

Abstract

Background: Burden on caregivers of patients with Obsessive Compulsive Disorder (OCD) is an important yet under-researched area. A validated Cantonese version of an instrument for assessing the burden on this specific group of caregivers is lacking in Hong Kong.

Aims: To develop and validate the Cantonese version of Family Burden Interview Schedule (C-FBIS) for assessing the burden on caregivers of OCD patients in Hong Kong. The pattern and determinants of burden were also explored.

Materials and methods: The Family Burden Interview Schedule by Pai and Kapur (1981) was first translated into Cantonese, then back-translated into English. Expert panel was set up to evaluate content validity and focus group discussion held for face validity and acceptability. Seventy-seven OCD patient-caregiver dyads were recruited from a psychiatric out-patient clinic. C-FBIS and the Chinese version of General Health Questionnaire-12 (C-GHQ-12) were applied to the caregivers for concurrent validity. OCD patients were assessed by the Yale-Brown Obsessive Compulsive Scale (Y-BOCS) and the Global Assessment of Functioning (GAF) scale. Construct validity was examined by hypothesis testing, convergent validity and known groups method. Internal consistency, inter-rater and test-retest reliability were tested.

Results: The C-FBIS demonstrated good face validity and content validity. Concurrent validity was established by a significant correlation with C-GHQ-12 ($r_s = .644, p < .01$). Construct validity was shown by significant correlations with Y-BOCS ($r_s = .621, p < .01$) and GAF ($r_s = - .721, p < .01$), significant correlation between objective and subjective burden scores ($r_s = .781, p < .01$), and the difference in C-FBIS scores between the group of caregivers with family accommodation and those without family accommodation ($U (N = 77) = 447.00, p = .03$). Cronbach's alpha for internal consistency was .90. Intraclass correlation coefficients for inter-rater and test-retest reliability were .988 and .986 respectively. Ninety-nine percent of caregivers experienced at least some amount of objective burden and caregivers who were mothers of patients experienced the greatest subjective burden. Multivariate analysis showed that GAF explained 41.5% and 49.8% of variance of objective and subjective burden respectively.

Conclusion: C-FBIS is a valid and reliable instrument for assessing the burden on caregivers of OCD patients. The functional level of OCD patients is an important determinant of both objective and subjective burden on caregivers.

Key words: Burden, caregivers, obsessive compulsive disorder, Hong Kong, Cantonese