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## RESEARCH ARTICLE

### THE EFFECT OF PSYCHOEDUCATION ON KNOWLEDGE, ATTITUDE AND BURDEN OF CAREGIVERS OF CLIENTS WITH BIPOLAR AFFECTIVE DISORDER

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#### ABSTRACT

**Aim:** The study was aimed to assess the effect of psychoeducation on knowledge, attitude and burden of caregivers of clients with bipolar affective disorder.

**Methods and materials:** One group pre-test, post-test design was adopted for the study. Forty caregivers of bipolar affective disorder (BPAD) who fulfilled the inclusion criteria were recruited for the study. A pre-test was conducted to assess their level of knowledge, attitude and burden. Following this, a structured teaching programme regarding BPAD was administered to the study subjects in two sessions of 45 minutes each. A post-test was conducted after seven days.

**Results:** The study results revealed that majority of care givers possessed adequate knowledge and neutral attitude. The educational programme was found to be effective in improving the knowledge, attitude and reducing the burden ( $p < 0.01$ ) of caregivers of bipolar affective disorder.

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## INTRODUCTION

Bipolar Affective Disorder (BPAD) is a mood disorder characterised by alternating periods of intense elation and depression. Individuals suffer from severe mood swings and it may range from severe depression to extreme joyfulness and mania. The prevalence of BPAD is between 0.1 - 7.5% and the prevalence of bipolar spectrum disorder is estimated to be 5% in the general population (Bauer, 2005). It is estimated that an adult who has developed bipolar affective disorder in his/ her 20's effectively loses nine years of life, twelve years of normal health and fourteen years of work activity. The duty of looking after a person with psychiatric problems is often placed on the patient's immediate relatives. Caregivers often report ignorance about the home management of illness and the changes that emerge in their relative. The consequences of the disorder is well felt on the patients as well as their caretakers. Caregivers are confronted with various difficulties as the patients are symptomatic for a period of almost half of their life span. Educational interventions not only enhance the family's communication and coping patterns but also reduce relapse rates.

A cross-sectional study by Ganesh (2011) revealed that knowledge of mental illness among the general public was considerably poor. The study suggested the need for educating the public to improve awareness and to generate a positive attitude towards mental illness. Erten *et al.* (2014) and Van der Voort *et al.* (2007) found that caregivers had experienced high burden and also had negative influence on their social relationships. Paranthaman *et al.* (2010) assessed the effectiveness of structured psychoeducation and demonstrated that caregivers in the intervention group showed significant improvement in knowledge scores. A study by Pickett Schenk *et al.* (1998) examined the effectiveness of a family education in increasing participants' awareness regarding mental illness and its treatment. The study results highlighted a greater knowledge gain in the experimental group regarding the disease and its management.

## MATERIALS AND METHODS

The study was conducted in the in-patient and out-patient units of Department of Psychiatry, JIPMER. One group pre-test post-test design was adopted for the study. Forty caregivers were selected using convenience sampling. The research instruments used for the study were Caregiver's Knowledge Assessment

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Questionnaire, Caregiver’s Attitude Assessment Scale and the Burden Assessment schedule by Thara *et al.* (1998). After assessing the pre-intervention knowledge, attitude and caregiver burden, psychoeducation was provided in two sessions of 45 minutes each. A post test was done one week after the second session using the same instruments.

**Table 1. Distribution of subjects based on the socio demographic variables (N=40)**

Variables	Categories	Number (N)	Percentage (%)
Age (in years)	20-40	11	27.5
	41-60	29	72.5
Gender	Male	18	45
	Female	22	55
Marital status	Married	36	90
	Unmarried	4	10
Occupation	Employed	21	52.5
	Unemployed	19	47.5
Religion	Hindu	35	87.5
	Others	5	12.5
Relationship to patient	Parent	20	50
	Children	2	5
	Sibling	7	17.5
	Spouse	11	27.5

domains of physical and mental health, external support, caregiver’s routines and taking responsibility and caregiver strategy at p<0.01 level.

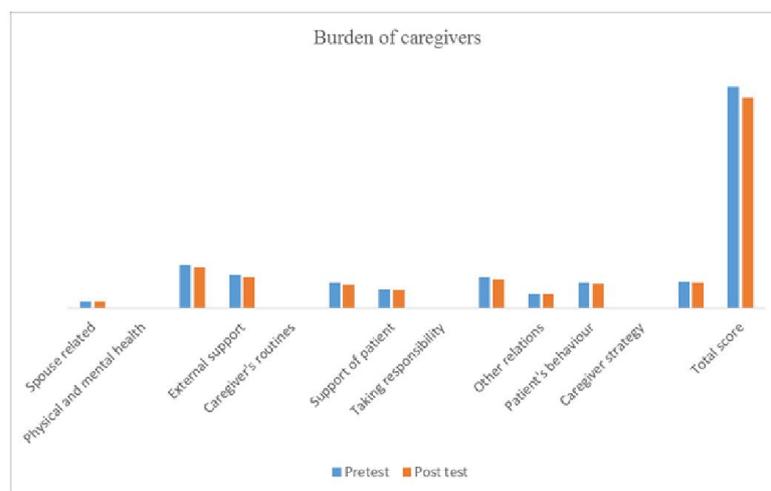
The study results also found that there was a positive correlation between knowledge and attitude (r=0.289). A negative correlation was found between attitude and burden (r = -0.409) and between knowledge and burden (r = -0.455). This implies that as knowledge improves, attitude improves and burden reduces and as attitude improves burden of care reduces.

A study by Parikh *et al.* (2014) demonstrated that greater knowledge about bipolar affective disorder is associated with positive attitudes and reduced anxiety towards the illness (p=0.004). The present study revealed that 75% of the subjects had adequate knowledge and 87.5% of them had neutral attitude. The mean burden score was found to be 74.2±8.5. Highest burden was reported in the domains of physical and mental health (14.4±2.7), followed by the domain of external support (11.2±2.3). The least reported burden was in the spouse related domain (2.3±3.9).

**Table 2. The effect of psychoeducation on knowledge, attitude and burden of caregivers of clients with BPAD (N=40)**

Variable	Pre test		Post test		Difference (Post-Pre)	Paired t value	P value
	Mean	SD	Mean	SD			
Knowledge	11.1	2.6	15.6	2.3	4.5	-12.8	0.000***
Attitude	40.2	4.8	43.3	4.8	3.1	-10.1	0.000***
Burden	74.2	8.5	70.3	8.1	3.9	9.4	0.000***

\*\*\*Statistically significant at p<0.001



**Fig 1. Effect of psychoeducation on various domains of BAS**

**RESULTS**

Among the 40 participants, 72.5 % belonged to the age group of 40-60years. Majority of the subjects were females (55%) and 50% of the caregivers were parents of the patients. Positive family history was reported by 27.5% of the subjects. 55% of the patients had their illness when they were between 20-40 years. The results of the study showed that there was a highly significant effect of psychoeducation on knowledge, attitude towards BPAD and burden perceived by caregivers of clients with BPAD (p=0.000). Assessment of burden showed that the psychoeducation was significantly effective (p<0.001) in the

**Conclusion**

Findings of the present study revealed that there was a significant improvement in knowledge, attitude and reduction in burden after psycho education (p<.001). It was demonstrated that there was a positive correlation between knowledge and attitude and a negative correlation between knowledge and burden as well as attitude and burden. This implies that simple, cost-effective educational interventions are useful in increasing the knowledge, improving the attitude and reducing the burden of care takers of clients with bipolar affective disorder.

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