APPENDIX III

A TOOL TO MEASURE SOCIAL BURDEN ON THE FAMILIES OF PSYCHIATRIC PATIENTS

INSTRUCTIONS:

To the relatives: We are trying to assess the various difficulties felt by the family of a psychiatric patient and will ask you a few questions in this direction. Please do not hesitate to express your true feelings.

To the raters: Please interview the relative on the following guidelines. You may probe further in order to assess a particular item, if you feel the need to do so. Note your rating for each general category as well as for each individual item therein, on a three point scale

<table>
<thead>
<tr>
<th>Severity</th>
<th>Rating</th>
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</thead>
<tbody>
<tr>
<td>Severely</td>
<td>2</td>
</tr>
<tr>
<td>Moderately</td>
<td>1</td>
</tr>
<tr>
<td>Nil</td>
<td>0</td>
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Severely, Moderately, not at all

after completing the interview, please assess the burden on the family as a whole and give the rating on similar 3 point scale:

A. Financial burden:

1. Loss of patient's income: (whether he has lost his job? Stopped doing the work which he was doing before?) (Completely, partially, not at all?) (To what extent it affects the income of the family?) Severely, Moderately, not at all.

2. Loss of income of any other member of the family due to patient's illness. (Whether any one has stopped working in order to stay home, has lost pay? Has lost job? due to any other reason connected with patient's illness?) (How much does it affect the family finances?) Severely, Moderately, not at all.

3. Expenditure incurred due to patient's illness and for his treatment, (Has he spent or lost money irrationally for which his illness is the cause? How much has this affected the family finances?) (How much money has been spent on treatment, medicines, transport, accommodation in different city etc?) (How much has been spent on other treatment such as temples, native healers etc.) (How much does this affect the family finances?) Severely, moderately, not at all.

4. Expenditure incurred due to extra arrangements (for any other relative to come and stay with patient, for appointing a nurse or a servant, for keeping children in a boarding etc.)

5. Loans taken or spent the savings (How much loan? How do they plan to pay it back? How much does it affect the family?) Severely, moderately, not at all.

(Whether they spent from savings? Were they exhausted? How much is the family affected by this?) Severely, moderately, not at all.
6. Any other planned activity put off because of financial pressure of patient's illness (like postponing a marriage or trip as a religious rite which would have needed finance).

B. Disruption of family routine activities:

1. Patients not going for work, school, college etc. (How much inconvenient it is to the family) (Severely, moderately, not at all.)

2. Patient's lack of help in the household work (How much does it affect the family ?) (Severely, moderately, not at all)

3. Disruption of activity of other members in the family (whether some one has to spend more time on looking after patient, and abandon some other routine activity) (How much does it affect the family ?) Severely, moderately, not at all.

4. Disruption of activities caused by patient's behaviour, (Patient insisting on some one being with him, not allowing the person to go out etc, patient becoming violent, & breaking up things, patient not sleeping and not allowing others to sleep) (How much does it affect the family ?) Severely, moderately, not at all.

5. Any other member missing school, meals because of neglect caused by patient's illness. (How much time does it affect the family ?)

C. Disruption of Family Leisure:

1. Stopping of normal recreational activities (completely, partially, not at all) (How do the family members take it ?)

2. Patient's illness exhausted other persons: leave and leisure time (How is this person affected by it ?)

3. Patient's lack of attention to other members in the family such as children.

4. If any other leisure activity had to be abandoned due to patient's inability or illness (Any pleasure trip planned or family fathering etc.) (How do the family members feel about it ?)

D. Disruption of Family Interaction:

1. Any ill effect on general atmosphere of the house (Has it become dull, quiet, lot of misunderstandings etc.) (How do they view it ?)

2. If other members get into arguments due to this (Such as how to treat him ? Who is to blame etc., who should do the work?) How does it affect them ? Severely, moderately, not at all.

3. If the relatives and neighbours have reduced or stopped visiting or interacting with the family (Because of patient's behaviour, or stigma attached to his illness) How do they feel about it ?

4. If the family has become secluded and avoid mixing with others (Because they feel ashamed or that they feel people may misunderstand them etc.) How do they feel about it ?
## SOCIAL INJURY SCALE

### A. FINANCIAL BURDEN
1. Loss of patient's income 2 1 0
2. Loss of income of family members 2 1 0
3. Expenditure on illness with treatment 2 1 0
4. Expenditure of extra arrangements 2 1 0
5. Loans taken or saving spent 2 1 0
6. Planned Activity Put off 2 1 0

**Total Score =**

### B. DISRUPTION OF FAMILY ROUTINE ACTIVITIES
1. Patient not going for work 2 1 0
2. Lack of help 2 1 0
3. Disruption of activity of other members 2 1 0
4. Disruption of activities caused by patients 2 1 0
5. Rejection of other members 2 1 0

**Total Score =**

### C. DISRUPTION OF FAMILY LEISURE
1. Stopping Normal Recreational Activities 2 1 0
2. Exhaustion of other person's leisure time 2 1 0
3. Lack of attention to other members 2 1 0
4. Any other leisure activity abandoned 2 1 0

**Total Score =**

### D. DISRUPTION OF FAMILY INTERACTION
1. Any ill effect on general atmosphere 2 1 0
2. Getting into arguments 2 1 0
3. Reduction in interaction with relatives 2 1 0
4. Family avoid mixing with others 2 1 0
5. Any other event to disrupt family interaction 2 1 0

**Total Score =**