



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكروفيلم

بسم الله الرحمن الرحيم



MONA MAGHRABY



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شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



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جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

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MONA MAGHRABY

**Effect of Expressed Emotion Management
Program on Caregivers Burdens of
Patients with Dementia**

Thesis

*Submitted for Partial Fulfillment of Doctorate
Degree in Psychiatric Mental Health Nursing*

By

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2019**

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*✍ **Hanaa Sayed Ewise***

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LIST OF ABBREVIATIONS

<i>Meaning</i>		<i>Abb.</i>
AD	Alzheimer's Disease	
ADL	Activities of Daily Living	
EE	Expressed Emotion	
EES	Expressed Emotion Scale	
EOI	Emotional over – Involvement	
PWD	Patient with Dementia	
WHO	World Health Organization	
ZBI	Zarit Burden Interview	

ABSTRACT

Family caregivers of patient with dementia face many problems related to caregiving as, stress, anxiety and a high level of burdens, the permanent burdens of caregiving are likely to generate negative expressed emotion toward the patient. **Aim:** to evaluate the effect of expressed emotion management program on caregivers burdens of patients with dementia. **Study design:** a quasi-experimental design was utilized to conduct this study. **Setting:** this study was conducted in the neuropsychiatric clinic at Beni-Suef psychiatric hospital. **Subject:** convenient sample of 50 family caregivers were chosen for conducting this study. **Data collection tools:** 1) Socio-demographic questionnaire for patients with dementia and their family caregivers. 2) Expressed emotions scale. 3) Zarit burden scale. **Results:** the present study revealed that there were highly statistically significant differences were found between pre- post program implementation and in follow up after three months regarding patterns of expressed emotion and level of burdens among family caregivers. Also, there were highly statistically significant correlations between total patterns of expressed emotion and level of burdens at pre - post program and in follow up after three months. **Conclusion:** Caregivers of patient with dementia had high levels of burdens, which decreased after implementation of the management program with a highly statistical significant difference ($P \leq 0.001$) . **Recommendations:** Designing a systematically continuous family intervention programs in psychiatric hospitals to provide proper information and psychological support that help the family caregivers to handle the difficult thoughts and emotions, reduce negative expressed emotion and reduce sense of burdens.

Key words: Expressed emotion, Management program ,Caregivers burdens, Dementia

Introduction

Majority of people with dementia live in their own home and most of their care is provided by their family. In Egypt the family caregivers spend a more time with the person to assisting with activities of daily living (ADL), provide personal care and higher levels of supervision. Family members also play an important role in bringing the patient in contact with the mental health care professional and providing financial as well as psychosocial support to the patient during the process of treatment (*Erin, Shuman & Ignaczak, 2016*).

Family caregivers suffer from a lot of burdens as a result of care of their patients. Caregivers burdens are defined as the extent to which caregivers feel that their emotional or physical health, social life, and financial status have suffered as a result of caring. Despite caregiving having a significant impact on caregivers well-being, their needs are frequently considered secondary to those of the patient or are overlooked (*Farina et al., 2017*).

Expressed emotion (EE) is considered to be a measure of family environment, which takes into account the quality of interaction patterns and nature of inter-personal relationships among the family members and patients with