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# Burden and coping strategies in caregivers of schizophrenic patients

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## Abstract:

Care of schizophrenic patients is enduring stress and leads to considerable amount of burden among caregivers. Little is known about the ways in which families cope while caring for a relative with schizophrenia in developing countries. The aim of the present study was to explore burden and coping strategies in caregivers of schizophrenic patients and identify the relationship between burden and coping strategies among them. Caregivers were assessed by utilizing caregiver burden self report and ways of coping questionnaires. A descriptive co relational design was used on the study. The sample comprised of 100 caregivers of schizophrenic patients from psychiatric in patient and the out patient clinic of neuropsychiatry at Assiut university hospital. The result revealed that level of burden reported by caregivers of schizophrenic patients was high. The most coping strategies used by caregivers of schizophrenic patients were self controlling, positive reappraisal and escape-avoidance. Burden was negatively and non significantly correlated with confrontive coping, distancing, seeking social support and positive reappraisal coping strategies. However, it was positively and non significantly correlated with self controlling, accepting responsibility, escape- avoidance and planful problem solving. Socio demographic variables were not associated significantly with burden and coping strategies. Conclusion: Caregivers experienced high level of burden. Burden was non significantly correlated with coping strategies. Recommendation: Psycho educational program is needed to assist caregivers cope successfully with burden that result from the care of schizophrenic patients.

## Keywords:

Burden , coping strategies , caregivers , schizophrenic patients

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