

Article: 0416

Topic: EPO07 - e-Poster Oral 07: Consultation Liaison Psychiatry and Psychosomatics, Personality and Personality Disorders, Sexual Medicine and Mental Health, Sexual Disorders, Rehabilitation and Psychoeducation

Providing Psychoeducational Family Intervention for Bipolar I Patients in the Real-world Study: Difficulties and Benefits for Mental Health Professionals.

V. Del Vecchio¹, M. Luciano¹, C. De Rosa¹, G. Sampogna¹, A. Fiorillo¹

¹Department of Psychiatry, University of Naples SUN, Naples, Italy

Introduction: Although many international guidelines emphasize the need to provide psychoeducational family intervention (PFI) together with pharmacological treatments for optimal management of bipolar I patients, this intervention is not routinely provided in mental health centres.

Objectives: The Department of Psychiatry of the University of Naples SUN has promoted a study to identify obstacles for the implementation of the PFI in the routine care.

Aims: To identify mental health professionals' benefits and difficulties in the implementation of PFI.

Methods: The Family Intervention Schedule was administered to mental health professionals at baseline, at T1, T2, T3, T4, T5 supervision meetings.

Results: Twenty-two mental health professionals were recruited, 45% were psychiatrists, with a mean age of 37.4(±7.3). The participants had been working in psychiatry for a mean of 9.1 (±6.5) years and the majority of them stated to be routinely in contact with patients and their relatives. At the beginning of the study, the highest levels of difficulties regarded: 1) the integration of PFI with other work responsibilities; 2) the lack of time to run the intervention; 3) the identification of suitable families. Among benefits, participants reported an increased feeling of confidence in relation to their work ($p < .05$) and an improvement in the relationships with the service users' families ($p < .01$). Difficulties tended to decrease over time, being absent at the end of the protocol.

Conclusions: Although mental health professionals recognize that PFI has a positive impact on their work, many organizational obstacles prevent its routine use. A possible solution may be the promotion of peer-led PFIs, as already done by the US NAMI.