

# IMPACT OF MENTAL ILLNESS ON FAMILY MEMBERS/CAREGIVERS

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# INTRODUCTION

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- ❑ 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:

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- 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

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# Method and Descriptions

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

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As tabulated below

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# 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

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- ❑ 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

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- ❑ 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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