

Psychoeducative familyintervention(PEFI) with schizophrenic patients and their relatives

A salutogenetic approach?

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What is psychoeducative familyintervention (PEFI)?

- Psychoeducative familyintervention (PEFI) is a multi family intervention for schizophrenic patients and their relatives/partners (Berger et al 2004)
- It was developed in our hospital within the scope of a HPH project as a new kind of psychoeducational treatment more than 15 years ago
- In each case 4 to 5 patients and their relatives/partners take part in 10 group sessions
- Each group is led by a doctor and a psychologist, every group consists of 12 to 15 members and meets once a week for two hours
- In session 1 to 5 we give information about the disease, possibilities of treatment and strategies of crisis prevention and intervention
- In session 6 to 10 we continue with techniques to improve the communication within the family by role-playing. We use techniques from behavioural therapy like active listening, making legitimate demands, training of social competences, problem-solving and coping with stress
- After 9 and 12 months we invite the group members for booster-sessions to discuss the given information and the learned techniques

Objective and method of the ongoing study

- Antonovskys 'sense of coherence' SOC is a good predictor for mental health and quality of life (Antonovsky 1987; Bengtsson-Tops & Hansson 2001, Eriksson & Lindström 2007;)
- Psychoeducation can enhance a persons SOC (Landsverk & Kane 1998)
- Therapy should be more effective in patients with low SOC (Szymona 2005)
- Questions of the study:
 1. Does SOC work as a predictive factor for schizophrenic patients?
 2. What are the effects of PEFI, especially in matters of the SOC?
- Until now 46 schizophrenic outpatients have taken part in a randomized longitudinal field study, each patient for a one year period
- After dismissal patients either participate with their relatives in a course of PEFI or get treatment as usual in our ambulance
- At 4 times all patients were assessed with SOC-29, PANSS, GAF, WHOQOL-Bref and interviews with qualitative questions

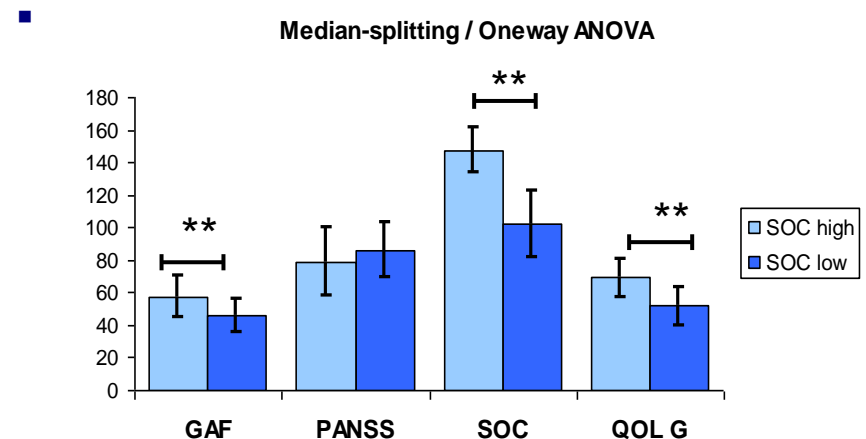
Results of Measure 1 (Before intervention)

- SOC was significantly correlated with GAF and QOL and negative significant with PANSS

- Pearson Correlation N = 46
- SOC with
- GAF $r = 0,505^{**}$
- QOL G $r = 0,761^{**}$
- PANSS $r = -0,408^{**}$
- * $P < 0,05$ ** $p < 0,01$

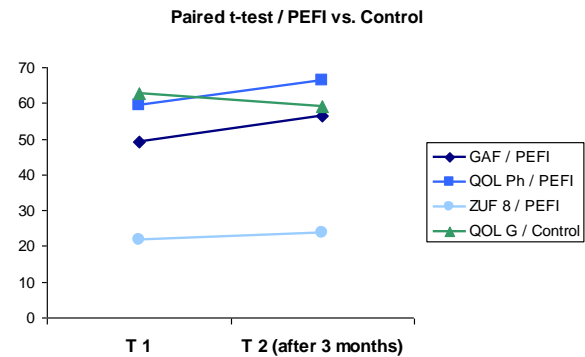
■ Fig 1

Patients with high SOC scores had a significant higher level in GAF and QOL and lower scores in PANSS (not significant)

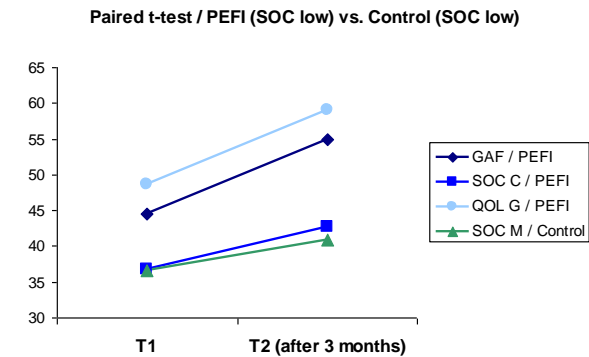


Effects between Measure 1 and 2 (3 months later)

- **Fig 2**
PEFI participants had a significant increase of GAF (+7), QOL Ph (+7) and ZUF (+2)
- Control group patients had a significant decrease of QOL (-4)



- **Fig 3**
PEFI participants with low SOC benefit most. They had a significant increase of GAF (+10), QOL (+11) and SOC C (+6)
- Patients with high SOC had no significant increase.



Conclusions

- SOC is a good predictor in the psychoeducational treatment of patients suffering from schizophrenia
- PEFI can improve QOL and increase the level of GAF
- Patients with low SOC are gaining the most benefits from PEFI
- PEFI seems to be a powerful salutogenetic approach in the treatment of schizophrenic patients
- There are some references that PEFI can enhance the SOC
- Further research has to prove if these findings remain stable over a one year period

References

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