END OF LIFE PSYCHO-SOCIAL AND SPIRITUAL PROBLEMS OF PATIENTS

N.K.Nikhil [*]

Dr.Santha S[**]

Abstract

Background

In developed as well as developing countries, millions of people with life limiting illnesses are living and dying slowly in unrelieved pain, with uncontrolled and unresolved physical, psycho-social, and spiritual problems. There are real problems in meeting the health care needs of such a large population, particularly, the poor in rural areas. Moreover, the existing heath care facilities are more attuned to caring for acute health problems and they play only a limited role in the care of the chronically ill in the society.

Aim

The current study has been undertaken to know the End of Life psycho-social and spiritual problems of patients in Chottanikkara Panchayat, Kerala before one year to last two weeks before their death.

Materials and Methods

The analysis was made based on the perceptions of the family members of the deceased patients. A sample of 50 deceased patients in Chottanikkara Panchayat who did not avail pain and palliative services (whose death took place in the year 2015) was selected by adopting convenience sampling method for study. Analysis was done via statistical software 16.0. using statistical tool, viz. percentage and Freidman test.

[*] **Asst. Professor, School of Commerce, Rajagiri College of Social Science, Kalamassery, Kerla**

[**] **Associate Professor in Commerce, Post Graduate Department of Commerce and Research Centre, St. Peter's College, Kolenchery, Ernakulam Dist, Kerla**

Results

Only a few could stay in job, could fulfil their prior role in the family or society, were active, could keep up friendship during the last two weeks before their death. Most of the patients did not face the problem of "lack of social safety" before one year to last two weeks before their death. During the period before 6 months to last 2 weeks before their death, most of them did not face the problem "no relatives available for help". Most of the patients never faced the problem "Loss of social roles" before one year to 6 months before their death. Most of the patients never faced the problem "social isolation" even during the last 2 weeks before their death. Only a few patients always faced financial difficulties before one year to last two weeks before their death. Most of the patients did not face the problem of neglect even during the last two weeks of their death. Most of the patients did not change their faith and beliefs even before 1.5 months before their death. Most of the patients had the problem of sadness, depression, denial, anxiety, anger and fear during the last two weeks before their death.

Conclusion

Most of the patients did not face the problem of Neglect even during the last two weeks before their death. Most of the patients did not change their faith and beliefs even before 1.5 months before their death. Most of the patients had the problem of sadness, depression, denial, anxiety, anger and fear during the last two weeks before their death.

Key words: Social Isolation, Social Safety, Anxiety, Denial

MANUSCRIPT

Introduction

At the last stage of life, patients and their families may have to take a wide range of simple to extremely complex psycho-social tasks and decisions which have a significant impact on suffering and the quality of living and dying of the patients. John Hinton, (1963)[2], made a detailed study of the physical and mental distress of the dying. His observations from the wards of a London teaching hospital showed that much suffering remained unrelieved and also how most patients were well aware of their prognosis despite the lack of information normally given at that time. Naveen Rudolf Rodrigues and Marie Nympha (2008)[3], made a study on "Triage in Palliative Care a Challenge Towards Better Co-Ordinated Quality of Care in a Private Multi speciality Hospital". It is revealed that triaging helps the individual and family for better quality care by increasing acceptance only through multi professional multidimensional approach keeping in mind the

concept of active total care though barriers do exist which would always persist due to multifactorial (physical/ social/ psychological/ spiritual) reasons.

Significance of the study

In developed as well as developing countries, millions of people are living and dying slowly in unrelieved pain, with uncontrolled physical symptoms, with unresolved psychosocial and spiritual problems and in fear and loneliness. While this phenomenon has been widely reported, and published both in scientific and the lay press, affirmative action in public health terms to develop and provide services for people with incurable illness seems grossly inadequate. The present study tries to highlight a clear-cut view of the end of life problems of the patients during different stages of diseases keeping the study to the context of psycho-social and spiritual frame work. The present study would help the palliative care service providers to have an idea about the magnitude of palliative care services to be provided to the patients at different stages. Therefore, the study titled "End of life psycho-social and spiritual problems of patients" assumes greater significance.

Scope of the study

The current study has been undertaken to know the end of life psycho-social and spiritual problems of patients in Chottanikkara Panchayat, Kerala before and last one year of their death. The analysis was made, based on the perceptions of the family members of the deceased patients.
Objective of the study

The study tries to draw a framework on the end of life problems of patients in Chottanikkara Panchayat, Kerala to the context of psycho-social and spiritual problems of the deceased patients before one year to last two weeks of their death.

Hypothesis of the study

H_{o1} There is no significant difference in the intensity of psychological problems, viz. Sadness, anger, denial, depression, and anxiety among the patients before one year and last one year before their death.

Selection of the sample

The analysis was made based on the perceptions of the family members of the deceased patients whose death took place during the year 2015. The list of deceased patients was prepared from the data base maintained by the Public Health Dept. of Chottanikkara Panchayat, Ernakulum District.

But the list of patients who did not avail palliative care services was not readily available. Therefore, 50 deceased patients who did not avail palliative services were selected as sample by adopting convenience sampling method.

Collection of data

The data for the study were collected from both primary and secondary sources. The primary data were collected from the family members of the deceased patients based on structured questionnaires. The secondary data were collected from reports, books and web sites.

Tools of analysis

For analysis, statistical tools like percentage and Freidman test were used. To study the psycho-social problems of patients, relevant questionnaire was developed with 5-point scale (1-Always,2-Often,3-Sometimes,4-Rarely and 5 -Never). The analysis was made by using statistical package, viz. SPSS16.0.

Period of Study

The survey was conducted during the period April-May 2016.

End of Life Psycho-Socio Spiritual problems of the Patients-Analysis

78 % of patients died at the age of 60 years and above. 16 % died at the age of 50 to 60 years and only 6 % died at the age of 30 to 50 years. Gender composition of deceased patients comprised of 68% males and 32 % females. 37% of them were suffering from old age problem. 36 % of them were suffering from cancer. Rest of them were suffering from Chronic kidney disease (8%), heart disease (8%) liver disease (8%) and spinal injuries (3%). Most of the patients could stay in job before one year prior to their death. 46% of them could stay before 6 months to 3 months and 42% of them could stay in job even in the last two weeks before their death (Table 1). Most of the patients could fulfil their prior role in the family or society before one year prior to their death. However, only 36 % of them could fulfil their role before 3 months and last two weeks prior to their death (Table 3). Most of the patients were active in the society before one year prior to their death. 48 % of them were active before 3 months and before 1.5 months prior to their death. However, only 44% of them were active during the last two weeks prior to their death (Table 5). Most of the patients could keep up the friendship before one year prior to their death. 48% of them could keep it before 6 months and 44 % of them could keep it up to 3 months to 1.5 months before their death. However, only 40 % of them were could keep up friendship during the last two weeks

prior to their death (Table 7). Most of the patients did not face the problem of "lack of social safety" before one year to the last two weeks prior to their death (Table 9). Most of the patients always faced the problem "no relatives available for help" before one year prior to their death. However, during the period before 6 months to last 2 weeks prior to their death, most of them did not face such problem (Table 11). Most of the patients never faced the problem "Loss of social roles" before one year to before 6 months prior to their death. However, during the last 2 weeks before their death, 46% of them always faced such problem (Table 13). Most of the patients never faced the problem "social isolation" even during the last 2 weeks prior to their death. Only 40% of them always faced such problem during the last two weeks before their death (Table 15). Only 10% of the patients always faced financial difficulties before one year prior to their death. But 36% of the always faced and 26% of them often faced such problem during the last two weeks prior to their death. (Table 17). Most of the patients did not face the problem of neglect even during the last two weeks prior to their death (Table 19). Most of the patients did not change their faith and beliefs even before 1.5 months prior to their death. Even during the last two weeks, 42% of them did not change their faith and beliefs (Table 21). Most of the patients did not face the problem of anticipatory bereavement before one year prior to their death. However, 50% of them always faced such problem during the last 2 weeks prior to their death (Table 23). Most of the patients did not have the problem of sadness before one year prior to their death. However, 52% of them always faced such problem during the last 2 weeks before their death (Table 25). Only 40% of the patients did not have the problem of depression before one year prior to their death. 66% of them always faced such problem during the last 2 weeks before their death (Table 27). Only a few patients (10%) always faced the problem of denial before one year before their death. But most them (70%)always faced such problem during the last two weeks before their death (Table 29). Only a few patients (12%) always faced the problem of 'anxiety' before one year prior to their death. But most them (54%) always faced such problem during the last two weeks prior to their death (Table 31). Only 30% of the patients always faced the problem of 'anger' before one year prior to their death. But most them (60%)always faced such problem during the last two weeks before their death (Table 33). Only 8% of the patients always faced the problem of 'fear' before one year prior to their death. But most them (58%)always faced such problem during the last two weeks prior to their death (Table 35).

Friedman Repeated Measures Analysis of Variance on Ranks test was applied to know the period during which these problems were severe. The test result revealed that all the patients often faced all the psycho -social and spiritual problems except "lack of social safety" before 1.5 months to last

two weeks since the mean scores were below 3 (3 being the average mean score) during these periods. Again Friedman test result revealed that there is a significant difference in the problem "not able to stay in job" (Table 2) , "not able to fulfil prior role in the family or society" (Table 4) , "not able to be active in the society" (Table 6) , "not able to be keep up friendship" (Table 8), "no relatives available for help" (Table 12), "Loss of social roles" (Table 14), "Social isolation" (Table 16) , "Financial Difficulties" (Table 18) , "Neglect" (Table 20), "Change in Faith and Beliefs" (Table 22), "anticipatory bereavement" (Table 24) faced by the patients before one year and during the last one year before their death since the p value 0.000 is less than 0.01. However, no significant difference is found in the problem "lack of social safety" faced by the patients before one year and last one year before their death since the p value 0.489 is greater than 0.01 (Table 10).

Friedman test result given in Tables 26,28,30,32 and 34 revealed that there was a significant difference in the psychological problems "sadness", "Depression" "Denial", "Anxiety", "Anger" and "Fear" faced by the patients before one year and last one year before their death since the p value 0.000 is less than 0.01. Therefore, the null hypothesis H_{01} is rejected.

Conclusion

Only a few could stay in job, could fulfil their prior role in the family or society, were active, could keep up friendship during the last two weeks before their death. Most of the patients did not face the problem of "lack of social safety" before one year to the last two weeks before their death. During the period before 6 months to last 2 weeks before their death, most of them did not face the problem "no relatives available for help". Most of the patients never faced the problem "Loss of social roles" before one year to before 6 months prior to their death. Most of the patients never faced the problem "social isolation" even during the last 2 weeks prior to their death. Only a few patients always faced financial difficulties before one year to last two weeks prior to their death. Most of the patients did not face the problem of Neglect even during the last two weeks prior to their death. Most of the patients did not change their faith and beliefs even before 1.5 months before their death. Most of the patients had the psychological problems, viz. sadness, depression, denial, anxiety, anger and fear during the last two weeks before their death.

References:

1.   The physical and mental distress of the dying. *Quart J Med* 1963; 32: 1-20

2.   Naveen Rudolf Rodrigues and Marie Nympha, " Triage in Palliative Care a Challenge Towards Better Co-ordinated Quality of Care in a Private Multispeciality Hospital". Proceedings

of XV International Conference of Indian Association of Palliative Care, Kochipallcon, India, Feb, 2008,.247.

3.World Health Organization, 1990. http://www.who.int /cancer/palliative /definition /en / Canadian Palliative Care Association (CPCA), 1997 www.medterms.com

1. www.cdf.org.uk

4. www.amazon.com

Table 1 Not Able to Stay in Job

Responses	Before 1 year		Before 6 months		Before 3 months		Before1.5 months		Last 2 weeks	
	Frequency	%	Frequency	%	Frequency	%	Frequency	%	Frequency	%
Always	9	18	11	22	11	22	21	42	18	36
Often	2	4	5	10	10	20	3	6	8	16
Sometimes	-	-	8	16	8	16	6	12	3	6
Rarely	3	6	3	6	3	6	2	4	-	-
Never	36	72	23	46	23	46	21	42	21	42
Total	50	100	50	100	50	100	50	100	50	100

Source: Primary data.

Table 2 Not Able to Stay in Job (Friedman Repeated Measures Analysis of Variance on Ranks)

Period	Mean	Rank
Before One year	3.60	5
Before 6 months	3.19	4
Before 3 months	2.91	3
Before 1.5 months	2.69	2
Last Two weeks	2.61	1

Source: Primary data.

$\chi2$ = 34. 337 with 4 degrees of freedom significant at 1% level.

Table 3 Not Able to Fulfil Prior Role in the Family or Society

Responses	Before 1 year		Before 6 months		Before 3 months		Before 1.5 months		Last 2 weeks	
	Frequency	%	Frequency	%	Frequency	%	Frequency	%	Frequency	%

Always	13	26	12	24	15	30	19	38.0	26	52
Often	2	4	5	10	2	4	5	10		
Sometimes	3	6	8	16	15	30	6	12	6	12
Rarely	-	-	5	10	-	-				
Never	32	64	20	40	18	36	20	40	18	36
Total	50	100	50	100	50	100	50	100	50	100

Source: Primary data.

Table 4 Not Able to Fulfil Prior Role in the Family or Society (Friedman Repeated Measures Analysis of Variance on Ranks)

Period	Mean	Rank
Before One year	3.53	5
Before 6 months	3.18	4
Before 3 months	2.95	3
Before 1.5 months	2.77	2
Last Two weeks	2.57	1

Source: Primary data.

$\chi2$ = 31.725 with 4 degrees of freedom significant at 1% level.

Table 5 Not Able to be Active in the Society

Responses	Before 1 year		Before 6 months		Before 3 months		Before 1.5 months		Last 2 weeks	
	Frequency	%	Frequency	%	Frequency	%	Frequency	%	Frequency	%
Always	15	30	12	24	12	24	17	34	22	44
Often			3	6	2	4	3	6		
Sometimes	4	8.0	7	14	9	18	6	12	6	12
Rarely			6	12	3	6				
Never	31	62	22	44	24	48	24	48	22	44
Total	50	100	50	100	50	100	50	100	50	100

Source: Primary data.

Table 6 Not Able to be Active in the Society (Friedman Repeated Measures Analysis of Variance on Ranks)

Period	Mean	Rank
Before One year	3.26	5
Before 6 months	3.18	4
Before 3 months	3.08	3
Before 1.5 months	2.82	2
Last Two weeks	2.66	1

Source: Primary data.

χ2 =16.848 with 4 degrees of freedom significant at 1% level.

Table 7 Not Able to Keep Up Friendships

Responses	Before 1 year		Before 6 months		Before 3 months		Before 1.5 months		Last 2 weeks	
	Frequ	%	Frequen	%	Freque	%	Frequenc	%	Frequency	%
Always	13	26	10	20	14	28	15	30	21	42
Often			-	-			3	6	3	6
Sometimes	8	16	11	22	11	22	7	14	3	6
Rarely			5	10	3	6	3	6	3	6
Never	29	58	24	48	22	44	22	44	20	40
Total	50	100	50	100	50	100	50	100	50	100

Source: Primary data.

Table 8 Not Able to Keep Up Friendships (Friedman Repeated Measures Analysis of Variance on Ranks)

Period	Mean	Rank
Before One year	3.24	5
Before 6 months	3.22	4
Before 3 months	3.06	3
Before 1.5 months	2.89	2
Last Two weeks	2.59	1

Source: Primary data.

$\chi2$ = 23.092 with degrees of freedom significant at 1% level.

Table 9 Lack of Social Safety

Responses	Before 1 year		Before 6 months		Before 3 months		Before 1.5 months		Last 2 weeks	
	Frequenc	%	Frequenc	%	Frequenc	%	Frequenc	%	Frequenc	%
Always	9	18	10	20	10	20	12	24	12	24
Often	-	-	-	-	-	-	-	-	-	-
Sometimes	3	6	-	-	-	-	-	-	-	-
Rarely	-	-	-	-	-	-	-	-	-	-
Never	38	76	40	80.0	40	80.0	38	76	38	76
Total	50	100	50	100	50	100	50	100	50	100

Source: Primary data.

Table 10 Lack of Social Safety (Friedman Repeated Measures Analysis of Variance on Ranks)

Period	Mean	Rank
Before One year	3.06	3
Before 6 months	3.01	2
Before 3 months	3.01	2
Before 1.5 months	3.01	2
Last Two weeks	2.91	1

Source: Primary data.

$\chi2$ = 3.429 with 4 degrees of freedom not significant at 1% level.

Table 11 No Relatives Available for Help

Responses	Before 1 year		Before 6 months		Before 3 months		Before 1.5 months		Last 2 weeks	
	Frequenc	%	Frequency	%	Freque	%	Frequen	%	Freq	%
Always	28	56	14	28	14	28	18	36	21	42
Often	-	-	-	-	2	4				
Sometimes	-	-	-	-	2	4				

Rarely	-	-	-	-						
Never	22	44	36	72	32	64	32	64	29	58
Total	50	100	50	100	50	100	50	100	50	100

Source: Primary data.

Table 12 No Relatives Available for Help(Friedman Repeated Measures Analysis of Variance on Ranks)

Period	Mean	Rank
Before One year	3.27	5
Before 6 months	3.23	4
Before 3 months	3.05	3
Before 1.5 months	2.90	2
Last Two weeks	2.55	1

Source: Primary data.

$\chi 2$ = 30.703 with 4 degrees of freedom significant at 1% level.

Table 13 Loss of Social Roles

Responses	Before 1 year		Before 6-months		Before 3 months		Before 1.5 months		Last 2 weeks	
	Frequenc	%	Frequenc	%	Freque	%	Frequen	%	Frequ	%
Always	5	10	14	28	15	30	15	30	23	46
Often			-	-			5	10		
Sometimes	10	20	5	10	10	20	3	6	3	6
Rarely	3	6	8	16						
Never	32	64	23	46	25	50	27	54	24	48
Total	50	100	50	100	50	100	50	100	50	100

Source: Primary data.

Table 14 Loss of Social Roles (Friedman Repeated Measures Analysis of Variance on Ranks)

Period	Mean	Rank
Before One year	3.59	5
Before 6 months	3.02	4

Before 3 months	2.92	3
Before 1.5 months	2.84	2
Last Two weeks	2.63	1

Source: Primary data.

$\chi 2$ = 23.734 with 4 degrees of freedom significant at 1% level.

Table 15 Social Isolation

Responses	Before 1 year		Before 6 months		Before 3 months		Before 1.5 months		Last 2 weeks	
	Frequenc	%	Freque	%	Freque	%	Frequenc	%	Freque	%
Always	3	6	3	6	5	10	13	26	20	40
Often			8	16	8	16	2	4		
Sometimes	10	20	5	10	5	10	3	6		
Rarely	6	12	5	10	3	6	3	6	3	6
Never	31	62	29	58	29	58	29	58	27	54
Total	50	100	50	100	50	100	50	100	50	100

Source: Primary data.

Table 16 Social Isolation (Friedman Repeated Measures Analysis of Variance on Ranks)

Period	Mean	Rank
Before One year	3.60	5
Before 6 months	3.20	4
Before 3 months	3.06	3
Before 1.5 months	2.70	2
Last Two weeks	2.44	1

Source: Primary data.

$\chi 2$ = 57.248 with degrees of freedom significant at 1% level.

Table 17 Financial Difficulties

Responses	Before 1 year		Before 6 months		Before 3 months		Before 1.5 months		Last 2 weeks	
	Frequen	%	Frequency	%	Freque	%	Freque	%	Freq	%
Always	5	10	11	22	11	22	16	32	18	36

Often	-		2	4	4	8	15	30	14	28
Sometimes	13	26	13	26	16	32				
Rarely	3	6	5	10						
Never	29	58	19	38.0	19	38.0	19	38.0	18	36
Total	50	100	50	100	50	100	50	100	50	100

Source: Primary data.

Table 18 Financial Difficulties (Friedman Repeated Measures Analysis of Variance on Ranks)

Period	Mean	Rank
Before One year	3.80	5
Before 6 months	3.29	4
Before 3 months	3.11	3
Before 1.5 months	2.44	2
Last Two weeks	2.36	1

Source: Primary data.

$\chi 2$ = 67.409 with 4 degrees of freedom significant at 1% level.

Table 19 Neglect

Responses	Before 1 year		Before 6 months		Before 3 months		Before 1.5 months		Last 2 weeks	
	Freque	%	Freque	%	Frequency	%	Freque	%	Frequ	%
Always	7	14	2	4	4	8.0	11	22	12	24
Often			2	4			2	4		
Sometimes			5	10	7	14	3	6	5	10
Rarely	3	6	5	10	3	6	3	6		
Never	40	80	36	72	36	72	31	62	33	66
Total	50	100	50	100	50	100	50	100	50	100

Source: Primary data.

Table 20 Neglect (Friedman Repeated Measures Analysis of Variance on Ranks)

Period	Mean	Rank
Before One year	3.25	5
Before 6 months	3.11	4

Before 3 months	3.10	3
Before 1.5 months	2.80	2
Last Two weeks	2.74	1

Source: Primary data.

$\chi 2$ = 12.986 with 4 degrees of freedom significant at 1% level.

Table 21 Change in Faith and Beliefs

Responses	Before 1 year		Before 6 months		Before 3 months		Before 1.5 months		Last 2 weeks	
	Frequency	%	Freque	%	Freq	%	Frequenc	%	Freque	%
Always	2	4	2	4	4	8.0	7	14	18	36
Often									8	16
Sometimes	2	4							3	6
Rarely					2	4	2	4		
Never	46	92	48	96	44	88	41	82	21	42
Total	50	100	50	100	50	100	50	100	50	100

Source: Primary data.

Table 22 Change in Faith and Beliefs (Friedman Repeated Measures Analysis of Variance on Ranks)

Period	Mean	Rank
Before One year	3.22	5
Before 6 months	3.12	4
Before 3 months	3.02	3
Before 1.5 months	2.87	2
Last Two weeks	2.77	1

Source: Primary data.

$\chi 2$ = 16.625 with 4 degrees of freedom significant at 1% level.

Table 23 Anticipatory Bereavement

Responses	Before 1 year	Before 6 months	Before 3 months	Before 1.5 months	Last 2 weeks

	Freque	%	Frequency	%	Frequency	%	Frequenc	%	Frequ	%
Always	13	26	10	20	10	20	13	26	25	50
Often	-	-	-	-			10	20		
Sometimes	2	4	4	8	15	30	3	6	5	10
Rarely			11	22						
Never	35	70	25	50	25	50	24	48	20	40
Total	50	100	50	100	50	100	50	100	50	100

Source: Primary data.

Table 24 Anticipatory Bereavement (Friedman Repeated Measures Analysis of Variance on Ranks)

Period	Mean	Rank
Before One year	3.37	5
Before 6 months	3.36	4
Before 3 months	3.08	3
Before 1.5 months	2.81	2
Last Two weeks	2.38	1

Source: Primary data.

$\chi2$ = 42.280 with 4 degrees of freedom significant at 1% level.

Table 25 Sadness

Responses	Before 1 year		Before 6 months		Before 3 months		Before 1.5 months		Last 2 weeks	
	Frequenc	%	Frequenc	%	Frequ	%	Frequenc	%	Freq	%
Always	4	8	10	20	18	36	22	44	26	52
Often			10	20	2	4	7	14	4	8.0
Sometimes	10	20	2	4	7	14	7	14	8	16
Rarely	3	6	5	10						
Never	33	66	23	46	23	46	14	28	12	24
Total	50	100	50	100	50	100	50	100	50	100

Source: Primary data.

Table 26 Sadness (Friedman Repeated Measures Analysis of Variance on Ranks)

Period	Mean	Rank
Before One year	4.04	5
Before 6 months	3.35	4
Before 3 months	2.93	3
Before 1.5 months	2.40	2
Last Two weeks	2.28	1

Source: Primary data.

$\chi 2$ = 82.998 with degrees of freedom significant at 1% level.

Table 27 Depression

Responses	Before 1 year		Before 6 months		Before 3 months		Before 1.5 months		Last 2 weeks	
	Frequency	%	Frequenc	%	Frequ	%	Frequen	%	Frequ	%
Always	17	34	15	30	17	34	25	50	33	66
Often			2	4	10	20	3	6	2	4
Sometimes	10	20	13	26	8	16	4	8.0	2	4
Rarely	3	6	3	6						
Never	20	40	17	34	15	30	18	36	13	26
Total	50	100	50	100	50	100	50	100	50	100

Source: Primary data.

Table 28 Depression (Friedman Repeated Measures Analysis of Variance on Ranks)

Period	Mean	Rank
Before One year	3.51	5
Before 6 months	3.44	4
Before 3 months	3.02	3
Before 1.5 months	2.69	2
Last Two weeks	2.34	1

Source: Primary data.

$\chi 2$ = 43. 427 with degrees of freedom significant at 1% level.

Table 29 Denial

Responses	Before 1 year		Before 6 months		Before 3 months		Before 1.5 months		Last 2 weeks	
	Freque	%	Freque	%	Frequency	%	Frequen	%	Freque	%
Always	5	10	13	26	15	30	24	48	35	70.0
Often	4	8	2	4	2	4	5	10	2	4
Sometimes	10	20	8	16	11	22			2	4
Rarely	-	-	6	12	3	6	3	6		
Never	31	62	21	42	19	38.0	18	36	11	22
Total	50	100	50	100	50	100	50	100	50	100

Source: Primary data.

Table 30 Denial (Friedman Repeated Measures Analysis of Variance on Ranks)

Period	Mean	Rank
Before One year	3.89	5
Before 6 months	3.35	4
Before 3 months	3.17	3
Before 1.5 months	2.56	2
Last Two weeks	2.03	1

Source: Primary data.

$\chi2 = 85.691$ with 4 degrees of freedom significant at 1% level.

Table 31 Anxiety

Responses	Before 1 year		Before 6 months		Before 3 months		Before 1.5 months		Last 2 weeks	
	Frequency	%	Freque	%	Frequenc	%	Freque	%	Freq	%
Always	6	12	13	26	13	26	25	50	27	54
Often			8	16	8	16	5	10	2	4
Sometimes			2	4	7	14			2	4
Rarely			5	10					3	6
Never	44	88	22	44	22	44	20	40	16	32.0
Total	50	100	50	100	50	100	50	100	50	100

Source: Primary data.

Table 32 Anxiety (Friedman Repeated Measures Analysis of Variance on Ranks)

Period	Mean	Rank
Before One year	3.93	5
Before 6 months	3.18	4
Before 3 months	3.08	3
Before 1.5 months	2.46	2
Last Two weeks	2.35	1

Source: Primary data.

$\chi 2$ = 70.646 with 4 degrees of freedom significant at 1% level.

Table 33 Anger

Responses	Before 1 year		Before 6 months		Before 3 months		Before 1.5 months		Last 2 weeks	
	Frequen	%	Frequ	%	Frequency	%	Freque	%	Freq	%
Always	15	30	22	44	22	44	22	44	30	60
Often	2	4								
Sometimes	2	4	2	4	2	4	2	4	2	4
Rarely										
Never	31	62	26	52	26	52	26	52	18	36
Total	50	100	50	100	50	100	50	100	50	100

Source: Primary data.

Table 34 Anger (Friedman Repeated Measures Analysis of Variance on Ranks)

Period	Mean	Rank
Before One year	4.07	5
Before 6 months	3.36	4
Before 3 months	3.11	3
Before 1.5 months	2.33	2
Last Two weeks	2.13	1

Source: Primary data.

$\chi 2$ = 17.905 with 4 degrees of freedom significant at 1% level.

Table 35 Fear

Responses	Before 1 year		Before 6 months		Before 3 months		Before 1.5 months		Last 2 weeks	
	Frequenc	%	Frequency	%	Frequency	%	Fre	%	Fre	%
Always	4	8	11	22	9	18	21	42	29	58
Often	-	-	-	-	2	4	10	20	5	10
Sometimes	2	4	10	20	14	28	3	6		
Rarely	-	-	6	12	5	10				
Never	44	88	23	46	20	40	16	32.0	16	32
Total	50	100	50	100	50	100	50	100	50	100

Source: Primary data.

Table 36 Fear (Friedman Repeated Measures Analysis of Variance on Ranks)

Period	Mean	Rank
Before One year	4.07	5
Before 6 months	3.36	4
Before 3 months	3.11	3
Before 1.5 months	2.33	2
Last Two weeks	2.13	1

Source: Primary data.

χ^2 = 93.876 with 4 degrees of freedom significant at 1% level.