

Burden of Care, Subjective Wellbeing and Depression among Caregivers of Mentally Ill Patients in
Butabika and Mulago Hospitals

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Abstract

This study examined the association between burden of care, subjective wellbeing and depression among caregivers of mentally ill patients in Butabika and Mulago hospitals.

A descriptive cross-section study design with quantitative data collection and analysis methods was used. Two hundred and twelve (N=212) caregivers of mentally ill patients participated in the study. Burden of care among caregivers was measured using the Zarit Burden Inventory (ZBI), while subjective wellbeing was determined using the Subjective Wellbeing Inventory (SUBI). The Self-Report Questionnaire (SRQ-20), the Mini International Neuropsychiatric Interview (MINI) and the Becks Depression Inventory (BDI-II) were respectively used to screen, diagnose and rate depression.

Using the Statistical Package for Social Sciences (SPSS) (v 16.0; Chicago, IL), bivariate correlation analysis was performed to determine the empirical relationship between the variables. One way ANOVA was run to determine existing statistical mean differences. Multiple regression analysis was employed to further predict the values of each variable on the basis of the others.

A significant association was found between burden of care and subjective well being ($p<0.01$) and between burden of care and depression ($p<0.01$). Results also indicated a significant relationship between negative wellbeing and depression ($p<0.01$).

Further investigation is required to assess for psychological distress in caregivers and to test the relationships reported in this study.