

An educational program for knowledge and attitude change in families of patients with schizophrenia

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The aim of this study was to highlight the importance of family psycho-education in the management of schizophrenia. The studied sample consisted of 90 relatives related to 50 patients with schizophrenia according to the ICD-10 criteria. Relatives consisted of the main caregivers of patients. Then, an educational program in the Arabic language was designed. The patients were assessed by checklist for mental disorders, PANSS and SFQ. Also, relatives (both cases and controls) were assessed by CAMI, FABI, KASI and ECI. Following the baseline assessment, the educational program was conducted over six days and consisted of three sessions. At the end of the program and at the end of the study (three months), patients and relatives of both case and control groups were reassessed using the same baseline scales. The results showed that highly to very highly significant differences were detected over time on all scales in favor of relatives in the case group. Highly significant differences between baseline and end-of-program scores were detected.