ABSTRACT

Title of the abstract: Effects of Psychoeducation on knowledge of caregivers of people with Schizophrenia

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Aims and Objectives:

Aim was to evaluate the effectiveness of a group psychoeducation programme in improving functional knowledge regarding schizophrenia among caregivers.

Objectives were (1) to administer Knowledge About Schizophrenia Interview (KASI) as pretest and posttest at the time of admission and discharge and evaluate the change in score for both case and control group. (2) To assess the effect of group psychoeducation when added to the standard psychoeducation program implemented in the hospital.

Methods: 50 Consecutive Tamil speaking caregivers of patients admitted with Schizophrenia at Mental Health Center, Bagayam fulfilling the inclusion
criteria were administered the Knowledge About Schizophrenia Interview (KASI) within one week of admission and during the week of discharge. Cases (n=25) were caretakers who were offered the group psycho-education program every alternative week during the course of their stay in the hospital along with the standard psychoeducation at the hospital. Controls (n=25) were caregivers who received standard care alone. Wilcoxon Signed Rank Test and multivariate analysis was utilized to assess the change in KASI scores.

**Results:** Both groups were comparable on sociodemographic and clinical variables except in education.

Wilcoxon Signed Rank test done comparing pre-test and post-test scores showed that psychoeducation received through various sources (including psychiatrists, nurses, social workers, other patients and families) from admission until discharge produced significant change in knowledge.

On controlling for education using multivariate analysis, group psychoeducation produced a significant change in KASI scores in subsections of management, course and prognosis.

**Keywords:** group psychoeducation, functional knowledge, Schizophrenia, effects of psychoeducation, knowledge and psychoeducation, group psychoeducation of caregivers