

# Measuring the disease burden and quality of life from the schizophrenia caregivers’ perspective

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## INTRODUCTION

Mental health problems bring significant disease burden to the Chinese society

The evidence related to the caregivers of schizophrenia patients are limited

## OBJECTIVE

To measure and analyze the schizophrenia disease burden from the caregivers’ perspective and assess their quality of life.

## METHOD

- We conducted a cross-sectional face-to-face survey recruiting family caregivers of schizophrenia patients from a mental health hospital in Nanjing, China
- Time: from January to March 2025
- Caregivers were invited to provide: social-demographical and patients’ disease information, and to answer EQ-5D-5L and Zarit Burden Interview-22 (ZBI-22) scale
- Spearman correlation coefficients were used to assess the correlation between ZBI-22 and EQ-5D-5L
- Rank sum test was applied to analyze the difference of quality of life and caregiving burden across subgroups

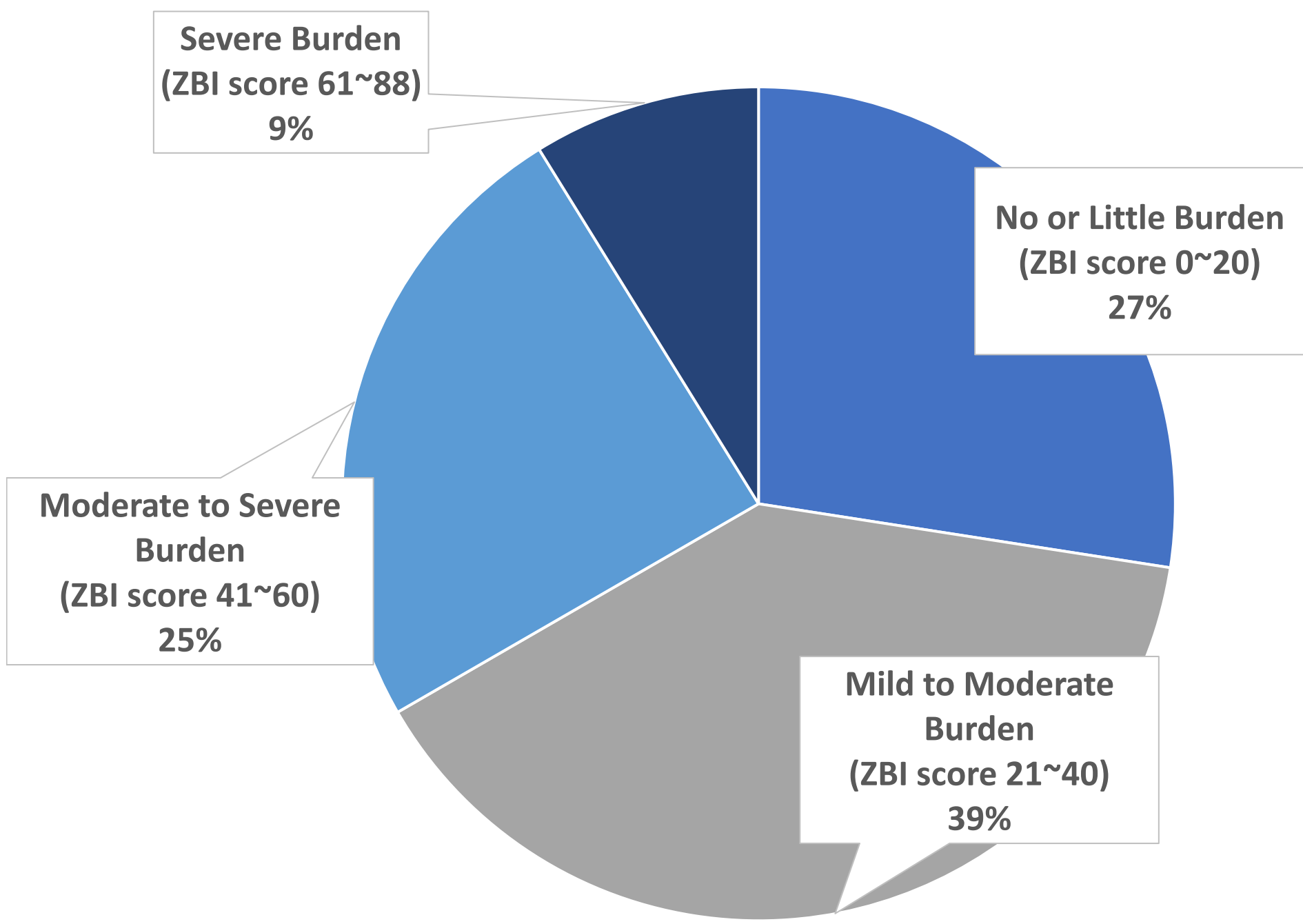
## RESULTS

- A total of 102 caregivers were included and completed the survey questionnaires.

Characteristics	N (102)	percentage
Age		
≤35	9	8.82%
36~55	47	46.08%
56~65	28	27.45%
≥66	18	17.65%
Gender		
Male	70	68.63%
Female	32	31.37%
Education		
Primary school or below	25	24.51%
Junior high school	28	27.45%
Senior high school or secondary specialized school	26	25.49%
Bachelor's degree or above	23	22.55%
Residence		
Urban	51	50%
Rural	51	50%
Relationship with the Patient		
Spouse	41	40.2%
Child	24	23.53%
Sibling	8	7.84%
Parent	25	24.51%
Others	4	3.92%
Employment Status		
Unemployed	20	19.61%
Employed / Work not affected by caregiving	31	30.39%
Employed / Work affected by caregiving	29	28.43%
Retired	22	21.57%
Average Monthly Income (CNY)		
≤1700	10	12.66%
1701-2700	16	20.25%
2701-4200	18	22.78%
≥4201	35	44.3%
Daily Caregiving Hours (h)		
≤3	46	45.1%
4-6	17	16.67%
7-9	5	4.9%
10-12	6	5.88%
13-15	3	2.94%
>15	25	24.51%

### Zarit Burden Interview Results

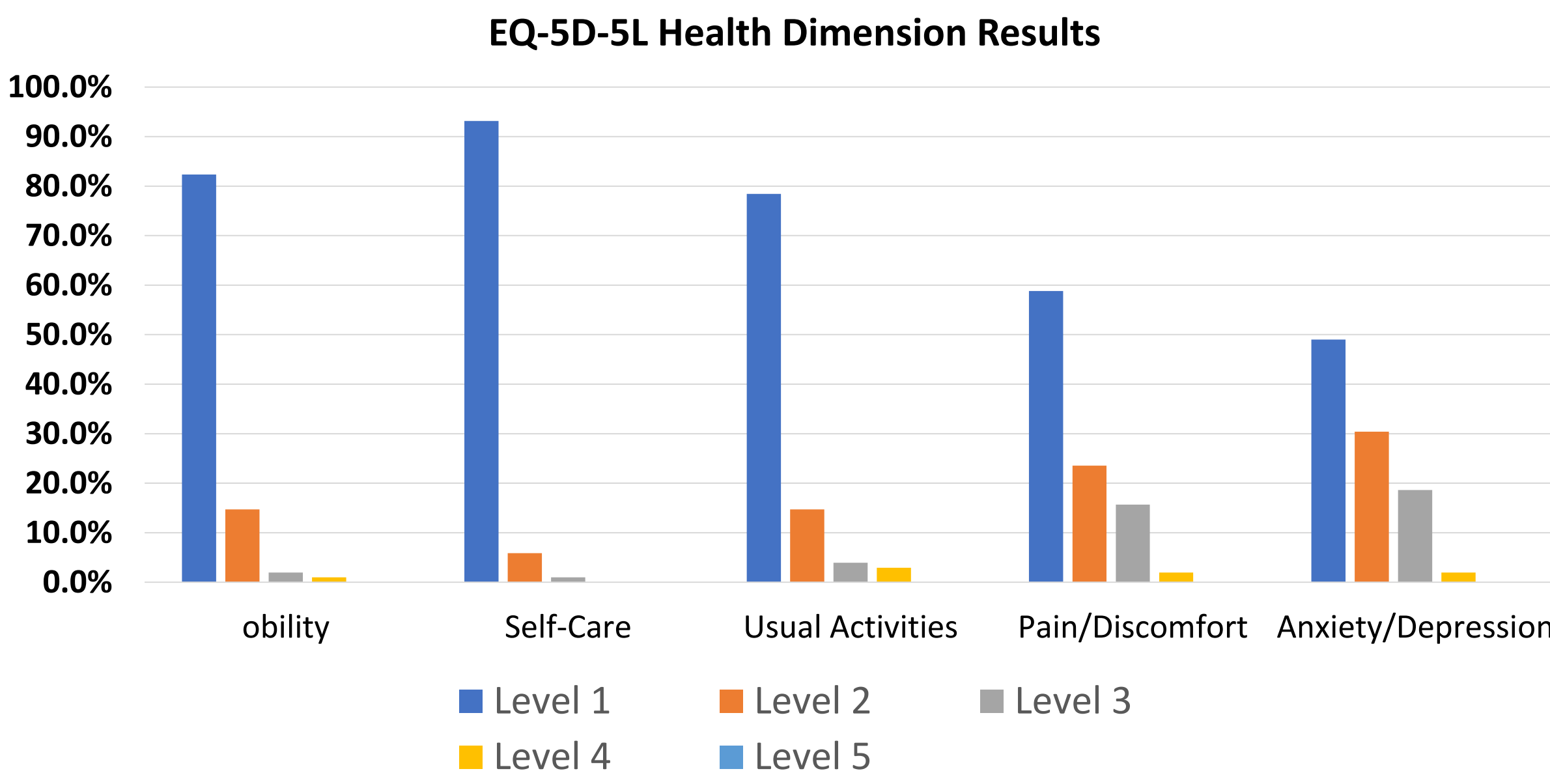
- Total ZBI mean scores 33.4 (SD=19.6)
- Zarit Burden Interview Scores**



Influencing Factors	ZBI Score (Mean ± SD)	P-value
Age group		<0.01
<45	23.12±16.72	
45-64	38.29±19.89	
≤65	31.42±17.18	
Educational Level		0.019
Primary school or below	43.96 ± 21.80	
Junior high school	32.71 ± 17.80	
Senior high school or secondary specialized school	31.88 ± 19.10	
Bachelor's degree or associate degree	25.41 ± 14.99	
Master's degree or above	8.00 ± 0.00	
Daily Caregiving Hours		<0.01
≤3 hours	26.07 ± 15.53	
4-15 hours	37.29 ± 18.91	
>15 hours	42.24 ± 22.59	
Relationship with Patient		0.047
Spouse	33.46 ± 18.48	
Child	42.71 ± 18.82	
Sibling	32.25 ± 25.25	
Parent	26.32 ± 17.03	
Other relationship	24.50 ± 24.66	

### EQ-5D-5L Results

- Mean utility index scores 0.88 (SD=0.15)
- Mean VAS scores 74.56 (SD=15.15)



Influencing Factors	EQ-5D utility (Mean ± SD)	P-value
Gender		0.03
Male	0.91 ± 0.113	
Female	0.81 ± 0.206	
Age		<0.01
<45 years	0.96 ± 0.064	
45-64 years	0.88 ± 0.146	
≥65 years	0.81 ± 0.216	
Educational Level		<0.01
Primary school or below	0.750±0.20	
Junior high school	0.918±0.12	
Senior high school or secondary specialized school	0.926±0.13	
Bachelor's degree or above	0.935±0.061	

## CONCLUSIONS

- Family caregivers of schizophrenia patients presented lower quality of life compared to the general population
- Family caregivers of schizophrenia patients reported mild to moderate caregiving burden
- Age group, gender, and education were the major influencing factors for utility index scores while age group, education, daily caregiving hours and relationship were the major influencing factors for ZBI score)

## CONTACT INFORMATION

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