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*Assessment of resilience factors  
toward psychotic patients at Ndera  
Neuropsychiatric Hospital Rwanda*



# **ASSESSMENT OF RESILIENCE FACTORS TOWARDS PATIENTS WITH PSYCHOTIC DISORDERS**

By

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# INTRODUCTION

- Resilience is the process of adapting well face to divers problems (APA,2010)
- WHO recognizes mental health problems as some of the leading causes of major morbidity and disability in the world (WHO, 2010).

# INTRODUCTION,...

- WHO estimates that neuropsychiatric disorders contribute to 4.8% of the global burden of disease in Rwanda (WHO, 2008)
- Up to 6% of all people develops a psychotic episode at some point in their life.
- Up to 47% are patients with psychotic disorders (acute & sub-acute conditions) at Ndera Hospital

# INTRODUCTION,..

- Patients with psychotic conditions are associated with diverse disabilities, families conflicts and burden to country due to prolonged treatment, cost of rehabilitation, loss of capabilities.
- Many of them react to such circumstances with a flood of strong emotions and a sense of insecurity.
- Patients' demographic and socio environmental factors should be improved in order to become more resilient.

# PURPOSE

- This research intends to assess resilience factors towards patients with psychosis, (Ndera Neuropsychiatric Hospital cases-2018).

# HYPOTHESES

- Demographic factors should affect resilience towards patients with psychosis .
- Socio environmental factors should have great impact on resilience towards patients with psychosis.

# METHODOLOGY

- This study used a cross sectional design with retrospective quantitative approach.
- The study used a sample of 44 recovered patients without psychotic symptoms and data were collected using self-report questionnaire and analyzed by SPSS.

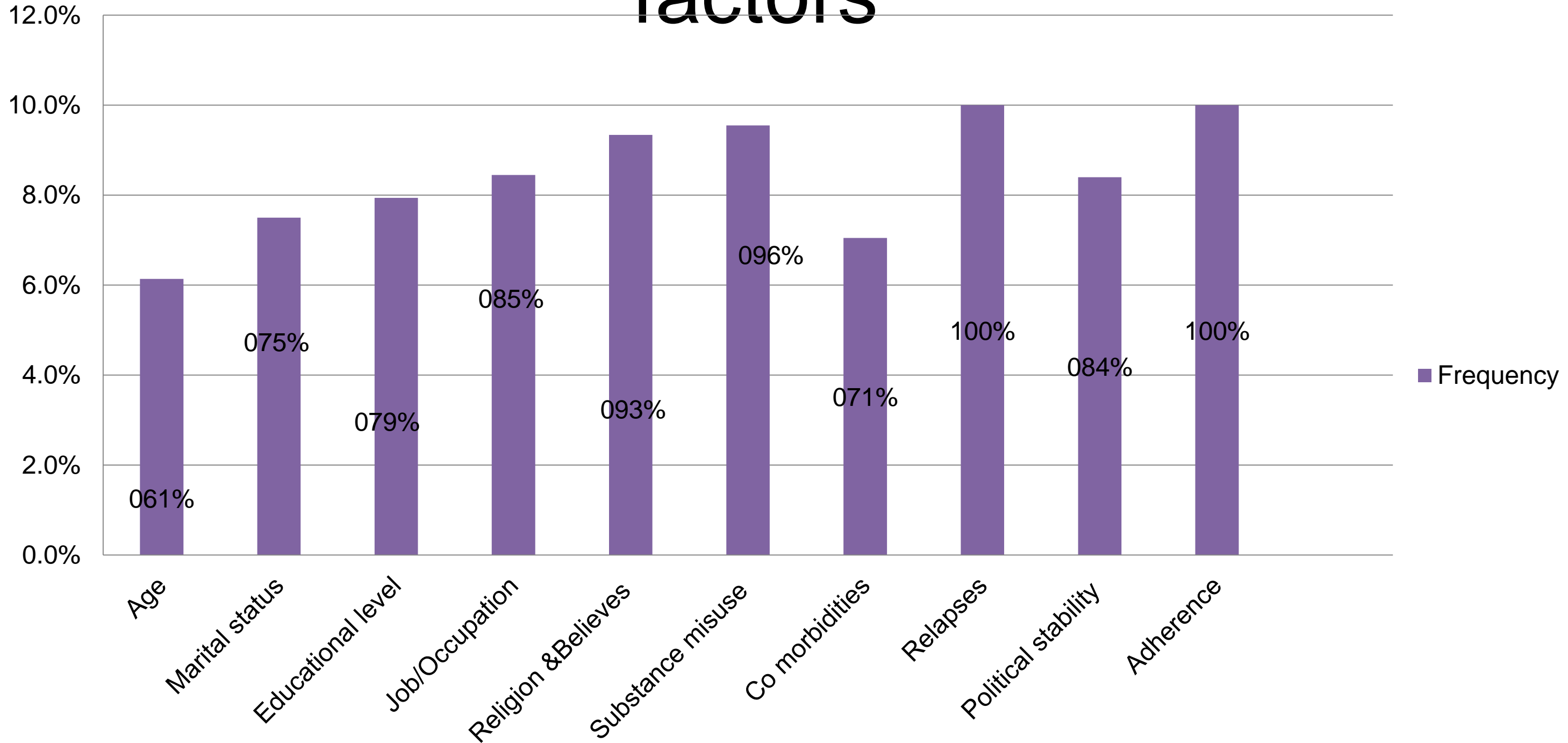


# RESULTS ON DEMOGRAPHIC FACTORS

#	Demographic factors	N=44
1	Age	61.4%
2	Marital status	75%
3	Educational level	79.4%
4	Job/Occupation	84.5%
5	Religion &Believes	93.4%
6	Substance misuse	95.5%
7	Co morbidities	70.5%
8	Relapses	100%
9	Political stability	84%
10	Adherence	100%

Table 1. Demographic factors

# Frequency histogram for demographic factors

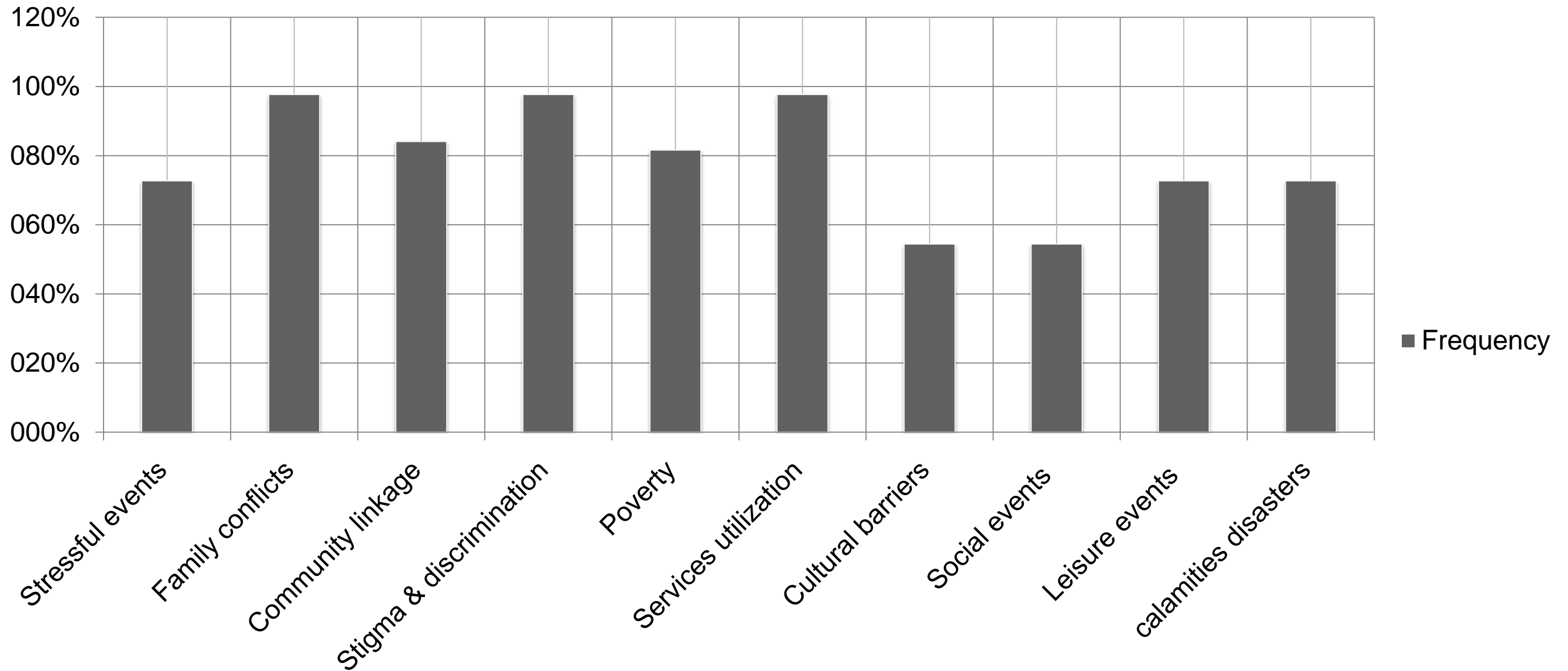


# RESULTS ON SOCIO ENVIRONMENTAL FACTORS

#	Socio environmental factors	N= 44
1	Stressful events	72.7%
2	Family conflicts	97.7%
3	Community linkage/ services	84.1%
4	Stigma & discrimination	97.7%
5	Poverty	81.6%
6	Availability and services utilization	97.7%
7	Cultural barriers	54.4%
8	Social events	54.4%
9	Leisure events	72.7%
10	Calamities, hungry, property damage,...	72.7%

Table 2. Socio environmental factors

# Socio environmental factors



# DISCUSSIONS

- As shown by table 1, demographic factors that are in the life journey of the patients play a great effect on his/her resilience. The high number of respondents were 100% and the smaller were 61.4% on identified factors, so this shows how immense the demographic factors affect a great number of patients in their out-hospitalization period.

# DISCUSSIONS,...

- As shown by table 2; socio environmental factors. Family conflict, stigma & discrimination, service availability and utilization ranked as 1st with 97.7% of respondents, the lowest score are social events and cultural barriers with 54.4% of respondents
- That is to say that in Rwanda society we still have something to do on socio environmental factors

# CONCLUSION

- Further away, from the findings that have been carried out on resilience factors, results have shown a great impact of demographic and socio environmental factors on resilience of patients with psychosis.
- Age, sex, marital status, educational level, occupation, religion, availability and service utilization, community services, adherence on treatment have shown positive impact that contribute on resilience towards patients with psychotic conditions.

# CONCLUSION

- Stigma and discrimination, substance misuse, comorbidity, relapses, poverty, socio cultural belief, calamities and family conflict impact negatively on resilience of patients with psychosis .



# LIMITATIONS

- Sample size
  - The sample size was 44 participants. The small sample size was unavoidable due to the time constraints of the study, It is noted that the use of this small sample size may increase the risk of a type II error and that the study has falsely accepted the null hypothesis.
- Maturation bias
  - The total length of the study was 2 weeks. It is possible that changes to the participants' knowledge could occur over time. This limitation was noted during the initial planning of this study, however it was determined it was impractical to monitor and control the participants' interests and learning during the course of this study.

# RECOMMENDATIONS

- This study did not cover all subjects of resilience of psychotic patients, so to find out the coping skills that exist help all healthcare providers to improve their approaches vis-a-vis to patients.
- This input invites all stakeholders to work conjunctively and with discharged patients from psychiatric hospitals.

# RECOMMENDATIONS,..

- Due to the small sample size, it would be appropriate to consider this study as a pilot study. This paves the way for a larger scale study to be performed to improve the statistical power, generalizability and reproducibility of the results to further researchers.
- If the study were to be conducted again, it would be useful to implement the research at multiple sites, including regional, rural, public and private areas.

# References

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- World Health Organization (2010). *The Global Burden of Disease*. Geneva, Switzerland: WHO, Press, York