

Biopsychosocial Distress among Offspring of Mentally Ill Clients

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ABSTRACT

Mental illness causes social isolation of mentally ill clients and their children. The offspring of mentally ill clients experience psychosocial distress due to rejection and discrimination from the public, they experience low self-esteem due to inadequate meeting of their needs by their parental figures when comparing with their contemporary children. Offspring of mentally ill clients experience stress and inadequate coping with their parental mental illness. Families experience social isolation, financial hardship and marital discord. The children in the family were genetically, psychologically and environmentally distressed (Reupert A, Mayberry D, 2010). Children of mentally ill parents face many problems like neglect, exposure to violence and trauma, housing and custodial instability, developmental delays, stigma and isolation (Hoppingwinn A, 2012). Ineffective coping of children leads to poor psychosocial development, compromised emotional and mental wellbeing (Aldridge J, 2012). It is important to identify the Bio psychosocial distress among offspring of mentally ill clients. The main objectives of the study were to assess the Bio psychosocial distress among offspring of mentally ill clients, find the relationship among Biological, Psychological and Social distress in offspring of mentally ill clients and determine the association between bio psychosocial distress and selected demographic variables of offspring of mentally ill clients.

Keywords: *Biopsychosocial Distress, Offspring of Mentally Ill Clients*

Operational definition

Bio psychosocial distress: Bio psychosocial distress refers to the physical, mental and social tension and strain experienced by the offspring of mentally ill clients in terms of the scores obtained in response to the Modified Kessler's rating scale.

Offspring of mentally ill clients : Offspring of mentally ill clients refers to the individuals in the age group of 20 to 50 years who take care of their mentally ill parents (mother, father or both) who are on follow up or admitted in a mental health care setting.

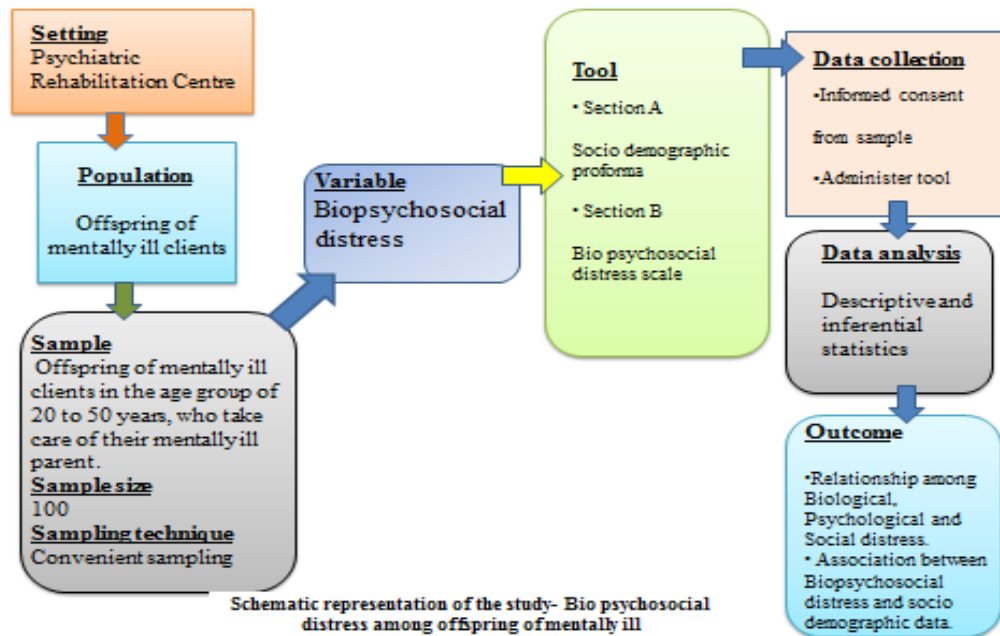
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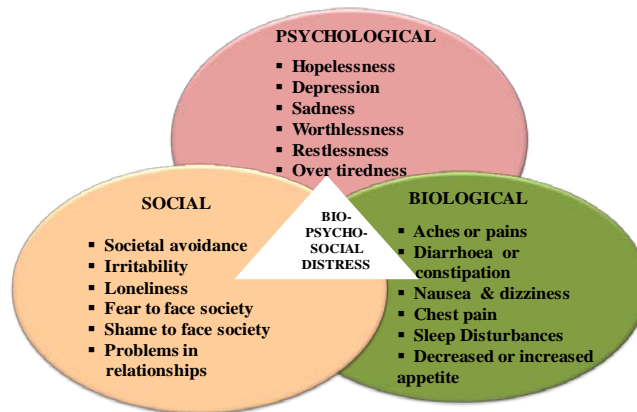
MATERIALS AND METHOD

A quantitative approach with non-experimental descriptive survey design was adopted to carry out the study. The major variable of the study was Biopsychosocial distress and the study conducted in a selected Psychiatric Rehabilitation Centre, Calicut. The Sample consisted of 100 offspring of mentally ill clients in the age group of 20 to 50 years, who take care of their mentally ill parents (mother, father or both) who are on follow up or admitted in a mental health care setting selected through convenience sampling technique. The study included only the offspring who are taking care of their mentally ill parents and related to the parents through blood or adoption. The data collection instruments were a **Socio demographic Proforma** and a bio psychosocial distress scale. It is a modified version of Kessler’s psychological distress scale. The researcher included items assessing Biological and Social distress for assessing Biopsychosocial distress. The reliability coefficient of internal consistency was computed using test retest method and “Cronbach’s Alpha” and it was 0.8. Ethical clearance was obtained from IRB of selected Psychiatric Rehabilitation centre and an Informed consent was obtained from offspring of mentally ill clients. Confidentiality of the information collected was ensured. Data collection period was 6 weeks. The collected data were analysed using SPSS17.



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Conceptual Framework of the study



CONCEPTUAL FRAME WORK OF BIOPSYCHOSOCIAL DISTRESS AMONG OFFSPRING OF MENTALLY ILL CLIENTS BASED ON GEORGE ENGEL'S BIOPSYCHOSOCIAL MODEL

RESULTS

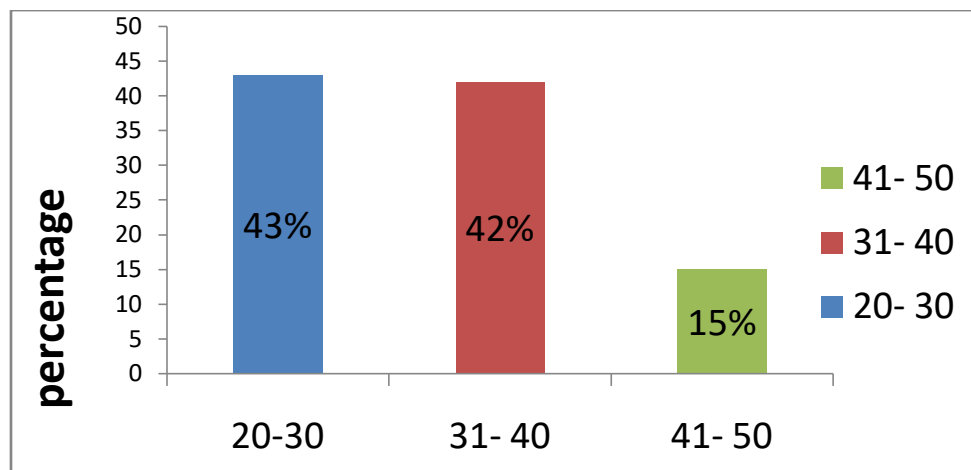


Figure 1: Distribution of sample based on age

The data depicted in figure 1 show that the majority of the sample belong to the age group of 20-30 years.

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Socio demographic variables	Frequency	Percentage (%)
Marital status		
Un married	30	30
Married	43	43
Divorced	13	13
Widowed	10	10
Separated	4	4
Type of family		
Nuclear family	48	48
Joint family	52	52

Table 1-Distribution of sample based on marital status and type of family

The data in Table 1 reveal that most of the sample (43%) was married and 48% were living in nuclear family.

Socio demographic variables	Frequency	Percentage (%)
Family income		
Below 5000	16	16
5001 - 10000	52	52
10001 - 20000	30	30
Above 20000	4	4
Religion		
Hindu	28	28
Christian	34	34
Muslim	38	38

Table 2-Distribution of sample based on family income and religion

Table 2 shows that most of the sample (52%) had a monthly family income of Rs. 5001-10000 and the 28% were Hindus.

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Socio demographic variables	Frequency	Percentage (%)
Education		
Basic education	32	32
High school	30	30
Higher secondary	22	22
Degree and above	16	16
Occupation		
Un employed	30	30
Daily wages	19	19
Private job	29	29
Government job	6	6
Self employed	16	16

Table 3-distribution of sample based on education and occupation

The data portrayed in Table 3 show that 32% of the sample had only basic education and 30% were unemployed.

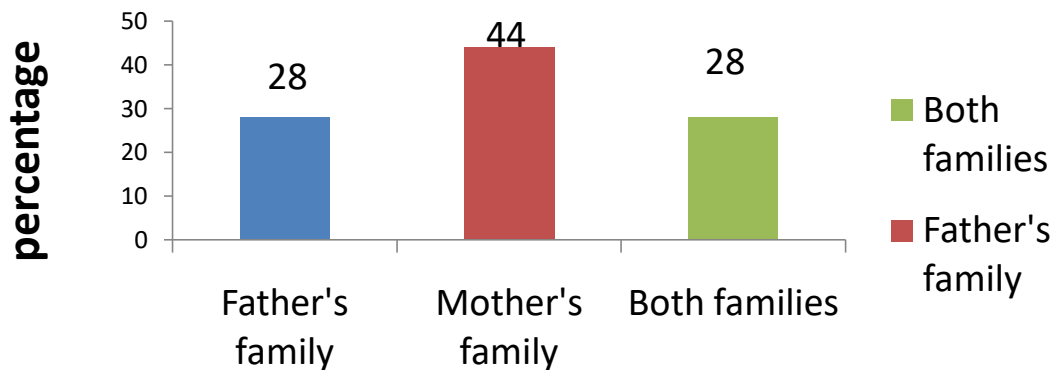


Figure 2: Distribution of sample based on family history of mental illness

The data represented in the Figure 2 reveal that most of the sample (44%) had family history of mental illness in maternal family and 28% each had mental illness in fathers family and both the families.

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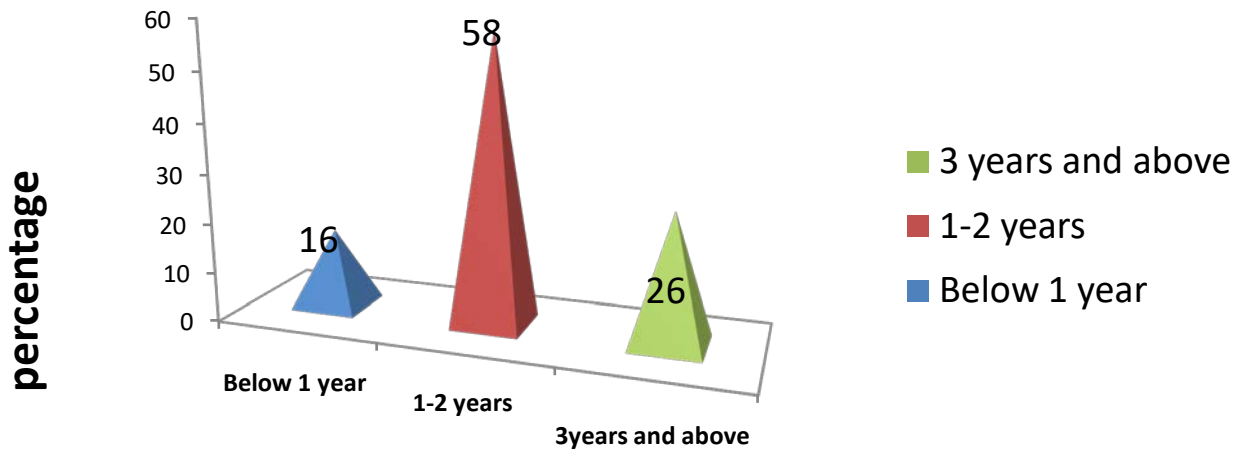


Figure 3: Distribution of sample based on duration of mental illness in their parents

The data in Figure 3 show that majority of the offspring(58%) had mental illness in their parents from 1-2 years and 26% had 3years and above.

Socio demographic variable	Frequency	Percentage (%)
Mentally ill person		
Father	27	27
Mother	58	58
Father and mother	15	15
Dependent family members		
No one	11	11
1- 2	53	53
3- 5	29	29
5 and above	7	7

Table4-distribution of sample based on mentally ill person in the family and dependent family members

The table 4 reveal that 58% of the offspring had mothers as mentally ill and 27% had fathers as mentally ill whereas 15% both the parents as mentally ill.

Biopsychosocial Distress among Offspring of Mentally Ill Clients

Variable	Category	Range of scores	Frequency (f)	Percentage (%)
Biopsychosocial distress	No distress	30 - 60	31	31
	Mild distress	60 - 75	48	48
	Moderate distress	75 - 90	16	16
	Severe distress	90 - 150	5	5

Table 5 : Frequency and percentage of sample based on Bio psychosocial distress

Table 5 disclose that 48% of the sample had mild bio psychosocial distress whereas 5% had severe bio psychosocial distress.

Variable	Category	Range of scores	Frequency (f)	Percentage (%)
Biological distress	No distress	10 - 19	28	28
	Mild distress	20 - 24	44	44
	Moderate distress	25 - 29	18	18
	Severe distress	30 - 50	10	10

Table 6 : Frequency and percentage of sample based on Biological distress

Table 6 portray that 10% of the sample had severe biological distress, 18% had moderate distress and 44% mild biological distress.

Major areas of Biological distress	Percentage (%)
Aches or pain for no good reasons	89
Diarrhoea or constipation	87
Frequent colds	92
Increased or decreased appetite	91
Sleep disturbances	85

Table 7- percentage of the sample based on Major Concerns In Biological Distress

Biopsychosocial Distress among Offspring of Mentally Ill Clients

Variable	Category	Range of scores	Frequency (f)	Percentage (%)
Psychological distress	No distress	10 - 19	33	33
	Mild distress	20 - 24	33	33
	Moderate distress	25 - 29	27	27
	Severe distress	30 - 50	7	7

Table 8 : Frequency and percentage of sample on the basis of Psychological distress

Major areas of Psychological distress	Percentage (%)
Tired out for no good reason	85
Feel that nothing could calm you down	81
Hopeless	94
Restless	93
Worthless	79

Table 9 –percentage of sample based on major concerns in psychological distress

Variable	Category	Range of scores	Frequency (f)	Percentage (%)
Social distress	No distress	10 - 19	35	35
	Mild distress	20 - 24	37	37
	Moderate distress	25 - 29	21	21
	Severe distress	30 - 50	7	7

Table 10 : Frequency and percentage of sample with regard to the Social distress

Biopsychosocial Distress among Offspring of Mentally Ill Clients

Major areas of Social distress	Percentage (%)
Personal isolation	93
Feel society is avoiding	88
Feel that not be able to do job	83
Unable to maintain smooth relationship	82
Fear to face society	82

Table 11- major concerns in social distress

Domains of distress	Pearson correlation (r)	P value
Biological and Psychological distress	0.664	0.001
Psychological and Social distress	0.712	0.001
Social and Biological distress	0.592	0.001

Table 12: Relationship among Biological, Psychological and Social distress

Variable	Chi square value	df	p value
Age	16.716	6	0.010*
Gender	6.314	3	0.097
Marital status	10.564	12	0.567
Type of family	6.287	3	0.098
Family income	6.848	9	0.653
Religion	7.253	9	0.611
Education	21.702	9	0.010*

Table 13: Association between Biopsychosocial distress and selected demographic variables

Variable	Chi square value	df	pvalue
Occupation	16.677	12	0.162
History of mental illness	1.054	6	0.983
Mentally ill person in the family	2.263	6	0.894
Duration of mental illness	8.344	6	0.214
Presence of health care professional in the family	14.625	3	0.072
Dependent family members	8.248	9	0.509
Present disease history of offspring	2.998	6	0.809

Table 14: Association between Biopsychosocial distress and selected demographic variables

CONCLUSION

The result of the study reveals that among 100 offspring of mentally ill clients, 69% had Biopsychosocial distress. Among them 48% had mild, 16% had moderate and 5% had severe Biopsychosocial distress, which has to be address critically to prevent incidence of mental illness among offspring of mentally ill. There was a significant relationship among Biological, Psychological and Social distress. There was a significant association between Biopsychosocial distress and selected demographic variables such as age and education.

Acknowledgments

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Conflict of Interests

The author declared no conflict of interests.

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