

P03-75 - EFFECT OF FAMILY PSYCHO-EDUCATION ON FAMILY COHESION, EXPRESSIVENESS AND CONFLICT OF FAMILIES OF PATIENTS WITH SEVERE MENTAL DISORDERS IN IRAN

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Objective: A considerable amount of data from Western culture suggests that negative family environment can increase the rate of relapse in patients with severe psychiatric disorders. The objective of this study was to explore the effect of family psycho-education intervention on family environment of relatives of patients with severe mental disorders in Iran.

Method: Using an experimental design, with pretest, posttest and a control group, families of 30 patients with severe mental disorders were divided into two groups: six sessions of family psycho-education (intervention group); and no treatment (control group). Family environment was assessed using Family Environment Scale (FES).

Results: Results showed that the family psycho-education program improved cohesion and expressiveness in family members ($p < 0.01$) but it had no significant influence on conflict ($p > 0.05$).

Conclusion: Family intervention increased cohesion and expressiveness, but it had no significant effect on total family environment score or conflict. One explanation could be that our short-term program focused more on communication skills of family members rather than conflict resolution. Resolving conflict is complex in families of patients and need more time to change. The present study confirmed the need for family psycho-education and availability of resources to offer longer-term family psycho-education program to families of patients.