

Family members' knowledge on family members' support to promote the mental health of psychiatric patients attending to the psychiatric clinic at Base Hospital, Tellippalai

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Introduction and Objectives: Mental illnesses are characterized as disease entities in which a person frequently has a change of thought, mood, or actions because of psychological distress. It is easy to cure a mental illness with good family support, and it is very important to prevent relapse. To provide the right kind of family support, people need to have good knowledge about it. This study aimed to assess the family members' knowledge on family members' support to promote Mental Health of Psychiatric Patients attending the Psychiatric Clinic at Base Hospital, Tellippalai.

Methods: A descriptive cross-sectional study was conducted among 768 family members of psychiatric patients attending the Psychiatric Clinic at Base Hospital, Tellippalai. Data was collected by using an interview administered questionnaire. Data was analyzed based on the objectives. Descriptive statistics were performed to describe the level of knowledge. Association between the level of knowledge with socio-demographic factors was analyzed using the ANOVA test.

Results: Out of 380, 347 participants have participated in this study (response rate= 91%). The mean age of participants was 41.1 (SD=8.2). The level of knowledge regarding family members' support to promote the mental health of psychiatric patients among participants was adequate. A high level of Education (P=0.006) and being the male gender (P=0.022) of the caregiver had a significant association with the knowledge level of family members. Age, marital status, number of family members, religion, ethnicity, monthly family income, relationship to the patient, and primary caregiver of the patient were not significantly associated with the level of knowledge.

Conclusion: Most of the participants had good knowledge regarding family support. It depends on the level of education and gender of the caregiver. These factors need to be considered while choosing a caregiver for a psychiatric patient.

Keywords: Knowledge, Family members' support, Psychiatric patients