|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Characteristics** | **Description** | | **Number** | **Percentage** |
| Age | Range | | 25 to 73 |  |
| Mean | | 51 |  |
| Gender | Male | | 17 | 23 |
| Female | | 58 | 77 |
| Religion | Christian | | 72 | 96 |
| Other | | 3 | 4 |
| Relationship status | In relationship - Married/cohabiting | | 43 | 57.4 |
| Not in relationship | Single | 17 | 18.7 |
| Divorced/Separated/ Widowed/ | 14 | 22.7 |
| Household size | Range | | 2 to 9 |  |
| Mean | | 4 |  |
| Place of residence | Family home | | 51 | 58 |
| Own Home | | 11 | 14.7 |
| Renting | | 7 | 9.3 |
| Employment Status | Employed - Formal, self-employed, piece/casual work | | 46 | 61.3 |
| Unemployed | | 17 | 22.7 |
| Not working (student, retired) | | 12 | 16 |
| Source of income | Work | | 46 | 61.3 |
| Family | | 15 | 20 |
| Grants | | 14 | 18.7 |

Table: Sociodemographic information of participants

## Substance use in the household

Figure: Carers’ relationship with the person with SUD

Figure: Participants’ explanations for drug use of a family member

## 

## Family substance use trends

**Figure: Causes of relapse**

## The impact of harmful substance use on participants

**Figure: Carers’ quality of life ratings**

**Figure: Carers’ ability to cope with SUD**

Table: Carers’ ability to cope with different aspects of life

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Aspects of life** | **Not applicable**  **(n)** | **Coping**  **(n)** | **Not coping**  **(n)** | **Total** |
| Abuse | 36 | 22 | 16 | 74 |
| Burdened by care | 26 | 12 | 36 | 74 |
| Financial constraints | 7 | 27 | 40 | 74 |
| Health problems | 17 | 37 | 20 | 74 |
| Increased conflict in the household | 15 | 21 | 38 | 74 |
| Increased stress | 9 | 25 | 39 | 73 |
| Increased tension in the household | 14 | 19 | 41 | 74 |
| Lack of knowledge about addiction | 22 | 27 | 25 | 74 |
| Lack of knowledge about available supportive services | 23 | 26 | 25 | 74 |
| Lack of support from family and friends | 18 | 33 | 23 | 74 |
| Legal problems | 36 | 8 | 30 | 74 |
| Marital problems | 43 | 13 | 18 | 74 |
| Neglect of other children | 48 | 11 | 15 | 74 |
| Social isolation | 22 | 27 | 25 | 74 |
| Stigmatisation | 29 | 28 | 17 | 74 |
| Strained relationships | 22 | 18 | 34 | 74 |
| Theft in the household | 14 | 24 | 36 | 74 |
| Unemployment | 33 | 11 | 30 | 74 |

Table: Carers’ perceptions of the impact of SUD on their health status

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Newly diagnosed**  **(n)** | **Aggravated the condition**  **(n)** | **Not related**  **(n)** |
| **Diagnosed conditions** | | | |
| Acid reflux | 0 | 2 | 1 |
| Diabetes | 3 | 2 | 2 |
| Heart problems | 1 | 1 | 0 |
| Hypertension | 5 | 7 | 4 |
| Ulcer | 3 | 0 | 1 |
| **Somatic symptoms** | | | |
| Fatigue | 7 | 5 | 0 |
| Frequent headaches | 7 | 1 | 2 |
| Insomnia | 15 | 4 | 0 |
| Muscle aches | 3 | 0 | 2 |
| Weight loss | 10 | 5 | 0 |

**Figure: Carers’ perceptions of the impact of SUD on their psychological wellbeing**

**Figure: Carers’ perceptions of the impact of SUD on their social wellbeing**

**Figure: Carers’ perceptions of the financial impact of SUD**

Figure: Carers’ perceptions of the impact of SUD on their spirituality

**Figure: Carers’ perceptions of the impact of SUD on other family members**

# Carers' perceptions on support and coping

Figure: Support for carers of people with SU

**Figure: Institutions/ Organisations providing support**

## Coping of carers of people with SUD

Table: Help to improve carers’ ability to cope

|  |  |
| --- | --- |
|  | **n (%)** |
| **Support** | 53 (70.7%) |
| Support from family | 14 (18.7%) |
| General/ overall support | 13 (17.3%) |
| Education on addiction | 8 (10.7%) |
| Family support groups | 5 (6.7%) |
| Counselling | 5 (6.7%) |
| Financial support | 3 (4%) |
| Support for health problems | 2 (2.7%) |
| Community support | 1 (1.3%) |
| Emotional support | 1 (1.3%) |
| Focus on self | 1 (1.3%) |
| **Assistance for the person with SUD** | 22 (29.3%) |
| Support | 5 (6.7%) |
| Aftercare | 4 (5.3%) |
| Responsibility | 4 (5.3%) |
| Treatment | 3 (4%) |
| Employment for person with SUD | 3 (4%) |
| Sobriety | 2 (2.7%) |
| Authority over person with SUD | 1 (1.3%) |

Table: Changes in approach to coping

|  |  |
| --- | --- |
|  | **n (%)** |
| **Lifestyle changes** | 52 (69.3%) |
| Self-care  Ask for support  Dealing with emotions  Finding employment  Spiritual involvement  Stop isolating self  Focus on other responsibilities  Help others in the same situation  Stop own substance use | 10 (13.3%)  10 (13.3%)  7 (9.3%)  4 (5.3%)  4 (5.3%)  2 (2.7%)  1 (1.3%)  1 (1.3%)  1 (1.3%) |
| **Acquire life skills** | 29 (38.7%) |
| Stop enabling  Communication skills  Patience (anger management)  Stress management  Financial management  Conflict management  Time management | 13 (17.3%)  5 (6.7%)  4 (5.3%)  3 (4%)  2 (2.7%)  1 (1.3%)  1 (1.3%) |
| **Other** |  |
| Education on addiction | 5 (6.7%) |
| To provide support for the person with SUD | 3 (4%) |
| Treatment for person with SUD | 1 (1.3%) |
| Father figure for person with SUD | 1 (1.3%) |
| Sobriety | 1 (1.3%) |

Table: Descriptive statistics in the pre-and post-test mean scores

|  |  |  |
| --- | --- | --- |
| **Coping construct measured** | **Mean (*M*)** | ***SD*** |
| Overall CSE | | |
| Pre-test  Post-test | 5.51  7.62 | 0.81  0.88 |
| Problem-focused coping | | |
| Pre-test  Post-test | 5.43  7.69 | 0.83  0.84 |
| Emotion-focused coping | | |
| Pre-test  Post-test | 5.47  7.73 | 1.03  1.18 |
| Social coping strategies | | |
| Pre-test  Post-test | 5.75  7.27 | 0.95  1.29 |

Table: Paired t-test results

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Paired differences** | |  | | |
| **Coping construct** | ***M*** | ***SD*** | ***t* statistic** | **df** | ***p*-value** |
| Overall coping self-efficacy | | | | | |
| Pre-post test | 2.12 | 1.27 | 6.48 | 14 | < . 0005\* |
| Problem-focused coping | | | | | |
| Pre-post test | 2.26 | 1.17 | 7.47 | 14 | < .0005\* |
| Emotion-focused coping | | | | | |
| Pre-post test | 2.27 | 1.57 | 5.61 | 14 | < .0005\* |
| Social coping strategies | | | | | |
| Pre-post test | 1.52 | 1.53 | 3.86 | 14 | 0.00085\* |

* p< .05 statistical significance