



EFFECT OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING COMPLIANCE AND SIDE EFFECTS OF PSYCHOTROPIC DRUGS AMONG CAREGIVERS OF MENTALLY ILL PATIENTS

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Article Info

Received 12/05/2026; Revised 15/06/2026;

Accepted 15/07/2026

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ABSTRACT

The present study was aimed at determining the effect of structured teaching program on knowledge regarding compliance and side effects of psychotropic drugs among care givers of mentally ill patients admitted in Dharwad Institute of Mental Health and Neurosciences, Dharwad. The objectives of the study were 1. Assess the level of knowledge of caregivers of mentally ill patients on compliance and side effects of psychotropic drugs before structured teaching program. 2. Assess the knowledge of caregivers of mentally ill patients regarding compliance and side effects of psychotropic drugs after structured teaching program. 3. Evaluate the effect of structured teaching program on knowledge regarding compliance and side effects of psychotropic drugs among care givers of mentally ill patients. 4. Find out association between knowledge regarding compliance to psychotropic drugs and its side effects and selected variables. A quasi-experimental approach with one group pre test design was selected. The sample consisted of 100 care givers of mentally ill patients selected based on non-probability purposive sampling. The tool used for the study was semi-structured interview schedule and the intervention was STP. A pilot study was conducted among 10 care givers and the study was found feasible. Pre test and post test score were assessed before and after the STP using semi structured interview schedule. The data collected were organized and analyzed using descriptive and inferential statistics. The findings revealed that

structured teaching program was effective in improving the knowledge of care givers. The mean post test score of care givers was significantly higher than their mean pre test knowledge score. The findings of the study has implications in nursing practice, education, administration and research.

Keywords: Care Givers, Psychotropic Drugs, Compliance, Side effects.

INTRODUCTION

Mental health is a state of balance between the individual and the surrounding world, a state of harmony between oneself and others, a co-existence between the realities of the self and that of other people and the environment. A mentally healthy person is able to cope with or tolerate stress and can function effectively and independently. Mental illness is maladjustment in living. It produces a disharmony in the person's ability to meet human needs comfortably or effectively and function within a culture. Any disruption within the mental health system can lead to mental illness. Mentally ill patients feel inadequate, have poor self-concept and are not able to cope with stress resulting in disorganization, inappropriate reactions and inability to respond according to the demands of the society. Mental illness can cause great strain on affected individuals, their families and community.

Psychotropic drugs are drugs which are used in the treatment of psychosis and psychotic



symptoms. Psychotropic drugs are mainly classified as antipsychotics, mood stabilizers, antidepressants, anti-anxiety, and hypno sedative drugs, drugs used in substance abuse, anti-parkinsonian drugs and miscellaneous drugs. For many patients' psychotropic drugs offer a degree of stability that enables them to remain in relationship, to participate in the work place or tolerate insight-oriented psychotherapy.

Drug compliance has become a focus of increasing concern in the treatment of psychiatric disorder in recent years. Compliance can reduce frequency of hospital admissions, shorten hospital stays and reduce the intensity of outpatient treatment. It can lead to symptom resolution, restoration of normal functioning and prevention of relapse or recurrent episodes. Despite the piling evidence supporting the effectiveness of psychiatric medication, research has consistently shown that only about half of those administered treatment actually takes it as prescribed. Psychotropic drug therapy has been eclipsed by high rates of noncompliance; the problem was attributed to lack of insight of patients and the burden of side effects of psychotropic medications.

MATERIALS & METHODS

This is a quasi-experimental approach involves the manipulation of independent variable and lacks randomization or a control group. Experimental studies are explicitly designed to test causal relationship to test whether the intervention caused changes in or affected the dependent variable. In this study, randomization was not done and no control group was involved, hence approach was quasi experimental. After getting permission from Superintendents and Nursing Heads DIMHANS data was collected after explaining to the subjects and consent was obtained.

The structured teaching program for the participants were scheduled according to their convenience in each area such as Male Acute Ward, Female Acute Ward, Emergency ward, Deaddiction Ward etc. After the pre-test subjects were given structured teaching program regarding compliance and side effects of psychotropic drugs using lecture cum discussion with the help of charts and power point presentation.

H₁: There will be significant difference in knowledge before and after structured teaching program.

H₂: There will be significant association between knowledge regarding compliance to

psychotropic drugs and its side effects and selected variables.

CRITERIA FOR SAMPLING

a) Inclusion Criteria:

- Care givers who are available during the study period.
- Care givers who are willing to participate in the study.

b) Exclusion Criteria:

- Care givers from outpatient department of psychiatry in DIMHANS Dharwad.
- Care givers who are having mental illness.

VARIABLES

Independent variable:

It is the variable that stands alone and is not dependent on any other. Here, structured teaching program is the independent variable.

Dependent variable:

It is the variable that is hypothesized to depend on another variable. Here, knowledge of care givers is dependent variable.

Extraneous variables:

The extraneous variables under study are; age, gender, education, economic status and duration of stay with patient.

RESULTS

Results indicated that 35% were in the age group of 61 years and above. Most of the care givers belongs to female gender (69%). Of the care givers 56% were Hindus and 31% were Muslims. Out of 100 mentally ill patients, 41% were suffering from schizophrenia, 30% mania, 18% Alcohol dependence syndrome and 11% depressive disorder.

As per the pre test and post test scores, the minimum score was 5 and maximum was 28 with arithmetic mean 17.92 and SD was 6.00. And for the posttest minimum score was 13 and maximum was 29 with arithmetic mean 23.71 and SD were 3.62.

The computed p value of knowledge regarding compliance and side effects of psychotropic drugs among care givers of mentally ill is highly significant at 0.05 levels. Hence null hypothesis is rejected and research hypothesis is accepted indicating that the STP is effective in improving the knowledge on compliance and side effects of psychotropic drugs among care givers of mentally ill patients.

Table 1: Indicates that 'p' value is statistically significant for education, economic status and duration of stay with patient.

Variable	df	Chi-square value	p value
Age	12	15.37	0.221
Gender	4	1.88	0.757
Education	20	58.13	0.000



	4	16.54	0.002
Duration Economic status of stay with patient	8	14.13	0.046

*Not significant at <0.05 level

Table 2: shows that the minimum pre test score was 5 and maximum pretest score was 28. After the STP the minimum post test score was 13 and maximum post test score was 29.

	Maximum Possible Score	Obtained Score		Mean	SD
		Minimum	Maximum		
Pre test	31	5	28	17.92	6.00
Post test	31	13	29	23.71	3.62

Table 3: reveals that Pretest knowledge score of care givers of mentally ill regarding compliance and side effects of psychotropic drugs ranges between 8% to 40%.

Grade	Score Range	Pre test		Post test	
		f	%	f	%
Very Good	25-31	8	8	51	51
Good	19-24	40	40	41	41
Average	13-18	27	27	8	8
Poor	7-12	17	17	0	0
Very poor	0-6	8	8	0	0

DISCUSSION

The present study is intended to evaluate the effect of structured teaching program on knowledge regarding compliance and side effects of psychotropic drugs among care givers of mentally ill patients admitted in DIMHANS Dharwad. A quasi-experimental pretest-posttest design was used in the study. The data was collected from 100 care givers of mentally ill patients through non probability purposive sampling technique.

The assessment of knowledge of care givers regarding compliance and side effects of psychotropic drugs revealed that they are deficient in knowledge which needs to be addressed by the hospital authority through regular psycho education program and discharge teaching. The study findings show that the structured teaching program has significantly improved the knowledge of care givers of mentally ill patients regarding compliance and side effects of psychotropic drugs. The mean post test knowledge score was significantly higher than that of mean pre test score.

Among the socio personal variables analyzed in this study, there was significant association between education, economic status, duration of stay with patient and knowledge of care givers of mentally ill patients regarding compliance and side effects of psychotropic drugs.

The findings of the study revealed a significant increase in the post test knowledge scores after the administration of STP. There is confirmed that STP is an effective strategy.

After conducting study to find out the effect of patient and family education in schizophrenia patients and their care givers, there was significant improvement in knowledge about schizophrenia in the experimental group ($p=0.004$).

This study showed that family education on schizophrenia was effective in improving the knowledge.

A study was conducted to evaluate the effectiveness of a structured mental health program among 40 care givers of mentally challenged in terms of gain in knowledge, change in attitude and patient improvement factor showed that the difference in pre and post knowledge scores were statistically significant at < 0.05 level. Similarly, STP was an effective strategy in increasing knowledge of care givers in providing care to patients undergoing

The above-mentioned studies clearly shows that educational programs of various kind (psycho-education, structured teaching program, planned teaching program) are effective measures in improving the knowledge of care givers as well as patients. Health professional should consider it as their prime duty to educate the patient as well as the care givers regarding patients. Nurses play an important role in this educational program as they have more contact with the patients and family members compared to other health professional.

Educational program in the hospital as well as in the community should become part of patient care. Educating the care givers and the patients can prevent relapse and readmission.

The health promotion model describes the multi-dimensional nature of persons as they interact within their environment to pursue health. The model focuses on following three areas: Individual characteristics and experiences, behavior-specific cognition and affect, behavioral outcomes. In this study various literature was reviewed which mainly focused on compliance to psychotropic drugs, side effects of psychotropic drugs and effect of teaching program on care givers of mentally ill.



CONCLUSION

The findings of the study call the attention of psychiatric mental health nurses to provide psycho education and other teaching program regarding compliance and side effects of psychotropic drugs to care givers of mentally ill patients. Knowledge of care givers regarding compliance and side effects of psychotropic drugs were inadequate before the teaching program. Structured Teaching Program has significantly improved the knowledge. The mean post-test knowledge scores on knowledge regarding compliance and side effects of psychotropic drugs of care givers of mentally ill patients were significantly higher than that of the pre-test knowledge score. The findings also revealed that there was a significant relationship between the knowledge and education, economic status, duration of stay with patient.

The findings of the present study call for an immediate and urgent attention of the professional nurses, to identify the importance of providing psycho education to patients and care givers for improving the compliance to psychotropic drugs and early identification of side effects.

Psychiatric mental health nurses should assist them to identify side effects and to take steps to ameliorate or at least minimize their effects.

Development of nursing care standards regarding psycho education on psychopharmacology will help the staff nurses in rendering high quality care to mentally ill patients in psychiatric setting and there by improve the compliance to psychotropic drugs regimen and the prevention of relapse of mental illness. Nurses need

to inform patients and their care givers about the planned drug therapy, drug dosage, length of time it takes to achieve therapeutic results, and possible adverse effects of drug therapy.

Emphasis should be given to supervised drug administration and exploring the practical difficulties experienced by the patients in the area of medication compliance. Community psychiatric services should be strengthened through primary health centers. Regular home visits should be carried out by the health workers and public health nurse to reach drugs to the patient at the door step. They should also monitor effectiveness of the drugs and give positive feedback to the patient.

The health care delivery system at present is giving more emphasis on preventive rather than curative aspect. The study also implies that health personnel have to be properly trained on how to teach the public regarding health care. The effectiveness of STP, if established can be used as a teaching aid to student nurses, care givers and patients. Every student should be encouraged to teach the care givers of patients receiving psychotropic drugs regarding the role of care giver, side effects and follow up. Nursing students should be trained to acquire the knowledge and skill in assessing the learning needs of the care givers and to plan out teaching program based on the same in the hospital and the community setting.

Nurse researchers should be aware of the health care system and the status of nursing profession, by conducting research and by formulating new theories, researchers can improve the knowledge, skill and attitude of nurses and ultimately, they can improve the status and standards of nursing profession too.

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