



A Review On Burden Of Family Caregivers For Schizophrenic Patient

ChandanaDebnath¹, Dr. IromShirly², Dr. Saphabi DeviNongthombam³

1. PhD Scholar, Department of Nursing Studies, Manipur International University, Manipur

2. Associate Professor and Research Officer, Manipur International University, Manipur

3. Associate Professor, Department of Nursing Studies, Manipur International University, Manipur

Abstract: A family caregiver is a person such as parent, spouse, sibling, relative, friend, neighbor, who provides care to the patient with schizophrenia without any compensation. Burden refers to the significant emotional, physical, social, and financial strain placed on family caregivers to manage the patient with schizophrenia. Daily routines, career, finances, and mental well-being of caregivers disrupt due to maintain their role and responsibilities. Schizophrenia is a severe and disabling mental health disorder that disrupts individual's thought processes, perceptions, emotional responsiveness and social interactions. Caregiver is required when an individual suffering from severe form of physical and mental illness. The responsibility of caregiver is to meet the physical and psychological needs of the dependent patient. Every individual has some basic needs that are essential to maintain quality of life. Caregiver is responsible for meeting the basic needs of patient. As the disease progresses it carries with it a tremendous burden both physically and psychologically on the family members who are giving care. Objective of the review is to explore burden of family caregivers and its associated demographic factors. Systematic literature review was done by using different electronic data base such as Google scholar, Google, PubMed for this review. Several descriptive studies were conducted in this area and observed that caregiver's burden can be objective or subjective. Objective burdens were negative patient symptoms; disruption of the caregiver's domestic routine, social activities and leisure, social isolation, financial and employment difficulties. Subjective burdens were fear, sadness, anger, guilt, loss, stigma and rejection. Most of the caregivers felt burden from moderate to severe. High amount of burden was present in their physical, mental and financial areas. Females were significantly more burdened than males. Age, education, duration of illness, relation with patients was significantly associated with burden. This review will help to understand the level of burden among caregivers of schizophrenia. So that we can conduct different research that will increase their coping ability and resilience which will give importance on prevention of the burden instead of the intervention of caregivers burden.

Key Words: *Burden, family, caregivers, schizophrenic patient.*

Introduction

Caregiver is a person who has the responsibility of meeting physical and psychological needs of the dependent client. Caregiver is needed for meeting their daily activities like bathing dressing, eating, toileting, grooming, medication appointment. For this reason, caregivers feel more burden that increase the risk of mental and physical health problems among them. Caregiver's burden is also called caregiver's burnout where carers experience physical strain, emotional stress, social isolation, financial stress due to caregiving for someone. Caregivers of patients with schizophrenia are often faced the problems such as uncertainty about the course of the illness, lack of reciprocity in relationship with the patient, cost of care. Different studies showed that care giving frequently leads to mental morbidity, neglect of health of self and higher risk of mortality. Caregivers also unable to maintain balance between family needs and often care of the relative with schizophrenia. Schizophrenia is a chronic mental health disorder characterized by a various of symptoms, such as delusions, hallucinations, disorganized speech or behavior, and impaired cognitive ability. The National Institute of Mental Health and Neurosciences (NIMHANS) in Bangalore conducted a National Mental Health Survey in 2015 – 2016 and showed that 10.6% of adults in India suffer from mental disorders, The lifetime prevalence of mental disorders was 13.7%, 15% of adult population experiences mental health issues requiring intervention, Urban areas have a higher prevalence (13.5%) compared to rural (6.9%).¹ The prevalence of schizophrenia spectrum disorders in India varies by study, but a population-based study was conducted and revealed that lifetime prevalence of schizophrenia spectrum disorders at 1.41%, with a current prevalence of 0.42%.² The family caregiver experiences considerable stress and burden due to behavioral disturbances schizophrenic patients A cross-sectional study was conducted by Jain A et al. by using Family Burden Interview Schedule and they showed that 49.6% caregivers had moderate level of burden, 34.4% had mild burden, and 16.0% had severe burden.³ A cross-sectional study was also conducted by Maede E et al. by using Zarit Burden Inventory scale and they observed 22.75% caregivers reported severe caregiving burden scored ranging from 61 to 88. Caregiver's burden was associated with lower life satisfaction, employment status and marital status.⁴

Burden of caregivers for schizophrenic patient

A cross sectional study was conducted by using Zarit Interview Burden scale and findings revealed that were 1.7% caregivers had little burden, 21.7% had mild-to-moderate burden, 62.3% had moderate-to-severe burden, and 14.3% had severe burden. Mean score of burden was 49.49 ± 12.06 which indicating moderate to severe burden. Burden was significantly associated with age, gender, occupation, income, marital status, house condition, relationship with patients, illness stage, and duration ⁵ A study found that 7.6% of the caregivers felt low burden, 23.5% mild to moderate, 41.8% moderate to severe and 27.1% severe burden.⁶ A study reported that they had high level of caregiving burden with 38.2% of the caregivers perceived severe

burden relating their role.⁷ A descriptive study was conducted by Sachin S et al. by using care giver burden assessment scale and showed that nearly 27 (45%) caregivers felt mild burden, 8(13.3%) moderate burden, 9(15%)severe burden and 16(26.7%) felt little burden.⁸ A study revealed that mean burden score was 69.94, 85% of the participants were frustrated about the slow improvement of the patient. The mean burden was high in physical, mental and financial area.⁹ Mean burden score of caregivers was (72.9 ± 13.2) and highest level of burden was found among those over 40 years.¹⁰ A study also found that 1.7% caregivers had little burden, 21.7% had mild-to-moderate burden, 62.3% had moderate-to-severe burden, and 14.3% had severe burden. Mean score burden was 49.49 ± 12.06 which indicating moderate to severe burden.¹¹

Association between Burden of caregivers of schizophrenic patient and Scio demographic variables

Female caregivers reported a higher level of caregiver burden compared to males, with a statistically significant association ($p < 0.001$) between burden levels and gender. Long time duration of mental illness increased caregiver's severe burden with a significant difference ($p < 0.001$). Longer hours spent by caregivers with patients were linked to higher levels of burden, with a statistically significant difference ($p = 0.028$).³Caregiver burden was higher among those over 40 yrs, living in urban areas, literate, employed, of lower or middle socioeconomic status, and from nuclear families ($P < 0.05$).Burden of caregivers was associated with patients with higher illness severity and disability.¹⁰ Significant association found between age, residence, education, employed, of lower or middle socioeconomic status, and from nuclear families ($P < 0.05$).¹⁰.Significant association present between the level of burden and selected socio demographic variables⁷.Burden was associated with age($x^2 = 20.597$), gender ($x^2 = 11.839$) occupation($x^2 = 7.124$) , monthly income($x^2 = 17.667$) , marital status ($x^2 = 17.554$), relationship with patients were associated with caregiver burden($x^2 = 28.408$).¹¹ The mean scores of burden was higher in caregivers who were above 40 years of age (58.1 ± 9.7 , $p < .001$), female (49.1 ± 9.4 , $p < .001$), spouse caregivers (59.2 ± 9.2 , $p < .001$) and had no formal education (60.1 ± 9.7 , $p < .01$) and higher in unemployed caregivers (54.1 ± 9.3 , $p < .001$).⁷

Discussion: Caregivers play a significant role in a person's recovery from schizophrenia by providing care and support. They have multiple responsibilities such as day to day care, supervising medication, regular follow up, meet basic needs. After review it has been observed that most of the caregivers reported that they experienced moderate to severe burden during giving care. They felt burden mainly in physical, mental and financial areas. Burden is significantly associated with age, gender, marital status, educational level, relation to care recipient, care giving duration and duration of illness. .

Conclusion: This review highlights burden experienced by family caregivers of schizophrenia. It has been showed that the burden among caregivers is genuine and major problem. They experienced lot of burden. Some burden may be overcome by improving their socioeconomic condition. But most of the burden may be resolve by counseling, guidance, psychotherapy, increasing their coping ability and awareness about mental illness.

References:

1. National Mental Health Survey of India.(2015-16): Prevalence, Pattern and Outcomes. Retrieved from <https://indianmhs.nimhans.ac.in/phase1/Docs/Report2.pdf>
2. Hegde, PR., Nirisha,LP.,Basavarajappa, C., Suhas,S., Kumar, CN., Benegal, V., Rao,GN., Varghese, M., Gururaj,GNMHS National Collaborators Group.(2023). Schizophrenia spectrum disorders in India: A population-based study. *Indian J Psychiatry*, 65(12):1223-1229. doi: 10.4103/indianjpsychiatry.indianjpsychiatry_836_23
3. Jain, A., et al. (2025). Family burden among caregivers of mentally ill patients residing in an urban community of Delhi: A cross-sectional study. *Indian Journal of Community Health*, 37(2), 270–275. DOI: 10.47203/IJCH.2025.v37i02.015.
4. Esmaeeli, M., Mirhosseini, S., Minaei-Moghadam, S., Ghasempour, S., Basirinezhad, M. H., & Ebrahimi, H. (2025). Care burden among Iranian family caregivers of patients with schizophrenia: the predictive role of quality of life and life satisfaction. *Frontiers in psychiatry*, 16, 1559786. <https://doi.org/10.3389/fpsyt.2025.1559786>
5. Maan, N., Kumar, A., Nayar, N., Kumar, K., Sheoran, C.(2024).Burden of care in caregivers of patients with schizophrenia.India J Family Med Prim Care.13(9):3540-3543. doi: 10.4103/jfmprc.jfmprc_674_23. Epub
6. Shamsaei, F., Cheraghi, F., Bashirian, S. (2015).Burden on Family Caregivers Caring for Patients with Schizophrenia. *Iran J Psychiatry*, 10(4):239-45. Retrieved from <https://pmc.ncbi.nlm.nih.gov/articles/PMC4801494/>
7. Rahmani, F., Roshangar, F., Gholizadeh, L., Asghari, E. (2022).Caregiver burden and the associated factors in the family caregivers of patients with schizophrenia.Nurs Open, 9(4):1995-2002. doi: 10.1002/nop2.1205

8. Sachin, S., Suresh, V., Ravindra,H.N.2014.A descriptive study to assess the burden among family care givers of mentally ill clients.[IOSR Journal of Nursing and health Science](#). 3(3):61-67.DOI:[10.9790/1959-03346167](#)
9. H. N., S., G., K. K., Kumar, N., & N., U. K. (2016). Assessment of caretaker burden in patients with psychiatric illness. *International Journal of Community Medicine and Public Health*, 4(1), 243–245.<https://doi.org/10.18203/2394-6040.ijcmph20164426>
10. George, S., Dinesh, A. J., Melody, M. A. (2025). Burden among Primary caregivers and its association with severity of Disability in patients with Schizophrenia: A Cross-sectional study. *Journal of family medicine and primary care*, 14(3), 908–914. https://doi.org/10.4103/jfmpe.jfmpe_1439_24
11. Tabassum, T. T., Rahman, N. A., Hossain, S. M. S., Abdullah, F., Nawar, L. T., Lima, F. I., Gupta, M., Kona, S. P.,Podder, V. (2024). Caregiving burden and associated factors among family caregivers of individuals with schizophrenia in Bangladesh: A cross-sectional study. *Journal of family medicine and primary care*, 13(1), 278–284.https://doi.org/10.4103/jfmpe.jfmpe_616_23

