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### FATHERS AND MOTHERS OF PATIENTS WITH SCHIZOPHRENIA

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**Aims:** To investigate caregiving and its consequences among fathers and mothers of the same patients suffering from schizophrenia.

**Methods:** 101 patients as well as both parents were investigated using the "Carers' Needs Assessment for Schizophrenia", the „Beck Depression Inventory“, the "Involvement Evaluation Questionnaire" and the "Family Problem Questionnaire".

**Results:** The mean number of days fathers lived together with the patients was not significant from that of the mothers, but the average duration (hours per week) of contact with the patient was significantly higher for mothers than for fathers. Among 40% of the sample, fathers and mothers spend an equal amount of time caring for the patient. Mothers reported significantly more often problems than fathers concerning stress due to earlier life events and burn-out. Mothers needed some interventions such as individual psychoeducation or family counselling more than twice as often as fathers. Mothers reported overall higher numbers of problems and needs for intervention than fathers. The overall score of caregivers' involvement did not differ significantly between fathers and mothers. The mothers' objective burden was significantly higher than the fathers' objective burden, but parents did not show differences concerning subjective burden. Using the „Beck Depression Inventory“, mothers were more often depressed than fathers.

**Conclusions:** This study shows that often fathers and mothers spend an equal amount of time caring for the patient. The differences found between mothers and fathers should be considered when planning services for family caregivers.