

IMPACT OF MENTAL ILLNESS ON FAMILY MEMBERS/CAREGIVERS

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INTRODUCTION

- ❑ Mental illness has a host of problems.
 - ❑ Both mentally ill family members and family unit are affected.
 - ❑ Mental illness can have a devastating effects on family especially on the caregiver.
 - ❑ A family member's mental illness news esp. chronic brings painful life experiences.
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- Little or no preparedness in ones life in coping with powerful emotions may bring a devastating mental health crisis.
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Purpose Of Study:

- To gather Impact information helpful for those whose family members become mentally ill by:

Interviewing family members who are regular/usual caregivers of their mentally ill F. member

Method and Descriptions

- Personal interview/administration of questionnaire to 100 usually regular family member caregivers of the mentally ill.
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Results and Findings

□ As tabulated below

Has the illness of your MIFM affected your family/social relationship?

	Frequency	Percentage	Valid percentage	Cumulative Percentage
Valid Yes	51	50.0	58.0	58.0
No	37	36.3	42.0	100.0
Total	88	86.3	100.0	
Missing System	14	13.7		
Total	102	100.0		

I am worried related to MIFM

	Frequency	Percentage	Valid percentage	Cumulative Percentage
Valid Yes	50	49.0	50.0	50.0
No	50	49.0	50.0	100.0
Total	100	98.0	100.0	
Missing System	2	2.0		
Total	102	100.0		

I am ashamed related to my MIFM

	Frequency	Percentage	Valid percentage	Cumulative Percentage
Valid Yes	17	16.7	17.2	17.2
No	82	80.4	82.8	100.0
Total	99	97.1	100.0	
Missing System	3	2.9		
Total	102	100.0		

For how long has your MIFM been ill?

	Frequency	Percentage	Valid percentage	Cumulative Percentage
Valid 0-3months	16	15.7	17.6	17.6
3-6months	10	9.8	11.0	28.6
6-12months	12	11.8	13.2	41.8
12-24months	18	17.6	19.8	61.5
24months-1-2yrs	10	9.8	11.0	72.5
1-2yrs-2-4yrs	25	24.5	27.5	100.0
2-4yrs-4yrs>	91	89.2	100	
Total	11	10.8		
Missing System	102	100.0		
Total				

I invest time in my MIFM

	Frequency	Percentage	Valid percentage	Cumulative Percentage
Valid Yes	82	80.4	82.0	82.0
No	18	17.6	18.0	100.0
Total	100	98.0	100.0	
Missing System	2	2.0		
Total	102	100.0		

I invest physical effort in caring for my MIFM

	Frequency	Percentage	Valid percentage	Cumulative Percentage
Valid Yes	77	75.5	77.0	77.0
No	23	22.5	23.0	100.0
Total	100	98.0	100.0	
Missing System	2	2.0		
Total	102	100.0		

I am desperate related to my MIFM

	Frequency	Percentage	Valid percentage	Cumulative Percentage
Valid Yes	28	27.5	28.0	28.0
No	72	70.6	72.0	100.0
Total	100	98.0	100.0	
Missing System	2	2.0		
Total	102	100.0		

Another family member becoming sick

	Frequency	Percentage	Valid percentage	Cumulative Percentage
Valid Yes	21	20.6	20.8	20.8
No	80	78.4	79.2	100.0
Total	101	99.0	100.0	
Missing System	1	1.0		
Total	102	100.0		

Have you felt like abandoning your MIFM?

	Frequency	Percentage	Valid percentage	Cumulative Percentage
Valid Yes	39	38.2	39.8	39.8
No	59	57.8	60.2	100.0
Total	98	96.1	100.0	
Missing System	4	3.9		
Total	102	100.0		

I generally suffer from burden, related to my MIFM

	Frequency	Percentage	Valid percentage	Cumulative Percentage
Valid Yes	48	47.1	48.0	48.0
No	52	51.0	52.0	100.0
Total	100	98.0	100.0	
Missing System	2	2.0		
Total	102	100.0		

Chronicity of the illness

	Frequency	Percentage	Valid percentage	Cumulative Percentage
Valid Yes	31	30.4	30.7	30.7
No	70	68.6	69.3	100.0
Total	101	99.0	100.0	
Missing System	1	1.0		
Total	102	100.0		

I loose work time due to caring for my MIFM

	Frequency	Percentage	Valid percentage	Cumulative Percentage
Valid Yes	50	49.0	50.0	50.0
No	50	49.0	50.0	100.0
Total	100	98.0	100.0	
Missing System	2	2.0		
Total	102	100.0		

I am ill due to caring for my MIFM

	Frequency	Percentage	Valid percentage	Cumulative Percentage
Valid Yes	28	17.6	18.0	18.0
No	92	80.4	82.0	100.0
Total	100	98.0	100.0	
Missing System	2	2.0		
Total	102	100.0		

Have you ever thought of separating from your mentally ill spouse? (FOR ONLY THE MARRIED)

	Frequency	Percentage	Valid percentage	Cumulative Percentage
Valid Yes	8	14.3	20.0	20.0
No	32	57.1	80.0	100.0
Total	40	71.4	100.0	
Missing System	16	28.6		
Total	56	100.0		

Outcome

- ❑ Parents and siblings identified as primary caregivers.
 - ❑ Not knowing the diagnosis.
 - ❑ Another family member becoming ill.
 - ❑ Financial costs involved.
 - ❑ High levels of stress, physical and emotional health involved.
 - ❑ Monetary loss, work absenteeism commonly reported
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Conclusion

- ❑ Need to provide subsidies to mentally ill caregivers.
 - ❑ Need to intergrade M.H. services to reduce stigma.
 - ❑ Caregivers to be helped to accept feelings like fear, worry and shame as normal & common.
 - ❑ Need for resource, training and drug care centers for the mentally ill where caregivers can get access & support when necessary.
 - ❑ Need for further research & dissemination of Mental Health information
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