PREFACE

Schizophrenia is a chronic, severe, and disabling mental illness of unknown causes, characterized by psychiatric symptoms that significantly impair functioning and that involve disturbances of feeling, thinking and behaviour. In mental health field this disorder is treated as a disabling illness that exhibits symptoms which influences a person in multiple and complex ways of individual functioning like emotions, thoughts, perception, memory, experience of self, movements and behaviour. Moreover the individuals with schizophrenia found with exhibiting deficiencies in their overall functioning especially in the expected level of occupation or social functioning since the onset of the disorder.

Treatments for managing schizophrenia are available at large. Among them psycho social treatments are recognized and widely practiced to deal with the social and functional deficiencies associated with the illness. Family psycho education, while very popular among the mental health professionals and the service receivers in the west, has only recently been evaluated among the mental health professionals in India. So many evidences associated with the family psycho education programme witnessed reduced subjective burden and worrying and increased empowerment of patients. This study tries to find out the impact of family psycho education provided to the significant others of the individual affected with schizophrenia upon the individuals with schizophrenia.

This study analyses the understanding of the significant others regarding the mental illness, mental health and medical and personal care requirements of the patients. Also attempts were made in the study to bring forward the impact of family psycho education upon the status of the patients and disease conditions. Family psycho education was provided to the significant others of the patients undergoing treatment for schizophrenia and the changes noticed after the intervention with the significant others and patients are presented in the research through facts and figures.
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