

**PSYCHOSOCIAL BURDEN OF THALASSAEMIA PATIENTS WHO ATTEND
HAEMATOLOGICAL DEPARTMENT OF YANGON GENERAL HOSPITAL**

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ABSTRACT

The aim of the study was to assess the psychosocial burden of the thalassaemia patients due to the repeated blood transfusions and hospitalizations. The study design was cross sectional, descriptive. The study was conducted at the Haematological Department of Yangon General Hospital. The study consists of 97 thalassaemic patients, who attend Haematological Department of Yangon General Hospital during last week of September to last week of October, 2016. They were interviewed with semi-structured questions to assess their psychosocial burden. Data were analyzed by using SPSS software. Mean age of the respondents was 32 years \pm 11.9 SD. Thirty-two percent of the respondents were male and sixty-nine percent were from urban region. Fifty-five percent of the patients were dependent and only 33% were currently working. Median monthly family income was 200,000 kyats (IQR= 150,000 to 300,000). Psychosocial burden affected many aspects of their life such as education, occupation, sporting capabilities, difference from friends, family and social interaction, anxiety and depression. Current schooling was seen only in 15% of school going age and 38% of the patients had history of quitting from school due to the disease. Forty-eight percent gave the history of quitting from job. Sport activities was affected in 89% of the patients and 36% of the patients had feelings of being difference from friends. Burden on family interaction was seen in 47% of the patients and social activities were affected in 56% of the patients. Approximately half of the patients had anxiety and depression. There were association between family and social interaction and their anxiety and depression status. The major reason for their anxiety and depression was the complications of the disease. Majority of the patients (85%) discussed about the diseases and its related problem only to the family

members and they mainly depended on their families for financial and emotional support. This study revealed the amount of psychosocial burden faced by the thalassemia patients and pointed out the need for the intervention programme in the management of their psychosocial burden.