

PSYCHIATRIC CO MORBIDITY AND STRESS IN PRIMARY CAREGIVERS OF HIV PATIENTS

V. Sinha, R.K. Paswan, I. Sharma

Psychiatry, S.N. Medical College, Agra, India

Introduction: HIV like other chronic illnesses is an important contributing factor for psychiatric co-morbidity in not only HIV sufferers as well as their caregivers. Few studies show that a significant proportion of caregivers of HIV positive patients had psychiatric illness which is otherwise neglected but in turn hampers the quality of care provided to the HIV positive patient as well as the caregiver himself. This chunk of population if identified at an earlier stage, steps to teach them healthy coping strategies as well as timely initiation of management of psychiatric illness can decrease the burden of disease.

Aims and objectives: To assess and compare the presence of psychiatric morbidity, stress and quality of life in primary caregivers of HIV patients.

Methodology: All primary caregivers of HIV positive patient attending the Anti Retroviral Therapy (ART) center during six month period were assessed using a semi-structured Performa, International neuropsychiatric interview English version 5.0.0 (MINI PLUS) scale, PSLES, WHO QOL brief scale. Data was segregated and analysed using appropriate statistical test.

Result: Out of total 125 respondents 24 (19.2%) were found to be depressive. Anxiety disorders were significantly prevalent (8.4%). Other psychiatric disorders were somatisation, adjustment disorder etc. PSLES was fairly high and WHO QOL scoring was low in caregivers as compared to control group.

Conclusion: Significantly high number of caregivers was positively screened for psychiatric morbidity, most of them were stress related neurotic disorders. The stress level was more in caregivers and quality of life was compromised as compared to control group.