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Relationship between caregiver burden and occupational balance among mothers of children with cerebral palsy

Ayswarjya Tripathy

Manipal College of Health Professions, ayswarjya.tripathy@learner.manipal.edu

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Abstract

Background: Taking care of children with cerebral palsy can negatively influence mother's well-being and health. This in turn can lead to an increased caregiver burden and hamper their occupational balance.

Aim: To determine the relationship of caregiver burden and occupational balance of mothers of children with cerebral palsy (age range 6-12 years), reporting to a tertiary care hospital in south-west Karnataka.

Objective: To translate the Occupational Balance Questionnaire (OBQ) into Kannada and to then culturally validate it

Methods: The study was conducted in two phases. In the first phase, WHO guidelines for translation and cross-cultural validation were followed to develop a Kannada version of the OBQ. In the second phase, a pilot study using this translated version of the OBQ and the Zarit Burden Interview was conducted with 14 mothers of children with cerebral palsy.

Results: Following the five step process of translation and cross-cultural validation, the OBQ-Kannada was developed. After approval from the OBQ's original authors, this newly developed tool was used for the second phase. Of the participants in the study, eight were experiencing difficulties with their occupational balance and 13 participants were experiencing high caregiver burden. A weak negative correlation was found between caregiver burden and occupational balance.

Conclusion: Through this study, a translated and culturally relevant tool, OBQ- Kannada was developed. The weak correlation between caregiver burden and occupational balance needs to be further evaluated.

Keywords: Cerebral Palsy, Caregiver burden, Occupation Balance, Questionnaire translation, Cross-cultural validation, Indian context