

**Post-traumatic Stress Reactions, Self-Compassion and Mental Health
Problems in Caregivers of Burn Patients**



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DECLARATION

I, Ms. **Nida Ayub** ID: **S2016146008** Student of **MS Clinical Psychology** in the subject of **Clinical Psychology session 2016- 2018** hereby declare that the matter printed in the thesis **Post-traumatic Stress Reactions, Self-Compassion and Mental Health problems in Caregivers of Burn Patients** is my own work and has not been printed, published and submitted as research work thesis or publication in any form in any university, research institution etc in Pakistan or abroad.

Acknowledgment

'SO, WHICH OF THE BOUNTIES OF YOUR LORD WILL YOU DENY''

In my journey towards this degree, many people helps me, support me and encourage me. First and foremost all praise and thanks are due to the almighty Allah who always guides me to the right path and has helped me to complete my research work. Without Allah's s blessing, this achievement would not have been possible. I wish to express my thanks and gratitude to my parents, the ones who can never be thanked enough for the overwhelming love and care they bestow upon me, and who have supported me financially as well as morally and without their proper guidance it would have been impossible for me to complete my higher education.

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Dedication

To my respected and beloved Parents

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Abstract

The present study explored the relationship between Post-Traumatic Stress Reactions, Self-Compassion and Mental Health Problems in Caregivers of burn patients. Participants (N=100), were taken in the research from the government hospitals of Lahore, through purposive sampling. The main purpose of the research was to find out the impacts of caregiving in caregivers of burn patients. The measures of the current study comprised of post-traumatic diagnostic scale (PDS; Foa, 1995), self-compassion scale (SCS; Neff, 2003), and depression, anxiety and stress scale (DASS; Lovibond, 1995) along with a demographic form such as degree, reason of burn, duration of caregiving. Female participants were taken in the study as it is common in our culture that most of the caregivers are females such as mothers, sisters. The results indicate a positive relationship between symptoms severity and mental health problems in caregivers, while results also revealed a negative correlation of self-kindness, spirituality and mindfulness with depression, anxiety and stress. Findings of the studies helps in highlighting the mental health issues of caregivers while caregiving and the possible solutions of caregiver's problems for improving their mental health.

Chapter I**Introduction**

Caregivers play a vital role in caring the person who need extra care due to some illness or injury. Sometimes caregivers became frustrated and it was difficult for them to provide care to others. Mainly caregivers are classified in two categories, formal and informal caregivers. Formal caregivers were trained, qualified and experienced and they were paid for providing their services to the patients such as nurses, paramedical staff etc. While informal caregivers were mostly belongs to our family, friends and relatives who were not paid for their services and they take care their loved ones who did not perform their daily tasks. When a person experienced any traumatic event, he did not perform his daily living tasks such as cooking, taking care of other children's, unable to manage household duties and known as care recipient who was defined as a person who was not able to fulfilled his responsibilities (Savage & Bailey, 2004). Caregivers helped them out in their critical time and share's other person's responsibilities (Collings, 2004).