

Mental Health and Human Resilience

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Background: The well-being of an ill person is directly related to the nature and quality of the care provided by their caregiver. These demands can bring significant levels of stress for the caregiver and can affect their overall quality of life.

Aim: To assess the effect of laughter yoga on perceived stress, quality of sleep and caregiver burden among caregivers of mentally ill clients in AIIMS, New Delhi.

Methodology: A quasi experimental study of 60 caregivers of mentally ill patients split into control (n=30) and experimental group (n=30). The caregivers in the experimental group were A Khakha