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## Efficacy of Psychoeducational Family Intervention in Bipolar I Disorder: Results From a Multicenter, Randomized, Controlled Trial

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**Introduction:** Psychoeducational family intervention (PFI) has been proposed to supplement pharmacotherapy in order to improve the clinical outcome of people with bipolar I disorder. Only a few studies have been carried out on the efficacy of PFI on patients' social functioning and on relatives' burden.

**Objectives:** to improve patients' social functioning and to reduce the level of family burden in relatives of people with bipolar I disorder.

**Aims:** to improve clinical outcome and social functioning of patients with bipolar I disorder, and to reduce family burden, in those receiving the experimental intervention compared with treatment as usual (TAU) group.

**Methods:** A multicentre, real-world, randomized, controlled, outpatient trial was carried out in 11 Italian mental health centres. Enrolled patients and key-relatives were consecutively allocated either to receive PFI and TAU or to a waiting list receiving TAU alone.

**Results:** 70 families were allocated to the experimental group and 67 to the control group. At the end of the intervention, a significant improvement in patients' clinical status and social functioning was found in the experimental group compared to TAU, as well as a significant reduction in the levels of relatives' subjective and objective burden. The effect of the intervention remained significant also after controlling for several confounding patient's socio-demographic and clinical factors.

**Conclusions:** PFI is effective in improving the clinical and social outcomes of patients with bipolar I disorder and of their relatives.