

P02-292 - A RANDOMIZED CONTROLLED TRIAL ON THE EFFICACY OF GROUP PSYCHOEDUCATION FAMILY INTERVENTION FOR CARERS OF PERSONS WITH SCHIZOPHRENIA IN SHANGHAI

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Objective: This study explores the effects of a group psychoeducations family intervention for individuals with schizophrenia and their family.

Methods: A cluster randomized controlled trial design was employed. A total of 97 patients with schizophrenia and their relatives were recruited from two street and divided into two groups. The groups consisted of a group psychoeducational family intervention group and a control group. A 12-month follow-up study was conducted.

Results: The psychoeducational family intervention group attained a better knowledge gain related to mental illness and an increase in treatment compliance compared to the control group. Family attitudes toward the patient were positively related to the patient's clinical outcome. Family attitudes improved after 12 months of intervention. The clinical outcomes of family intervention group were enhanced and the relapse rate was significantly decreased as well. There was an increased readmission rate in the group family intervention may be due to better access to health care. Although there were no differences in overall social function, there were improvements in the specific components of marital role and care of self for the family intervention group. The patient's negative influence on society in the family intervention group decreased after 12 months of intervention.

Conclusion: The group psychoeducational family intervention played a important role in improving the relatives' knowledge of mental health and attitudes towards the patients. The intervention promoted the patient's treatment compliance, decreased the relapse rate, improved clinical outcomes and social function. We think the group psychoeducational family intervention can provide the basis for future research and mental health practice in China.