

# Supporting Family Carers of schizophrenia outpatients: A comparative study of three group intervention programmes at East Kowloon Psychiatric Centre

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# Objectives

To develop and test new caregiver intervention approach

- Integrative Peer Support Growth Group (IPSGG)
- Combination of FLEP and CNPG
- 8 sessions

Compare the effectiveness with existing interventions

- Family Link Education Programme (FLEP)
- Collective Narrative Practice Group (CNPG)

# Methodology

## Participants:

- 194 Chinese family caregivers (Male=47, Female=147)
- Inclusion criteria: 1) primary family caregiver  
2) Taking care with at least one Schizophrenia client  
3) Aged 60 years old or younger

## Measures:

- Brief Family Relationship Scale (BFSC)
- Family Coping Questionnaire
- Inner Resources
- Experience of Caregiving Inventory
- Pearlin Mastery Scale
- Herth Hope Index

## Data analysis:

- T-test with Bonferroni correction before and after the intervention
- Cohen's d Bootstrap to reduce statistical bias
- One-way ANOVA tests to investigate within-subject differences

# Results

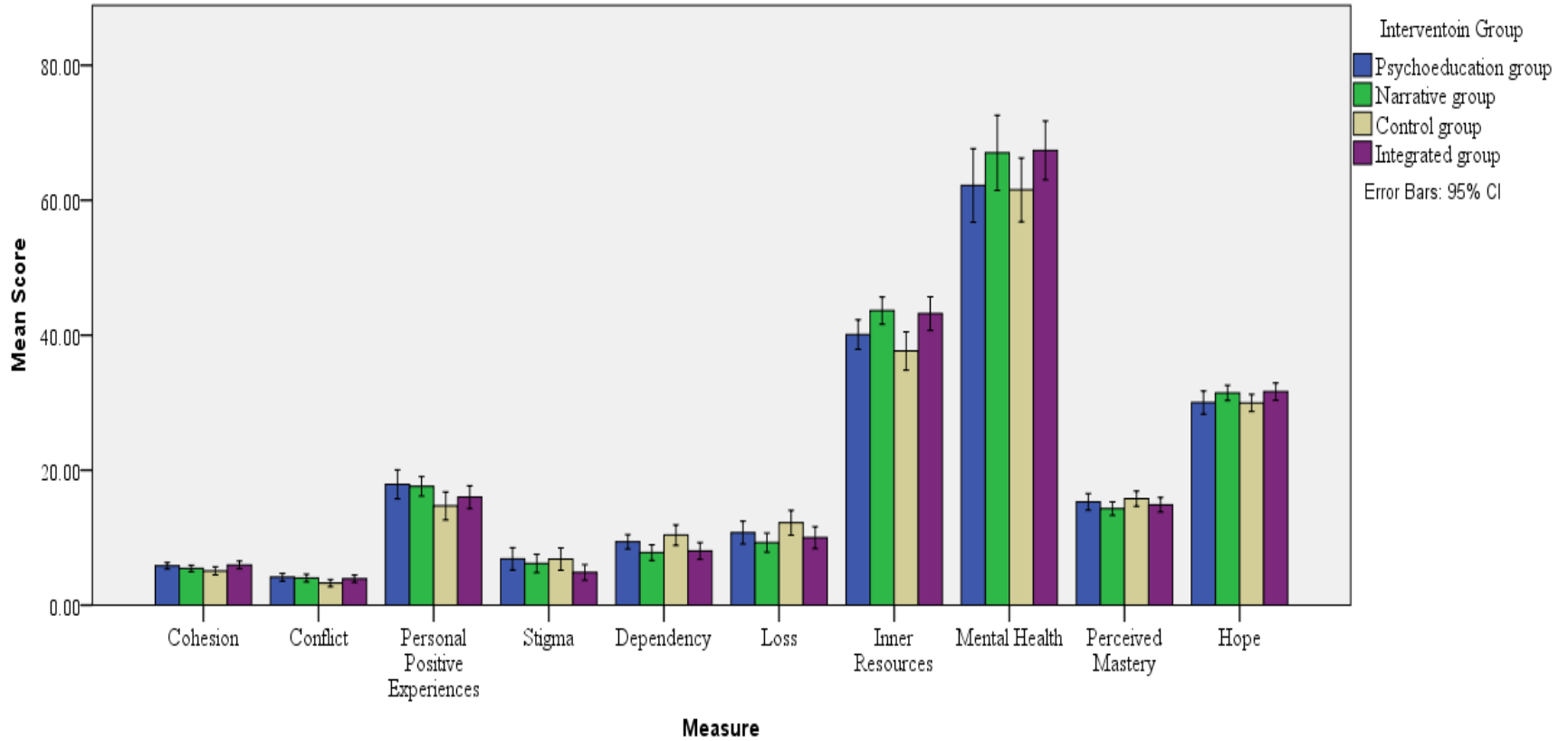
- Improvement in family cohesion ( $p = .001$ ) and decreasing conflict ( $p = .021$ )  
(*significant findings in Brief Family Relationship Scale*)
- Caregiver experienced increasing positive personal experiences ( $p < .001$ ), decreasing dependency ( $p = .036$ ) and decreasing feelings of loss ( $p = .001$ )  
(*significant improvement in Experiences of Caregiving Inventory*)
- Caregiver's inner resource ( $p = .006$ ) also enhanced  
(*significant result of Inner Resource Scale*)

# Implications for practices

- The result indicated the effectiveness of IPSGG
- Quality service for caregivers are essential
- Rebuilding positive and functional family relationship is building long-term support for persons in recovery
- Family caregivers can be act as para-professional after empowered by PCP case managers
- Caregiver work should be core strategies, not a supplementary work

# Integrative Approach

Integrative Approach	Collective Narrative Practice Group	FamilyLink Psychoeducation Programme
S1: 不速之客	不速之客 Externalization and Deconstruction	認識精神病 Psychopathology of Mental Illness Advocacy
S2: 樂的情結	見招拆招 Reauthoring Conversation	認識精神科藥物 and 權益與倡導 Medications for Mental Illness
S3: 隨機應變	見招拆招 Reauthoring Conversation	危機處理 and 權益與倡導 Crisis Management and Prevention
S4: 攜手共舞	生命之舞 Unique Outcomes	誰能明白我 Two-way Communications and Coping Stance
S5: 擁抱自己	當我一個人的時候 Inner Resources	善待自己重整生活 Balance of Life and Care Yourself
S6: 請你飲茶	請你飲茶 Remembering Conversation	善待自己重整生活 Balance of Life and Care Yours Family
S7: 創造未來	待續的故事 Conversation Highlights Unique Outcomes (Art Therapy Elements)	康復的疑惑 Dual Process of Recovery and Remission
S8: 星星之火	流動的回響 Outside Witness and Definitional Ceremony	學以致用 and 權益與倡導 Review and Applications



Mean differences amongst the intervention groups in the post-test