

P-1305 - EFFECT OF A PSYCHO-EDUCATIONAL INTERVENTION FOR FAMILY MEMBERS ON CAREGIVER BURDENS AND PSYCHIATRIC SYMPTOMS IN PATIENTS WITH SCHIZOPHRENIA IN SHIRAZ-IRAN

F.Sharif, M.Shaygan, A.Mani, Family of Schizophrenic Patients

¹Psychiatric and Mental Health Nursing, ²Psychiatric and Mental Health, ³Department of Psychiatry, Shiraz University of Medical Sciences, Shiraz, Iran

Background: This study explored the effectiveness of family psycho education in reducing patients' symptoms as well as on family caregiver burden, and investigated the relationship between patients' symptoms and caregiver burden.

Methods: Seventy Iranian outpatients with a diagnosis of schizophrenia disorder and their caregivers were randomly allocated to the experimental (n=35) or control groups (n=35). Patients in the experimental group received antipsychotic drug treatment and a psycho-educational program was arranged for their caregivers. At baseline, immediately post-intervention and one month later, validated tools were used to assess patients' clinical status and caregiver burden.

Results: Compared with the control group, the case group showed significantly reduced symptom severity and caregiver burden, immediately post-intervention and one month later.

Conclusions: These results suggest that even short-term Psycho-educational Intervention for family members of patients with schizophrenic disorder can improve the outcomes of patients and their families.