

Effect of spirituality, religiosity and personal beliefs on resilience of caregivers of patients with mental illness

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Background: Watching a close relative suffering from mental illness on everyday basis, the gradual detachment in relationship and no reciprocity in the caring process affect the caregivers in a manner that creates distress and hampers their quality of life. Spirituality, religiosity and personal beliefs may enhance the ability of the caregiver to overcome distress and aid in maintaining their mental health.

Method: A cross sectional study was conducted in the Department of Psychiatry, Lady Hardinge Medical College, New Delhi. 100 caregivers of individuals with Axis 1 disorder (ICD-10) meeting the inclusion criteria were recruited by random sampling. Written informed consent was taken. World Health Organization Quality of Life Spirituality, Religiousness and Personal Beliefs (WHOQOL-SRPB) and Connor-Davidson resilience scale CD-RISC (Hindi version) were administered in the caregivers. Student t test and Anova were used to analyze the data.

Results: The mean score of SRPB was 104.08±15.83 and CDRISC was 72.12±10.41. Caregivers who were educated, employed or homemaker, belonging to upper socio-economic status had higher SRPB and CDRISC scores. Further SRPB was positively correlated to resilience ($r=0.483$, $p=0.000$). Conclusions: Spirituality, religiosity and personal beliefs foster resilience of the caregivers which may indirectly enhance well being of the patient and improve the family functioning.

Keywords: spirituality, religiosity, caregivers, resilience

Biography

Sakshi Gupta owns The Healing Clinic and is a Consultant psychiatrist at Sharma Psychiatry Clinic Patiala, Punjab. She pursued her medical education and masters in Psychiatry from Lady Hardinge Medical College (LHMC), Delhi and worked as a senior resident for 3 years at Government Medical College (GMCH) Chandigarh including 3 months of exclusive experience with special children at Government Rehabilitation Institute for Intellectual Disability (GRID); a member of the Indian Psychiatric Society. She has been a part of Crisis Resolution Home based Treatment (CRHT) services, and organized various activities in the community for spreading awareness on mental health and mitigating stigma against it. She hosted webinars highlighting the significance of identification and treatment of mental disorders.

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