

P03-204

## RELAPSES OF THE DISEASE IN PSYCHOTIC PATIENTS DUE TO INABILITY TO MANAGE STRESSFUL SITUATIONS

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Introduction: Patients with mental disease are not in touch with their emotions, they do not recognize them and are incapable of finding alternative ways to face life difficulties.

Consequently, anxiety which evolves from stressful situations literally immobilizes them.

Objective: Our aim was to isolate the factors which create stressful situations that lead patients in relapsing.

Method: We studied patients' inability to cope with their emotions and the stress that follows. We studied 25 patients living in the R.U. “Eurikleia”, 30 patients in follow-up and 50 patients who were hospitalized in the 3<sup>rd</sup> Psychiatric Department of the Psychiatric Hospital of Athens.

Our therapeutic procedure was the following:

prescription of atypical anti-psychotics

completion of the MMPI

examination of family/ personal history

examination of family dynamics/ dysfunctions

individualized therapeutic intervention for each patient and family

evaluation of the results one year later.

Our intervention comprised of family therapy, setting family roles boundaries, patients' autonomy, agreement in interventions between family and the therapeutic group and patients' encouragement to take initiatives concerning their personal life.

Results:

Ø the functionality of the patients had improved

Ø there was an important restoration of their sociability

Ø there were still deficits regarding their socialization and professional rehabilitation

Ø there was improvement regarding their autonomy

Ø their dependence had been substituted for interdependence.

Conclusions: Through this study the most obvious conclusion we reached at was the necessity of patients' and their families' re-education in order to be able to live a meaningful life.