

**The processes of stress and coping in informal caregivers of people diagnosed on the schizophrenia spectrum. A longitudinal study** (pp. 149-163)

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The goal of this study was to analyze the role of stress factors and coping strategies in explaining the burden and depression of family caregivers of people diagnosed with a schizophrenia spectrum disorder through a longitudinal design. An evaluation was made of thirty patients with a diagnosis on the spectrum of schizophrenia and thirty informal caregivers. Participants were assessed at three successive moments: baseline, after 5 months, and after 10 months. A decrease in caregivers' levels of subjective burden across time was found. At longitudinal level, most of the caregivers' coping strategies showed a relevant relationship with subjective burden and depression at some assessment time. In addition, subjective burden and depression showed a higher relationship with the patient's negative symptomatology. At longitudinal level, avoidant and resignation showed a relevant relationship with subjective burden and depression. The changes in the evaluation of the demands that the disorder placed on the caregivers and in their coping strategies suggest the development of a process of adaptation to the disorder by the caregiver.