

Comparison of Quality of Life & Burden in Caregivers of Patients with Alcohol Use Disorder and Other Substance Use Disorder

Dr. Pramod Totewad¹, Dr. Shilpa Adarkar²

¹Assistant Professor, Tele MANAS, Ambajogai
Corresponding Author E Mail ID: [pramod385\[at\]gmail.com](mailto:pramod385[at]gmail.com)
Contact No: 9324524877

²Associate Professor, Seth GSMC & KEMH, Mumbai

Abstract: *Background:* Substance use has adverse impact on the user as well as the caregiver. Previous studies have shown the effect on Quality of Life and Burden in the caregivers. This study aims to assess & compare Quality of life & Caregiver Burden among the caregivers of alcohol and other substance use disorders and to study the correlation between them. *Methods:* After the IEC approval, inclusion criteria and informed consent, 200 caregivers (100 alcohol +100 other substances) were enrolled. Quality of life & Caregiver burden were assessed using WHO QOL BREF and Zarit Burden Questionnaire. Descriptive statistics with T test, Mann Whitney and Spearman's test were used for analysis. *Results -* The QOL and Caregiver burden were more impaired in the Alcohol group than the other substance group. However, the difference was not statistically significant. There was a negative correlation between Quality of Life & caregiver burden, with significant p values in all domains (Physical=0.0001, Psychological=0.0001, Social=0.001, Environmental=0.0001). Women caregivers were more adversely affected in Quality of Life & Burden compared to men, with significant p values in both indicators. *Conclusions:* Quality of Life and caregiver burden was more in Alcohol group compared with other substance group. Quality of Life and caregiver burden were affected more in women caregivers than men. Caregiver burden negatively impacts Quality of life in all domains.

Keywords: SUD (substance use disorder), Caregiver burden, Quality of Life

1. Introduction

Family is the key resource in the care of patients including those with mental illness in India. Quality of Life includes several important dimensions including psychological status, functional abilities, personal well-being, social interaction, economic status and physical health. In the midst of care giving burden, most of the caregivers suffer from poor psychological health which progresses to develop mental illness and they have a higher rate of depression than the general population. Illness adversely affects the individual as well as those around in terms of physical, emotional, and financial distress, and social and occupational dysfunction.

Problem Statement:

Comparison of quality of life & burden in caregivers of patients with alcohol use disorder and other substance use disorder.

Objectives:

- 1) To assess quality of life in caregivers.
- 2) To assess caregiver's burden in caregivers.
- 3) To comparison of quality of life in caregivers of patients with alcohol use disorder and other substance use disorder.
- 4) To comparison burden in caregivers of patients with alcohol use disorder and other substance use disorder.
- 5) To find out the correlation between quality of life & burden in caregivers of patients

2. Methodology

Research approach: cross sectional quantitative approach

Setting of the study: Caregivers of patients with substance use disorder at a Deaddiction Center of a General Municipal Corporation Hospital.

Samples: caregivers of substance use disorder

Sample size: We have taken 100 caregivers of alcohol use disorder & 100 caregivers of other substance use disorder

Criteria:

Inclusion criteria of caregivers

- 1) Caregivers of patients of substance use disorders diagnosed by Consultant Psychiatrist.
- 2) Age group 18 - 50 years. (Both genders).
- 3) Caregivers of patient should be living, sharing kitchen, bed, taking care of patients in daily activity for more than 1 year

Exclusion criteria for caregivers

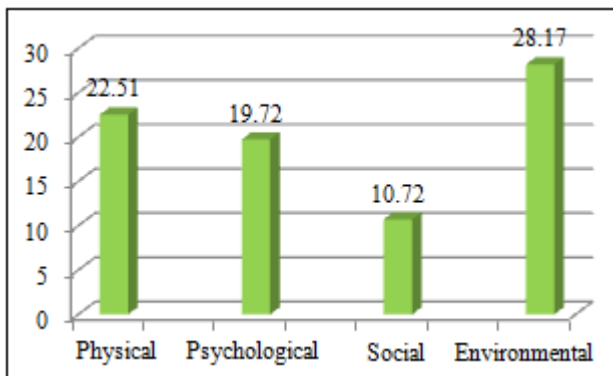
- 1) Known case of psychiatric illness in the past.
- 2) Those not consenting to participate in the study.
- 3) Inability to communicate with the researcher or to complete questionnaire

3. Result

Section A: Distribution of samples according to demographic variables

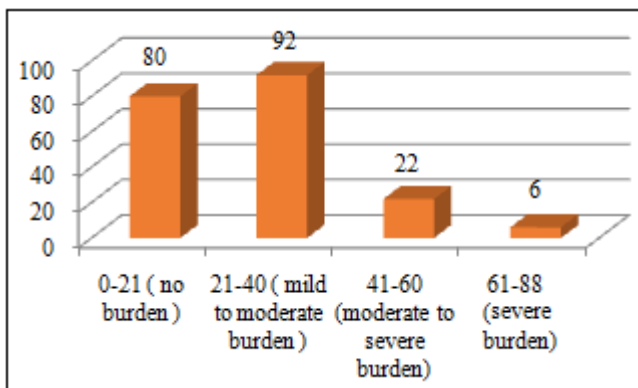
| Sr. no | Demographic Variable | Frequency | Percentage |
|--------|----------------------------------|-----------|------------|
| 1. | Age | | |
| | 18 - 32 | 55 | 27.5% |
| | 33 - 50 | 145 | 72.5% |
| 2. | Gender | | |
| | Males | 44 | 22% |
| | Female | 156 | 78% |
| 3. | Relationship with patient | | |
| | Wife | 85 | 42.5% |
| | Mother | 52 | 26% |
| | Brother | 20 | 10% |
| | Sister | 19 | 9.5% |
| | Father | 22 | 11% |
| | Husband | 02 | 01% |
| 4. | Education | | |
| | Illiterate | 40 | 20% |
| | Primary | 92 | 46% |
| | Secondary | 44 | 22% |
| | Higher secondary | 21 | 10.5% |
| | Post graduate | 3 | 1.5% |
| 5. | Employee status | | |
| | Currently employed | 94 | 47% |
| | Currently unemployed | 106 | 53% |

Section B: Assess quality of life in caregivers



The above Graph no.1 shows that maximum number of mean score was (28.17) has Environmental (22.51%) has Physical (19.72%) has psychological and (10.72%) has Social on quality of life in caregivers.

Section C: Assess caregiver’s burden in caregivers



The above Graph no.2 shows that maximum number of samples was (92) had mild to moderate burden (80) had no burden (22) had moderate to severe and (6) had severe burden on caregivers burden in caregivers.

Section D: Comparison of quality of life in caregivers with alcohol use disorder and other substance use disorder

| Domains | Alcohol | | Other SUDS | |
|---------------|---------|-------|------------|-------|
| | Mean | SD | Mean | SD |
| Physical | 22.51 | 7.061 | 23.31 | 7.127 |
| Psychological | 19.72 | 6.48 | 20.40 | 6.58 |
| Social | 10.72 | 3.27 | 11.30 | 5.22 |
| Environmental | 28.17 | 8.86 | 27.96 | 7.60 |

We compared QOL of caregivers in alcohol use disorder and other substance use disorder in all four domains physical, psychological, social and environmental.

Section E: Comparison burden in caregivers of patients with alcohol use disorder and other substance use disorder.

| | Alcohol | | Other SUDS | |
|--------------|---------|-------|------------|-------|
| | Mean | SD | Mean | SD |
| Zarit Burden | 27.50 | 12.53 | 24.93 | 10.96 |

We found that the mean caregiver burden score in caregivers of alcohol use disorder was 27.50 and caregivers of other substance use disorder was 24.93. Caregivers of alcohol use disorder had more caregiver burden compared to caregivers of other substance use disorder.

Section F: Find out the correlation between quality of life &burden in caregivers of patients

| | Spearman r | P Value | Correlation |
|---------------|------------|----------|-------------|
| Physical | - 0.5768 | <*0.0001 | Negative |
| Psychological | - 0.6073 | <*0.0001 | Negative |
| Social | - 0.0899 | >0.001 | Negative |
| Environmental | - 0.6106 | <*0.0001 | Negative |

There was a negative correlation between Zarit burden scores and all the 4 domains of quality of life with statistically significant P value in all domains except social domain of WHO BREF quality of life. Thus, as the caregiver burden increased, quality of life in all domains decreased.

4. Discussion

The research study findings have been discussed with relevance to the objectives and with other research study findings.

- In our study we found that caregivers of other substance use disorder had higher score on physical, psychological and social domains of QOL compared to caregivers of alcohol use disorders. Caregivers of alcohol use disorders had more score than caregiver of other substance use disorder in environmental domain.
- Caregiver of other substance use disorder had more score than alcohol use disorder in physical, psychological and social domains. However environmental domain of quality of life in caregivers of other substance use disorder is more affected than caregivers of alcohol use disorder.

- Quality of life was impaired in all caregivers of substance use disorder.
 - In our sample of 200 caregivers, we found that 46 % caregivers had mild to moderate burden which was more in caregivers of alcohol use patients (26%) as compared to caregivers of other substance use patients (20%), (11%) had moderate to severe burden while (3%) experienced severe caregiver burden because of substance abuse by their close ones. Difference between the two groups (caregivers of alcohol use disorder and other substance use disorder) were statistically not significant.
 - An earlier Indian study by Surendra K Mattoo et al and ParmanadKulhara et al on 120 caregivers in India, comparing burden on caregivers of alcohol and opioid - dependent patients also found moderate to severe burden in 95% - 100% of all caregiver.
 - There was a negative correlation between Zarit burden scores and all the 4 domains of quality of life with statistically significant P value in all domains of QOL. This suggests that caregiver burden negatively impacts quality of life of caregiver in all aspects like physical, psychological, social and environmental. This also shows that substance dependence not only affects social, economic, physical condition of patients but also has a large impact on psychological state and quality of life of caregivers.
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5. Conclusion

- 1) Caregivers of alcohol use group had more caregiver burden compared to caregivers of other substance use group.
- 2) Quality of Life was more affected in alcohol use group than other substance use groups in three domains (physical, psychological & social).
- 3) Caregiver burden negatively impacts quality of life of caregiver in all aspects. Thus, as the caregiver burden increased, quality of life deteriorated.

Conflicts of Interest: Nil

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