The Burden on Caregivers of Children with Attention-deficit Hyperactivity Disorder in Lagos Nigeria: Prevalence and Correlates

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ABSTRACT

Aim:
Caregivers of children with Attention-deficit Hyperactivity Disorder (ADHD) have enormous roles which may negatively impact on their mental health. High levels of informal caregiver burden may undermine the care and support available for children with ADHD, especially in low-resourced countries where formal support services are non-existent. This study assessed the level and correlates of caregiver burden among informal caregivers of children with ADHD attending a child psychiatric clinic in Lagos, Nigeria.

Methods:
A cross-sectional study conducted among the caregivers (n=69) of patients with ADHD, at the Child and Adolescent Clinic of the Federal Neuro-Psychiatric Hospital Yaba, Lagos, Nigeria. The participants completed the Vanderbilt ADHD Diagnostic Parent Rating Scale, sociodemographic questionnaire and the Zarit Burden Interview.

Results:
Severe burden was reported by 24.6% of the caregivers, 36.2% reported moderate to severe burden, while 31.9% and 7.3% of caregivers reported mild to moderate and little or no burden respectively. Caregivers of children with co-morbid opposition defiant disorder (p=0.013) and intellectual disability or learning disability (p=0.008) reported significantly higher levels of burden than caregivers of children without these co-morbidities. Participants with good social support had significantly lower caregiver burden (p<0.001).

Conclusion:
Caring for patients with ADHD is associated with high levels of caregiver burden. Provision of adequate social support and effective treatment of ADHD and co-morbidities are important steps towards reducing the burden on caregivers.