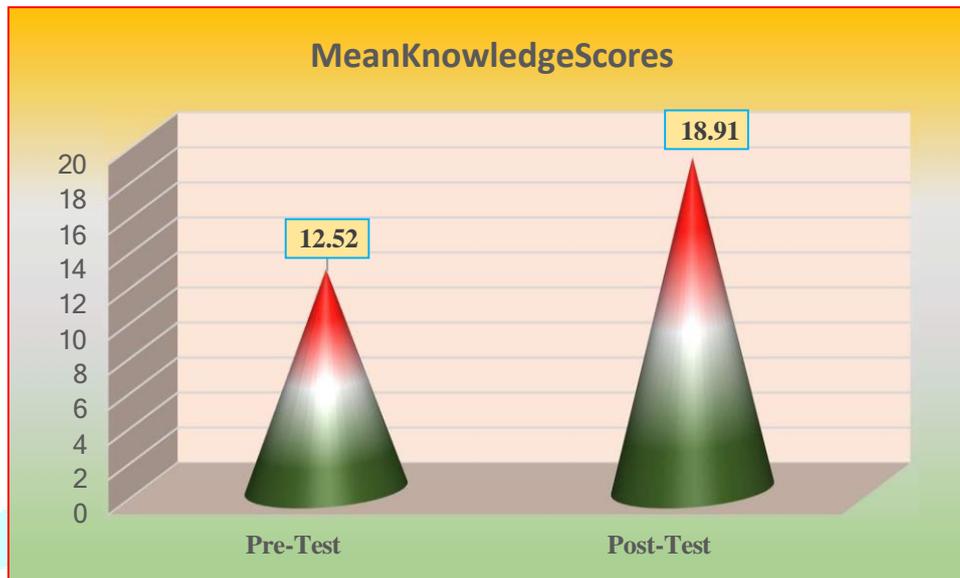
The above table 2 depicts that 24% of the caregivers had poor knowledge (score 0-8) , 58% of them had average knowledge (score 9-16) and only 18% of caregivers had good knowledge (score 17-25) in pre-test whereas in post-test 1% of the caregivers had poorknowledge,30% of them had average knowledge and 69% of them had good knowledge, thus the self instructional module regarding adverse effects of antipsychotic drugs was effective.

Table 3 : Paired t-test for the effect of an Self Instructional Module regarding adverse effects of antipsychotic drugs among caregivers of Schizophrenic patients

n=100

Tests	MEAN	SD	t-value	df	p-value
Pre Test	12.52	4.7	11.9	99	0.000 P<0.05
Post Test	18.91	4.3			

The comparisons of the pre-test and post-test mean score of the knowledge were done by the paired t test. Average knowledge score in pre-test was 12.52 which increased to 18.91 in post-test. 't' value for this test was **11.9** with 99 degrees of freedom. Corresponding p-value was small (less than 0.05), the null hypothesis is rejected. Knowledge score in post-test was significantly high as compared to that in pre-test. It is evident that the knowledge among caregivers regarding adverse effects of antipsychotic drugs **improved significantly** after Self Instructional Module regarding adverse effects of antipsychotic drugs.



DISCUSSION

Analysis of demographic data of caregivers of Schizophrenic patients in selected tertiary care hospital of the city

The present study shows that among 100 samples majority (41%) of caregivers were from age 18-30 years. 51% were female and 49% of them were male. Majority of caregivers 28% had graduation, 24% had higher secondary education. Most of the caregivers (52%) were married. 29% of caregivers had nuclear family, 67% of caregivers had joint family. About 40% people are having above Rs.20000. Majority 36% of caregivers are staying with patient for more than 2 years. 36% of caregivers were parents of patient where as, 20% were spouse, 31% were siblings, and 7% were grandparents and 6% children.

This study findings are supported by a study conducted by Ms.Sayali D Dambhe, The study shows that among the total 40 sample of primary care givers out of 14(35%) in 29- 38 years of age, most of samples were female 24(60%), 12(50%) having secondary education, 21(52.5%) of sample was on private job, 22(55%) sample having upto 10000, 22(55%) samples was from to urban area 26(65%) were having length of stay of more than 2 years.

To assess the knowledge regarding adverse effects of antipsychotic drugs among caregivers of Schizophrenic patients in selected tertiary care hospital of the city.

In present study Among all caregivers 24% of the caregivers had poor knowledge (score 0-8), 58% of them had average knowledge (score 9-16) and only 18% of caregivers had good knowledge (score 17-25) in pre-test whereas in post-test 1% of the caregivers had poor knowledge, 30% of them had average knowledge and 69% of them had good knowledge. The comparisons of the pre- test and post-test mean score of the knowledge were done by the paired t test. Average knowledge score in pre-test was 12.52 which increased to 18.91 in post-test. 't' value for this test was 11.9 with 99 degrees of freedom. Corresponding p-value was small (less than 0.05), the null hypothesis is rejected.

Similar study conducted by Ms. Sheela S. Ranbhise. study shows that the maximum number of caregivers 24 (80%) had average knowledge, 5 (17%) had good knowledge, 1(3%) had poor knowledge about adverse effect of anti psychotic drugs.

Effectiveness of self instructional module on knowledge regarding adverse effects of antipsychotic drugs among caregivers of Schizophrenic patients.

In present study ,The comparisons of the pre-test and post-test mean score of the knowledge were done by the paired t test. Average knowledge score in pre-test was 12.52 which increased to 19.91 in post-test. 't' value for this test was 11.9. Corresponding p-value was small (less than 0.05), the null hypothesis is rejected. Knowledge score in post-test was significantly high as compared to that in pre-test. It is evident that the knowledge among caregivers regarding adverse effects of antipsychotic drugs improved significantly after Self Instructional Module regarding adverse effects of antipsychotic drugs.

Similar study conducted by Priti Bhosle on The mean post test score 20.24 (1.670) was higher than the mean pre-test scores 12.21(3.331).The scores indicates that the Information Booklet was effective. The significant difference between two tests were tested by using paired 't test'.

To find the association between pretest knowledge score withselected demographic variable

In present study, No significant association was found between the knowledge score and the demographic variables.

CONCLUSION

Present study concluded that the Self Instructional Module have significant improvement in knowledge about adverse effects of antipsychotic drugs among caregivers of Schizophrenic patients, it has enriched features such as self explanatory, self understanding, self directed, self motivated and self evaluating ,a finding reveals that Self Instructional Module was effective in improving knowledge and awareness regarding adverse effects of antipsychotic drugs and its management.

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