

53<sup>rd</sup> World Congress on

## NURSING AND HEALTH CARE

June 21-22, 2019 Brisbane, Australia

**Relationship between resilience and social support in primary caregivers of individuals with mental disorders**

Mengmeng W, Na M and Xiaolin L  
Sichuan University, China

**Statement of the Problem:** Nowadays, family members are taking on the role of full-time caregivers for patients suffering from mental disorders in China. The increasing burden and tasks of caretaking can cause them psychological distress such as depression or anxiety. Resilience has been characterized by the ability to bounce back from negative emotional experiences and by flexible adaptation to the changing demands of stressful experiences. The aim is to discuss and explore the question: Which factors effects the resilience of the caregivers of patients with mental disorders and to what extent are the resilience of the caregivers of patients with mental disorders and their level of social support related?

**Method:** The study is a descriptive and correlational study. Caregivers of individuals with mental disorders (n=169) were investigated by Connor-Davidson Resilience Scale (CD- RISC) and Social Support Rating Scale (SSRS) in two psychiatric units in West China Hospital of Sichuan University, Chengdu, China from January to April 2018.

**Findings:** The resilience of the caregivers according to the average scores were determined as 21.58±5.17 for strength dimension, 31.20±8.04 for tenacity dimension, 9.12±2.73 for optimism dimension and the total average score of resilience was 61.89±14.66, which was lower than the domestic norm (65.34±14.27). The total average score of social support was 40.44±8.50, 23.57±5.43 for subjective support, 9.25±3.53 for objective support, 7.61±1.87 for utilization of support. Additionally, resilience was associated with social support ( $r=0.329$ ,  $p=0.000$ ), social support accounts for 10.8% of the caregivers' resilience *via* a linear regression.

**Conclusion & Significance:** According to the results obtained from this study, caregivers of patients with mental disorders have the lower level of resilience, which implies nurses should pay much attention to the caregivers' needs and provide social support to improve their resilience to lead a better life.

**Biography**

Mengmeng W has completed her Bachelor degree from Sichuan University and is currently pursuing Master's degree in Sichuan University. She has published two papers in reputed journals.

wkmeng\_1996@126.com

**Notes:**