



Families of Schizophrenic Patients: Cognitive Behavioural Intervention

Christine Barrowclough, Nicholas Tarrier

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Schizophrenia is one of the most serious health problems in contemporary society. One person in a hundred is likely to develop the illness, often with devastating consequences on the life of individuals and their families. In the last decade, research has shown that social and environmental factors may have powerful effects on the course of the illness. This study describes methods of assessing and intervening with the families of schizophrenics, using a cognitive behavioural framework. The interventions detailed are those used in the Salford Family Intervention Study which resulted in decreased relapse rates and the improved social functioning of patients. The methods include educating the family about the illness, reducing stress in family members, and helping families to promote the well-being of the patient.

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