

P02-173 - FAMILY MENTAL HEALTH AND ADAPTATION

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Objective: Identification of dependence of dynamic of mental health of the family in the process of demographic reproduction with adaptive possibilities of family members.

Methods: Complex investigation of 249 families of patients with mental disorders has been carried out revealing new forms of family and identification of qualitative and quantitative parameters of family interrelations with scale of family adaptation and cohesion FACES.

Results: Peculiarities of the contemporary family are as follows:

- 1) family with one child predominates;
- 2) number of birth beyond registered marriage increases;
- 3) marriage consciously without children;
- 4) process of nuclearization;
- 5) open marriage;
- 6) marital contract;
- 7) alternative families emerge;
- 8) number of lonely people and people consciously avoiding to get married increases.

Families according to degree of cohesion have been divided into balanced - 69% and imbalanced - 31% of families. According to degree of adaptability there were 39% of balanced families, 61% - imbalanced. We observe variability of families. For real cohesion disconnected level is typical, for adaptation - chaotic style. Thus, concordance of real and ideal images about the family is absent. Thereby we have identified potential possibilities of the families. Most of them pass onto balanced level of cohesion (5 types of families in total), remaining at the level of chaotic forms of adaptation when there are conditions for changes.

Conclusion: Mental health of the family at various stages of development of family system depends on adaptive possibilities.