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## Needs of Family Caregivers of Schizophrenia Patients

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### What do carers of schizophrenia patients need during first contact with psychiatric services?

**Objective:** The aim of the present study was to analyse the problems and needs for interventions among caregivers of patients with schizophrenia who were the first time in contact with psychiatric services.

**Methods:** 93 family caregivers of schizophrenia patients and 93 schizophrenia patients were investigated during the first contact with psychiatric services. The 'Carer's Needs Assessment for Schizophrenia' (CNA-S) and PANNS were used for investigation.

**Results:** The most frequent problems of caregivers of first contact patients with schizophrenia were insufficient information on psychiatric disorder and concerns about the patient's future. Further, the intervention 'individual psychoeducation' was needed significantly more often among caregivers of first contact patients than among those having been previously in contact with psychiatric services.

**Conclusion:** Carers being the first time in contact with psychiatric services need some specific interventions significantly more often than later.