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KHRUAWAN SUBJAROEN : STRESS AND COPING STRATEGIES OF  
CAREGIVERS OF PATIENTS WITH MOOD DISORDERS. THESIS ADVISORS :  
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Caregivers of patients with mood disorders often suffer from extreme stress which leads to mental imbalance and inappropriate coping strategies. The researcher has studied the stress symptoms in these caregivers and the ways in which such caregivers endeavor to cope with stress. The study identifies the situations, the nature, and the degrees of stress symptoms, and the ways in which these caregivers try to cope with stress. The sample population consisted of 70 caregivers to patients with mood disorders who received treatment at Srithanya Hospital, Siriraj Hospital and Somdej Chaophraya Hospital.

The results of the study show that the most situational stress is experienced in situations where caregivers have to cope with a patient who exhibits sexually deviant behavior, anxiety about the patients' future and aggressiveness. Most caregivers experience situational stress on a low level. Stress symptoms may be physical, behavioral, emotional, cognitive or spiritual. The caregivers cope with stress in 2 ways: problem-focused coping and emotional-focused coping.

The researcher suggests that nurses should recognize the importance of mood disorder patient caregivers. Nurses should formulate a patient care plan to prepare the caregiver for when the patient has been discharged from the hospital. Caregivers need to be educated, given mental support and encouraged to apply appropriate coping techniques to reduce stress.