

8<sup>th</sup> International Conference on

## ADDICTIVE DISORDERS AND ALCOHOLISM

May 17-18, 2018 Singapore

**Exploration of psychological distress among care givers in ayurvedic treatment setting****Hemant Gupta and G V Ramana**

National Institute of Mental Health and Neurosciences, India

**Statement of the Problem:** Caring for a patient with psychiatric illness affects the family caregiver's quality of life. The burden experienced by caregivers of patients of psychiatric illness has been associated with increased incidences of depression, anxiety and mental health service use. As caregiver burden is also associated with poor patient treatment outcome, these findings may indicate a source of distress not only for caregivers, but also for patients.

**Objectives:** The aim of the present work is to explore the psychological distress among caregivers of psychiatric inpatient at ayurvedic center, to examine quality of life of the caregivers and to examine nicotine dependence among caregiver.

**Methodology & Theoretical Orientation:** This is a cross sectional normative study of 40 caregivers of psychiatric inpatient at ayurvedic center, NIMHANS. The care givers who are willing to participate and are familiar with English and regional language were included. Participants were excluded if they had history of neurological/neurosurgical/psychiatric illness.

**Findings:** The impact of caring for someone with mental illness brings the risk of mental ill health to the carer in the form of emotional stress, depressive symptoms or clinical depression. Most individuals with mental disorders live in their own homes and cared by family members. The caring process can be very taxing and exhausting if the care recipient has a severe mental disorder. Providing such long term care can be a source of significant stress. The behavioral problems associated with mental disorders further increases the stress levels of the carer and therefore impacts significantly on the mental health.

**Conclusion & Significance:** Care givers mental health has a direct consequence of their caring role and experience higher rates of mental ill health than the general population, this leads to negative effect on the quality of life of the carer and the standard of care and the standard of care delivered. Efforts to identify and treat care givers psychological distress will need to be multidisciplinary, require consideration of the cultural context of the patient and care giver and focus on multiple risk factors simultaneously.

hemantgupta04@yahoo.com