



Tittel: Next of kin's experiences of living with a depressed person: A qualitative metasynthesis/Pårørendes opplevelser av samlivet med deprimerte mennesker: En kvalitativ metasyntese

Forfatter: Hansen, Jeppe Oute, Jakobsen, Thea Lund, Rossen, Camilla Blach, & Buus, Niels.

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Sammendrag:

Aim: The aim of the present study was to critically review and synthesise qualitative studies about next of kin's experiences of living with a depressed person in order to gain a better understanding of their need for professional support.

Background: Having cohabitant next of kin facilitates recovery after depression. However, depression is a major emotional and social burden on the next of kin, and involving them in the treatment and rehabilitation process can increase this burden significantly.

Methods: Based on the principles laid out by Sandelowski and Barroso, this qualitative metasynthesis comprised a) a systematic literature search in CINAHL, PubMed and PsycINFO databases, b) a critical evaluation of eight articles using the COREQ checklist, and c) an integrating synthesis of the articles' findings.

Findings: The synthesis identified a cyclic psychosocial process accounting for the next of kin's changing recognition of their situation, their feelings and actions. Caregivers go through three phases: "searching for help and explanation", "the debilitating period" and "recovery".

Conclusion: The views of next of kin to depressed persons on their situation and their need for support were sometimes at odds with the ill person's and the health care professionals' view.

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