

**Appraisal of Psycho-Social Stress and Burden of Palliative Care of Chronic Illness among
Informal Caregivers in Ibadan Metropolis**

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Applied Sciences, Lead City University, Ibadan, Oyo State, Nigeria**

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Science in Public and Community Health Nursing**

Certification

This is to certify that **Adenike Iyabo OSUBU** with Matriculation Number **LCU/PG/006176** carried out this research work titled “**Appraisal of Psychosocial Stress and Burden of Palliative Care of Chronic Illness among Informal Caregivers in Ibadan Metropolis**”, in the Department of Nursing Science, Faculty of Basic Medical and Health Sciences, Lead City University Ibadan Oyo State for the award of Master degree in Nursing Science in Community/Public Health Nursing and this has not been previously submitted.

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Dedication

This work is dedicated to God Almighty, whose grace, wisdom, and unfailing love have been my anchor throughout this journey. It is also lovingly dedicated to all members of my families the Osubus and the Adedejis for their unwavering love, prayers, and support that have continually strengthened and inspired me.

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Abstract

Informal caregivers play a vital role in palliative care delivery, particularly in low- and middle-income countries where formal healthcare systems are often overstretched. In Nigeria, many patients with chronic or terminal illnesses rely on family members and friends for care, exposing caregivers to emotional, physical, and psychological strain. Therefore, this study appraised psychosocial stress and burden of palliative care of chronic illnesses among informal caregivers in Ibadan metropolis.

The main aim and objectives is to determine the levels of stress and burden, identifying associated factors, and examining the relationship between caregiving duration, stress, and burden. A descriptive survey design was adopted. The study population comprised informal caregivers of palliative care patients attending Adeoyo Maternity Teaching Hospital and Ring Road State Hospital in Ibadan. A sample size of 172 respondents were selected using purposive sampling. Data were collected through a structured questionnaire consisting of socio-demographic information, the Zarit Burden Interview (ZBI) to assess caregiving burden, and the Kingston Caregiver Stress Scale (KCSS) to measure psychosocial stress. Data were analyzed using descriptive and inferential statistics with the Statistical Package for the Social Sciences (SPSS) version 27. Majority (65.1%) of respondents experienced psychosocial stress, while 36.0% reported significant caregiving burden. Findings revealed that 65.1% of respondents experienced significant psychosocial stress, while 36.0% reported a high caregiving burden. The caregiver–patient relationship showed a significant association with both psychosocial stress ($\chi^2 = 11.235$, $p = 0.047$) and caregiving burden ($\chi^2 = 12.655$, $p = 0.027$). A strong positive relationship ($\chi^2 = 20.620$, $p < 0.001$) was found between psychosocial stress and caregiving burden. Informal caregiving for palliative care patients imposes considerable psychological, emotional, and physical strain on caregivers.

Key words: Psychosocial Stress, Caregiving Burden, Informal Caregivers, Palliative Care, Ibadan Metropolis

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List of Acronyms

AIDS - Acquired Immune Deficiency Syndrome

BRCS	-	Brief Resilient Coping Scale
CB	-	Caregiver Burden
CSA	-	Caregiver Strain Assessment
ESKD	-	End-Stage Kidney Disease
HIV	-	Human Immunodeficiency Virus
KCSS	-	Kingston Caregiver Stress Scale
LCU	-	Lead City University
M.N.Sc.	-	Master of Nursing Science
N	-	Population Size (in sample size formula)
n	-	Sample Size (in sample size determination)
PC	-	Palliative Care
PSS-10	-	Perceived Stress Scale (10-item version)
SPB	-	Self-Perceived Burden
SPSS	-	Statistical Package for the Social Sciences
UCH	-	University College Hospital
WHO	-	World Health Organization
ZBI	-	Zarit Burden Interview
ZBI-22	-	Zarit Burden Interview (22-item version)