



# WFOT Congress 2018

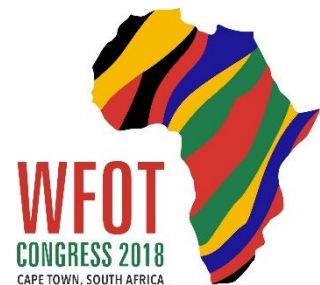
## Caregivers' Knowledge Attitudes and Perceptions Towards Occupational Therapy in Mental Health Zimbabwe

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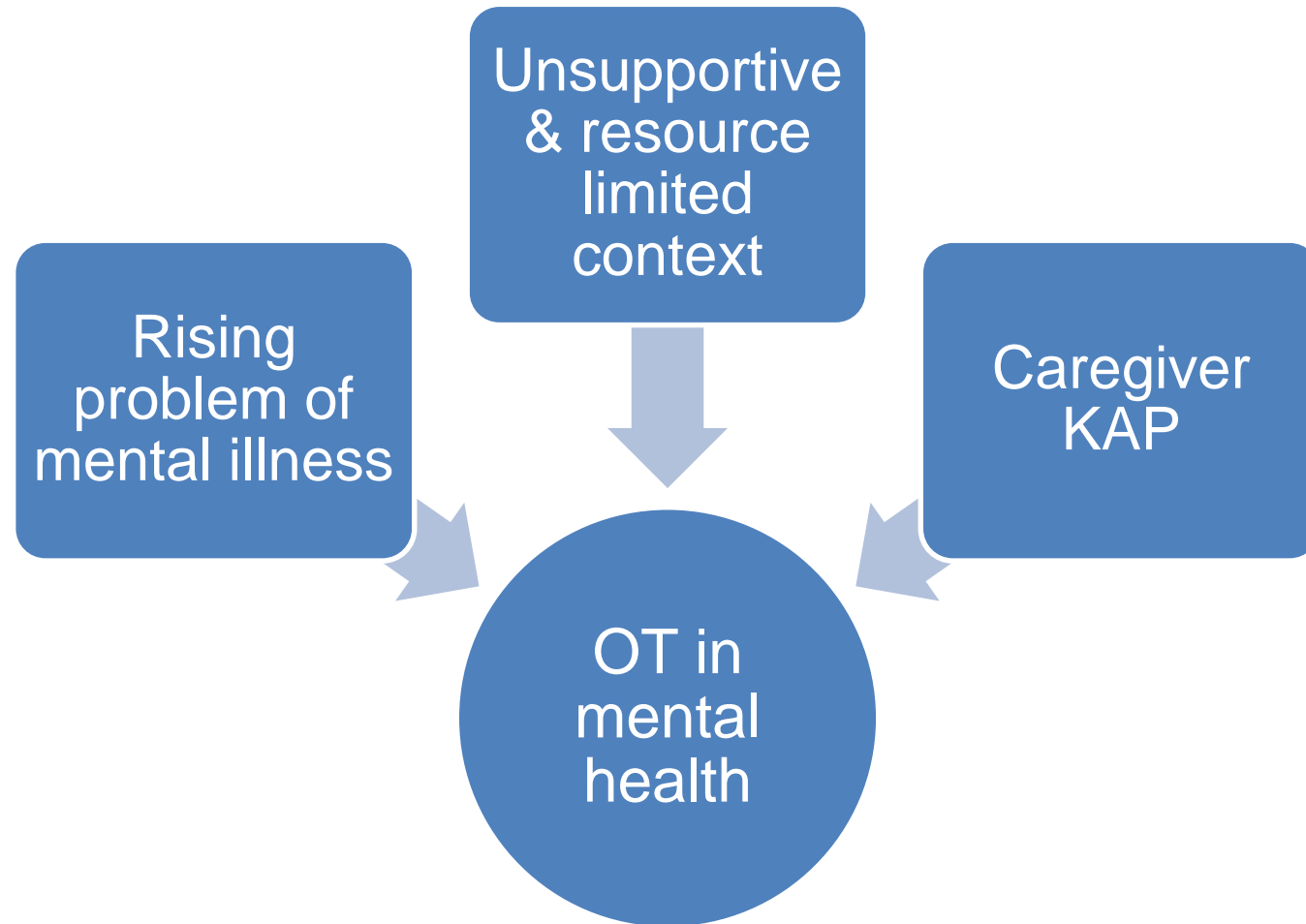
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# Background





# Methods



VARIABLE	CATEGORIES	TOTAL n=62 Frequency (%)
Age of caregiver	30-39	15 (24.2)
	40-49	12 (19.4)
	50-59	19 (30.6)
	Age range of caregivers	22-73 years
Period of caregiving	<6months	17(27.4)
	Range of caregiving	3 weeks -15 years
Relationship to patient	sibling	17 (27.4)
	child	20 (32.3)
	spouse	13 (21.0)
Diagnosis of patient	BAD	22(35.5)
	Schizophrenia	17(27.4)
	Substance-use disorder	15(24.2)
Qualification of caregiver	O' level	23 (37.1)
	A' level	16 (25.8)
	Tertiary level	23 (37.1)

# KAP Results

<b>Knowledge</b>	42.5% were knowledgeable about OT
<b>Attitudes</b>	64.3% had a positive attitude
<b>Perceptions</b>	87% perceived OT as helpful for recovery

# Attitudes

- About 24% viewed OT as of low priority compared to other services
- Attending OT sessions was significantly associated with having a positive attitude ( $p=0.001$ )
- About five caregivers who were knowledgeable about OT, still had a negative attitude

# Discussion and Conclusion

- Low knowledge levels – need for more engagement and awareness raising
- Negative attitudes
- Underutilization of OT services
- Positive perceptions – a foundation to build on
- Caregiver support groups
- Further research (caregiving experiences)