

## STUDY REPORT SUMMARY

### ASTRAZENECA PHARMACEUTICALS

#### FINISHED PRODUCT:

AN OBSERVATIONAL STUDY OF THE BURDEN OF INFORMAL CAREGIVERS TO OUT-PATIENTS WITH SCHIZOPHRENIA SPECTRUM DISORDERS

**ACTIVE INGREDIENT:** Not applicable

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| <b>Study No:</b>   |
| NIS-NSE-DUM-2007/1 |

**Developmental Phase:** Not applicable

**Study Completion Date:** 27 Nov 2009

**Date of Report:** 14 May 2010

#### OBJECTIVES:

The lifetime emotional, social, and financial consequences experienced by individuals with schizophrenia spectrum disorders have significant effects on their families. Therefore, it is essential to increase the knowledge and awareness of the informal caregiver burden. Here, the purpose was to study objective burden (time and money spent), as well as subjective burden (care-related quality of life) of informal caregivers to patients with schizophrenia spectrum disorders.

#### METHODS:

Patients with schizophrenia spectrum disorders and their closest informal caregivers were recruited and patient- and caregiver-related characteristics and variables related to the provision of formal care were assessed. The subjective burden was assessed using the CarerQol. The objective burden was assessed prospectively during four weeks with daily recordings by the caregiver using diaries of the money and time spent on the patient. Data was analyzed using descriptive statistics.

#### RESULTS:

One-hundred and seven patients (53% females; mean age  $43 \pm 11$  years) from nine centers in Sweden, and 118 of their closest informal care-givers (67% females; mean age  $58 \pm 15$  years) entered the study. The mean (standard deviation, SD) GAF for the patients was 52 (11). Subjective burden (CarerQol VAS) correlated positively to GAF. The mean

(SD) time spent on caring for relatives with schizophrenia spectrum disorders was 22 (36) hours per week. Half of this (11 hours) was “stand-by” time and another 5 hours were spent on household work. Caregivers’ mean (SD) monthly expenses in support of their relatives with schizophrenia were €292 (424), which corresponds to approximately 14% of the mean gross income of caregivers. Large expenditure items were groceries, clothes, rent and travel.