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THE NEEDS OF PEOPLE WITH MENTAL HEALTH PROBLEMS AND THEIR CARERS' BURDEN - POLISH STUDY

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Introduction: World studies show associations between social consequences of carers' involvement and level of individuals' met and unmet needs.

Objectives: In Poland not much interest has been put to studies of psychiatric patients' needs and carers' burden. Due to this fact most of care programmes have been developed on the basis of authors' personal experiences or academic knowledge.

Aims: To obtain data regarding met and unmet patients' needs and the impact on carers' burden in Polish socioeconomic reality.

Methods: 60 psychotic inpatients were examined with CSHI, BPRS and CANSAS. Their 60 direct carers' personally completed IEQ, GHQ-12 and assessed own opinions about patients' needs with CANSAS questionnaire. Patients unable to give informed consent, alcohol/drug dependent, mentally retarded/demented or with personality disorder were excluded along with patients below 18 and over 65 years of age.

Statistics included: The Pearson correlation coefficient, the Spearman's rank correlation coefficient, Kendall's tau coefficient.

Results: Results show significant relation between duration of the disorder and number of unmet needs assessed by individuals. Patients' met needs are positively associated with carers IEQ results - subscales tension and worrying. Carers evaluation of patients' unmet needs correlates with their IEQ results - subscales tension, worrying and urging. Overall number of patients' needs indicated by carers correlates positively with carers' results of IEQ subscale - urging.

Conclusions: The higher rate of patients' unmet needs the higher burden they are imposed to. Results of the study are important in planning of interventions towards psychiatric patients and their direct carers.