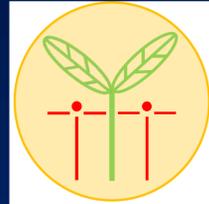


Perceived Caregiver Burden among Family Members of People Who Use Drugs in Vietnam



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OVERVIEW

- Explore perceived caregiver burden and levels of depressive symptoms among family members
- The importance of tailoring programs to target specific needs of different family roles

INTRODUCTION

Families of people who use drugs (PWUD) are facing tremendous psychological challenges and caregiving burden. This study examined the perceived caregiver burden and the levels of depressive symptoms experienced by various family members in Vietnam.

METHODS



Baseline data from a randomized controlled trial conducted in Phu Tho and Vinh Phuc Provinces of Vietnam was used. A total of 585 family members of PWUD completed an assessment using the Audio Computer-Assisted Self-Interview (ACASI) method. Analyses were conducted using ANOVA and Chi-squared test to assess the differences among various family roles.

RESULTS

The highest caregiver burden was observed among parents (62.51 ± 8.92) as compared to spouses (58.48 ± 10.57), and other relatives (55.31 ± 11.15 ; $p < 0.0001$). Parents (20.68 ± 5.26) and spouses (19.59 ± 5.61) also reported higher levels of depressive symptoms as compared to other relatives (16.8 ± 5.24 ; $p < 0.0001$).

Demographic characteristics by family roles (N=585)				
Characteristics	Parents	Spouses	Other relatives	P- value
Female	136 (71.58)	233 (97.08)	85 (54.84)	<0.0001
Age	60.16±9.61	35.63±8.00	41.30±12.43	<0.0001
<30	1 (0.52)	71 (62.28)	32 (20.65)	
31-40	1 (0.52)	107 (70.39)	41(26.45)	
41-50	32 (16.84)	48 (40.68)	38 (24.52)	
>50	156 (82.12)	14 (6.48)	44 (28.39)	
Married	166 (87.37)	240 (100.00)	135 (87.10)	<0.0001
Years of Education	7.72±3.47	9.17±2.66	10.93±3.33	<0.0001
Caregiver burden	62.51±8.92	58.48±10.57	55.31±11.15	<0.0001
Depression	20.68±5.26	19.59±5.61	16.8±5.24	<0.0001

CONCLUSION

Efforts need to be tailored to target various family roles to address their specific needs in designing programs to reduce their caregiver burden. In addition, psychological distress should be taken into account in order to relieve the burden shouldered by family members.

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