

THE IMPORTANCE OF THE
FAMILY IN PSYCHIATRIC
ILLNESSES

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RELATIVES' EXPRESSED EMOTION (EE)

- FIRST DEVELOPED TO STUDY FAMILY RELATIONSHIPS IN SCHIZOPHRENIA
- LATER USED IN RESEARCH ON MANY PSYCHIATRIC ILLNESSES AND SOME PHYSICAL ILLNESSES

STAGES IN RESEARCH ON EE

- DEMONSTRATION OF A LINK BETWEEN RELATIVES' EE AND THE OUTCOME OF AN ILLNESS
- CLINICAL INTERVENTION TO ALTER THE FAMILY ENVIRONMENT
- STUDIES OF COST-EFFECTIVENESS OF INTERVENTION
- INTEGRATION OF INTERVENTION INTO STANDARD CLINICAL PRACTICE

RATING OF EE

CRITICAL COMMENTS

HOSTILITY

OVERINVOLVEMENT

WARMTH

Rated on:

Verbal Content

Non-verbal

- rate, volume, tone of speech

WHAT EMOTION??

CRITICAL COMMENTS = ANGER

**HOSTILITY = ANGER ++
&
REJECTION**

**OVERINVOLVEMENT = ANXIETY
&
GUILT**

COMPONENTS OF OVERINVOLVEMENT

Over-emotional in interview

Over-protective

Excessive self-sacrifice

Over-identification

EE AND RELAPSE OF SCHIZOPHRENIA OVER 9 MONTHS

CRITICAL COMMENTS

RELAPSE

HOSTILITY

RELAPSE

OVERINVOLVEMENT

RELAPSE

WARMTH

WELL

EE and the outcome of illness

- For conditions in red, EE is significantly associated with outcome
 - PSYCHIATRIC
 - Schizophrenia*
 - Manic-Depressive Illness*
 - Post-Traumatic Stress Disorder
 - Major Depression*
 - Eating Disorders*
 - Alcoholism*
 - Dementia
 - Hyperactive Children
- NON-PSYCHIATRIC
 - Diabetes
 - Epilepsy
 - Myocardial Infarction
 - Crohn's Disease
 - Ulcerative Colitis
 - Parkinson's Disease

INDEX OF HIGH EE

- 6 OR MORE CRITICAL COMMENTS
- ANY HOSTILITY
- SCORE OF 3 OR MORE ON OVERINVOLVEMENT

SCHIZOPHRENIC RELAPSE

CITY	ETHNIC GROUP	HI EE	LO EE
LONDON	BRITISH	58	16
LONDON	BRITISH	50	12
L.A.	ANGLOPHONE	56	17
L.A.	HISPANIC	58	26
CHICAGO	BLACK & WHITE	70	29
SALFORD	BRITISH	53	22
SYDNEY	AUSTRALIAN	53	24
KONSTANZ	SWISS	55	15
KROMERIZ	CZECH	59	26
FUNABASHI	JAPANESE	46	8

<u>CITY</u>	<u>GROUP</u>	% HI EE
MILAN	ITALIAN	70
CRACOW	POLISH	69
LOS ANGELES	ANGLO-AMERICAN	67
MADRID	SPANISH	58
SYDNEY	ANGLOPHONE	54
OKAYAMA	JAPANESE	46
LOS ANGELES	MEXICAN	41
GALICIA	SPANISH (RURAL)	34
CHANDIGARH	HINDI (URBAN)	30
	HINDI (RURAL)	8

Protective Factors in High EE Homes

Relapse rate (%)

High contact, no drugs	92
High contact, drugs	53
Low contact, no drugs	42
Low contact, drugs	15

Elements of Family Intervention 1

- Education about schizophrenia
- Problem solving
- Improving communication

Improving Communication

- Only one person may speak at a time
- Everyone has a fair share
- Only direct communication allowed
- Promote active listening
- (Change seating arrangement)

Elements of Family Intervention 2

- Dealing with EE
- Reducing contact
- Expanding social networks
- Lowering expectations

FAMILY WORK FOR
SCHIZOPHRENIA:
A PRACTICAL GUIDE

2ND EDITION
2002

KUIPERS L, LEFF J, LAM D.

LONDON: GASKELL

ADVANCED FAMILY WORK FOR
SCHIZOPHRENIA
AN EVIDENCE BASED APPROACH
2005
LEFF, J.
LONDON: GASKELL

Studies on Family Work for Schizophrenia
All Patients on Drugs and in High Contact with
High EE Relatives

Trial 1

Nil

vs

Education

+ Relative Group

+ Family sessions

Trial 2

Education

vs

Education

+ Relatives group

(patient excluded)

+ Family sessions

(patient included)

QUESTIONS TO BE ANSWERED

- CAN THE THERAPISTS PRODUCE THE DESIRED CHANGES IN THE FAMILIES?
- IF THE FAMILIES CHANGE, DO THE PATIENTS IMPROVE?

RESULTS OF THE 2 TRIALS

	TRIAL	1	TRIAL	2	
	DRUG ONLY	FAM. WORK	FAM. WORK	RELAT ATND.	GROUP NON-ATND.
LOW EE/ CONTACT	40%	75%	73%	80%	25%
RELAPSE RATE 9 months	50%	8%	8%	17%	60%

TRIAL OF FAMILY WORK vs. EDUCATION

TRAINING COSTS PER TRAINEE

£1,841

COST OF THERAPY PER FAMILY

FAMILY WORK	£724
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EDUCATION	£120
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EXTRA COST	£604
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IS IT COST-EFFECTIVE?

TRIAL OF FAMILY WORK vs. EDUCATION ONE YEAR

	DAYS IN HOSPITAL	COSTS
	mean	mean
FAMILY WORK	61	£10,996
EDUCATION	106	£14,938
	SAVING	£ 3,942

NATIONAL INSTITUTE FOR CLINICAL EXCELLENCE

- RECOMMENDS THAT FAMILY MEMBERS CARING FOR A PERSON WITH SCHIZOPHRENIA SHOULD RECEIVE FAMILY WORK