

## CORRELATION BETWEEN STRESS, OVERLOAD AND QUALITY OF LIFE IN INFORMAL CAREGIVERS OF INFANTS WITH CLEFT LIP AND PALATE, WITH DYSPHAGIA, USING FEEDING TUBE

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**Objective:** To correlate stress and overload to the quality of life of informal caregivers of infants with cleft lip and palate, with dysphagia, using feeding tube. **Methods:** A cross-sectional study developed at the Hospital for Rehabilitation of Craniofacial Anomalies, comprising two groups: case and comparative. The group consisted of 30 informal caregivers of infants with cleft lip and palate, with dysphagia, using a feeding tube, and the comparison was composed of 30 informal caregivers of infants without oral cleft lip and palate. For data collection, we used: Sociodemographic Questionnaire, Bourden Interview Scale, Stress Symptom Inventory for Adults and WHOQOL-Bref. For the statistical analysis, Chi-Square and Pearson's correlation tests were used, both with a significance level of 5% ( $p \leq 0,05$ ). **Results:** Stress was significantly higher in the case group ( $p < 0,001$ ), in the resistance phase (80%) and with a prevalence of psychological symptoms (72%). The overload was significantly higher in the case group ( $p = 0,01$ ) while overall quality of life was significantly higher in the control group ( $p = 0,04$ ). Regarding domains related to quality of life, there was no difference between the groups. When correlating the domains related to quality of life with stress and overload, a correlation was identified between overload and quality of life referring to the physical domain ( $p = 0,034$ ). **Conclusion:** Informal caregivers of infants with cleft lip and palate, with dysphagia, using a feeding tube, presented higher levels of stress and overload and worse perception of their quality of life.