Effectiveness of a Multimedia Psychoeducation Package on Knowledge and Attitude Regarding Drug Compliance among Caregivers of Clients with Chronic Psychiatric Illness in South India

Sasikala A, Jayanthi P, Hemavathy J, Kanchana S, Celina D

1–PG Scholar, Omayal Achi College of Nursing, Chennai, Tamilnadu, India.
2–Professor, Omayal Achi College of Nursing, Chennai, Tamilnadu, India.
3–Associate Professor, Omayal Achi College of Nursing, Chennai, Tamilnadu, India.
4–Principal, Omayal Achi College of Nursing, Chennai, Tamilnadu, India.
5–Vice Principal, Omayal Achi College of Nursing, Chennai, Tamilnadu, India.

Abstract

Background: Drug compliance is vital in preventing, managing and curing psychiatric illness and has a positive health outcome which upgrades healthy family functioning and reduces the caregiver’s burden.

Objective: To assess the effectiveness of a multimedia psychoeducation package on knowledge and attitude regarding drug compliance among caregivers of clients with chronic psychiatric illness.

Material and Methods: A pre experimental study was conducted at a selected setting in Trichy. 60 caregivers were selected by the non-probability purposive sampling technique. The researcher used a structured knowledge questionnaire and attitude scale for collecting the data and administered a multimedia psychoeducation package (lecture cum discussion, video show, psychodrama and DVD) to the caregivers.

Results: The findings of the study revealed that the pretest knowledge mean score was 6.96 with an SD of 2.38 and the posttest knowledge mean score was 11.98 with an SD of 1.65. The pretest attitude mean score was 17.30 with an SD of 4.21 and the posttest attitude mean score was 27.0 with an SD of 3.26. The results also revealed that there was a high positive correlation between the knowledge and attitude among the caregivers of clients with chronic psychiatric illness.

Conclusion: Researchers found that caregivers understand the importance of drug compliance which prevents relapse, re-hospitalization and improves the quality of life of both clients as well as caregivers.

Key words: Multimedia psychoeducation package, knowledge, attitude, drug compliance, caregivers of clients with chronic psychiatric illness.
Introduction
Caregivers are the primary resource for persons with chronic psychiatric illness, as they spend time with them and they are directly and actively involved in patient care. They play a crucial role in the optimal care of patients with mental illness\(^1\). In order to support caregivers and improve patient condition, it is necessary to educate them regarding drug adherence\(^2\).

Poor medication compliance is found to be almost certainly the single most important factor in poor treatment response. It worsens the course of the illness and leads to impaired functioning. The consequences of drug non-compliance are clinically equivalent to those of untreated or inadequately treated psychotic illness\(^3\).

Relapses, deterioration of cognitive functioning, negative symptoms, neuroleptic resistance are the consequences of drug non-compliance in psychiatric illness\(^4\). A supportive family environment has been reported to have a positive effect on compliance. The family members’ awareness of the patient’s illness is also connected to a better compliance\(^5\).

Drug compliance is vital in preventing, managing and curing psychiatric illness and has a positive health outcome which upgrades healthy family functioning and reduces the caregiver’s burden\(^6\). The study aimed to assess the effectiveness of a multimedia psychoeducation package on knowledge and attitude regarding drug compliance among caregivers of clients with chronic psychiatric illness at a selected setting in Trichy.

Objectives of the study
1. To assess the pre and posttest level of knowledge and attitude regarding drug compliance among caregivers of clients with chronic psychiatric illness.
2. To assess the effectiveness of a multimedia psychoeducation package on knowledge and attitude regarding drug compliance among caregivers of clients with chronic psychiatric illness.
3. To correlate the posttest level of knowledge score with attitude score regarding drug compliance among caregivers of clients with chronic psychiatric illness.
4. To associate the selected demographic variables with their pre and posttest mean score of knowledge and attitude regarding drug compliance among caregivers of clients with chronic psychiatric illness.

Hypotheses
\(NH_1:\) There is no significant difference between the pre and posttest level of knowledge and attitude regarding drug compliance among caregivers of clients with chronic psychiatric illness at \(p<0.05\) level.

\(NH_2:\) There is no significant correlation between the posttest level of knowledge score with attitude score regarding drug compliance among caregivers of clients with chronic psychiatric illness at \(p<0.05\) level.

\(NH_3:\) There is no significant association of selected demographic variables with their pre and posttest mean score of knowledge and attitude regarding drug compliance among caregivers of clients with chronic psychiatric illness at \(p<0.05\) level.

Materials and methods
A pre-experimental study was carried out at selected psychiatric hospitals in South India, between June 2015 and December 2016. The samples were recruited from a private psychiatric hospital. A total of 60 caregivers of clients with chronic psychiatric illness, who could understand Tamil or English, were selected by the non-probability purposive sampling
technique. Caregivers with any psychiatric illness, who were not willing to participate in the study and who had attended teaching on drug compliance of psychiatric illness were excluded. The demographic variables were collected individually by a structured interview method. The researcher assessed the knowledge and attitude of the caregivers by using a structured knowledge questionnaire and attitude scale. A structured knowledge questionnaire on drug compliance was developed by the researcher which consists of 15 items. Attitude scale is a 3 point likert scale which consists of 10 statements (5 positive items and 5 negative items) which are based on Drug attitude inventory[7].

The researchers administered a multimedia psychoeducation package to the caregivers which include a lecture cum discussion on meaning, factors, and importance of drug compliance, a video show on signs and symptoms of drug non-compliance and psychodrama on role of caregivers. Finally the researchers clarified the queries of the caregivers and a Digital Video Disc (DVD) was given to all the study participants for reinforcement. The post test was conducted by using the same structured knowledge questionnaire and attitude scale. The reliability of the structured knowledge questionnaire was 0.9 and for attitude scale, it was 0.91.

Ethical considerations
Ethical approval was obtained from the Institutional Ethics Review Board. Formal permission was obtained from The Director, Psychiatric Hospital. The researchers gave adequate explanation about the purpose of the study and obtained informed consent from the caregivers of clients with chronic psychiatric illness. The researchers maintained confidentiality throughout the data collection.

Statistical analysis
Statistical analysis was performed using the Statistical Package for Social Sciences Programme (SPSS) version 17.0. Descriptive statistics was used to describe the demographic variables. Student's t test was used to compare the pre and post test score of knowledge and attitude. Karl Pearson correlation coefficient was used to examine the relationship between the level of knowledge and attitude. Chi square test was used to find the association between the level of knowledge, attitude and the demographic variables.

Results
33.3% of caregivers were in the age group of 51-60 years and 75% of them were female. 50% of caregivers have been providing care for a period of 1-3 years and 95% of them have been staying with the client for more than 3 years. A large percentage of the caregivers were unemployed (48.3%), belonged to lower middle class (28.3%) and were from a nuclear family (85%).

The pre and posttest levels of knowledge and attitude are depicted in Figure 1 and 2. The pretest mean score of knowledge was 6.96 with an SD of 2.38 and the posttest mean score of knowledge was 11.98 with an SD of 1.65 (t = 17.438, p<0.001). The pretest mean score of attitude was 17.30 with an SD of 4.21 and the posttest mean score of attitude was 27.0 with an SD of 3.26 (t = 27.877, p<0.001). The results also revealed that there was a high positive correlation between the knowledge and attitude among the caregivers of clients with chronic psychiatric illness [Table 1].
Table 1: Correlation between posttest knowledge score with attitude score among caregivers

<table>
<thead>
<tr>
<th>Variables</th>
<th>Mean</th>
<th>S.D</th>
<th>‘r’ Value</th>
<th>‘p’ Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knowledge</td>
<td>11.98</td>
<td>1.65</td>
<td>r = 0.472</td>
<td>p = 0.001, S***</td>
</tr>
<tr>
<td>Attitude</td>
<td>27.0</td>
<td>3.26</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

***p<0.001, S – Significant

Figure 1: Level of knowledge regarding drug compliance among caregivers

Figure 2: Level of attitude regarding drug compliance among caregivers
Discussion
The findings of the study showed that 93% of the clients with chronic psychiatric illness had a history of relapse and re-hospitalization. The overall mean difference knowledge score was 5.02 and attitude score was 9.7 among the caregivers. This finding was consistent with the study conducted by Farkhondeh S, 2012[8] who reported that a psycho-educational intervention programme had improved the knowledge (93%) and attitude (82%) of the caregivers of schizophrenic clients in Tamilnadu and John et al., 2013[9] who reported that multidimensional novel technologies are more effective in increasing knowledge and attitude regarding drug compliance among the caregivers of the clients with psychotic disorders.

The study findings also revealed that there was a high positive correlation between the knowledge and attitude of the caregivers of clients with chronic psychiatric illness. This finding was consistent with the study conducted by Ganesh K, 2011[10] which stated that as the knowledge about treatment of mental illness increases, the attitude towards treatment of mental illness also increases simultaneously.

The present study showed that caregivers who were family members (F=2.597, p=0.022), unmarried (F=3.296, p=0.044), possessing professional education (F=2.449, p=0.036), 21–30 years (F=2.992, p=0.026) and belonged to a nuclear family (F=3.253, p=0.046) had a statistically significant association with the knowledge score. Caregivers who were residing in urban areas (F=7.121, p=0.002) and possessing professional education (F=3.552, p=0.013) had a statistically significant association with the attitude score. This finding was consistent with the study conducted by Ganesh K, 2011[10] who reported that adults in urban areas had 82% of knowledge and 94% of positive attitude whereas adults in rural settings had 78% of poor knowledge and 86% of negative attitude towards treatment of mental illness in Southern India.

The current study is limited because the researchers found it difficult to gather the caregivers for interventions. The researchers recommend that the caregivers be made aware of the problems of drug non-compliance so that the quality of life of a client and their caregivers can be improved.

Conclusion
Caregivers are the primary individuals who are responsible and obliged to provide compassionate care to clients with chronic psychiatric illness. They lack awareness regarding drug compliance. Education to the caregivers led to a decrease in relapse and re-hospitalization and improved the quality of life of both the clients and caregivers. The findings indicated that the multimedia psychoeducation package is an effective intervention to improve the level of knowledge and attitude regarding drug compliance among caregivers of clients with chronic psychiatric illness.

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Contributors
SA: Conceptualization of the study, collection, analysis of the data, writing of the manuscript, finalized the manuscript and will act as the guarantor of the paper; JP: Conceptualization of the study, analysis of the data, writing the manuscript, finalized the manuscript, edited and critically evaluated the manuscript; HS, KS, CD: Edited and critically evaluated the manuscript.
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References


