

UNIVERSITI TEKNOLOGI MARA

**QUALITY OF LIFE OF CAREGIVERS OF
SCHIZOPHRENIC PATIENTS**

ZANARIAH BINTI ABU BAKAR

**Dissertation submitted in partial fulfillment of the
requirements for the degree of Bachelor of Pharmacy (Hons)**

Faculty of Pharmacy

October 2007

ACKNOWLEDGEMENTS

First and foremost, I would like to express my gratitude to the Allah Almighty for the completion of my project. This project has been a true test of patience and commitment to me. One of the greatest joys on creating this thesis has been working with wonderful and unique people who had involved. I would like to thank the following people without which this thesis could not have been created.

To the caregivers that have agreed to be included in my study. Thank you for your time in completing the questionnaire. To the team of Psychiatric Department of Hospital Tengku Ampuan Rahimah, Klang for their full cooperation during the data collection. To the Head of Psychiatric Department, Dr. Fauziah Mohammed for giving her permission for me to conduct my study and to all the doctors and nurses at the in-patient and out-patient department for your help in identifying the caregivers.

To Dr. Lua Pei Lin, my supervisor, for always believing in me and in the importance of this study. Thank you for helping me to keep my perspective right and take myself and this project seriously. Besides that, thank you for letting me use the research facilities.

To my family, who has always supported me through my ups and downs. To my sister, Zarina who has always made me believe in myself and work harder. To my friends, Melissa and Zainab, who have helped me to think clearly when I was stuck.

Lastly, thanks to all the people whose name I forget to mention here who have helped me along the way. I really appreciate each and every one of you. I am truly grateful for the many thoughts and supports that made this thesis possible. Wassalam.

TABLE OF CONTENTS

	Page
TITLE PAGE	
APPROVAL	
ACKNOWLEDGEMENTS	ii
TABLE OF CONTENTS	iii
LIST OF TABLES	v
LIST OF FIGURES	vi
LIST OF ABBREVIATIONS	vii
ABSTRACT	viii
CHAPTER 1 (INTRODUCTION)	1
CHAPTER 2 (LITERATURE REVIEW)	4
2.1 General	4
2.2 Quality of life	4
2.3 Care giving of psychiatric patients	5
2.4 Caregiver and quality of life	6
2.5 Socio-demographic criteria of caregiver of psychiatric patients including schizophrenic and their quality of life	8
CHAPTER 3 (MATERIAL and METHOD)	11
3.1 Study Design and Sample Selection	11
3.2 Instrument	11
3.2.1 Socio-Demographic	11
3.2.2 SF-36 questionnaire	12
3.3 Data collection Method	14
3.4 Statistical analysis	14
CHAPTER 4 (RESULTS)	15
4.1 Respondents Socio-demographic Characteristics	15
4.2 General level of Quality of Life among caregivers	18
4.3 Comparisons of Quality of Life by scales, scales summary and perceived change of health according to caregivers' socio-demographic data	19
CHAPTER 5 (DISCUSSION)	38
CHAPTER 6 (CONCLUSION)	46
BIBLIOGRAPHY	48

ABSTRACT

Quality of life (QoL) issues of caregivers are now receiving increasing attention from the researches especially chronic patients' caregivers. This study aims to determine the QoL of caregivers of schizophrenic patients and to compare the QoL of caregivers according to their socio-demographic variables. The data was collected by self-administered questionnaire. The questionnaire consists of 2 sections. 1) Socio-demographic and 2) SF-36 Questionnaires. Thirty out-patient schizophrenic caregivers from Hospital Tengku Ampuan Rahmah, Klang completed the survey. The majority were male (n=16; mean age=51 years; range=22-76) and married (n=23). The statistical analyses used were descriptive statistics and non-parametric Chi-square goodness of fit, Mann-Whitney and Kruskal-Wallis tests. Generally, QoL scores were moderate in the caregivers as most of the median scores ranged from 50 to 68.75 (score range 1-100). The highest score reported was for *Social Functioning* (SF) scale (median=87.5; minimum=37.5; maximum=100). On the contrary, the lowest score were reported for *Role Limitation-Physical* (RP) scale (median=50; minimum=0; maximum=100) and *Role Limitation-Emotional* (RE) scale (median=50; minimum=0; maximum=100). It was also found that caregivers who were male, younger, those who were better educated, healthy, employed and received monthly income reported higher QoL compared to caregivers who were female, less educated, those having health problems, unemployed and received no monthly income. However, there was no significant difference when comparing the QoL between caregivers' marital status, between caregivers' relationship to patients and between caregivers' race groups. This study leads to better understanding on QoL of schizophrenic caregivers. Such information was important in designing interventions to enhance the caregivers' role, quality of care and QoL.

Keywords: quality of life, caregiver, schizophrenia

CHAPTER 1

INTRODUCTION

1.1 Introduction

Schizophrenia is a major psychiatric disorder associated with multiple relapses and an alternating pattern of partial or total symptom remission (Herz et al., 2000). It is a severe mental illness which is stressful not only for patients, but also for family members (Stanley, S. & Shwetha, S., 2006). Besides that, it is a chronic illness that demands attention and patience from the caregiver. Providing care to family members dealing with chronic illnesses may result in feelings of burden or strain for caregivers that can diminish their QoL (Sales, 2003).

World Health Organization (WHO) defined QoL as individuals' perception of life in the context of their culture and value system in which they live and in relation to their goals, expectations, standards and concerns (WHOQOL-BREF, 1998). QoL also can be defined as the difference or gap between the hopes and expectations of the individual and that individual's personal experience at a particular point in time (National Cancer Institute, 1998).