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## Carer's illness beliefs after first episode psychosis: Prevalence, intensity, predictors and factor structure

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**Objectives:** The objective of this study was to illuminate the prevalence, intensity and demographic and clinical predictors, also the factor structure, of carer's key illness beliefs, after first episode psychosis (FEP).

**Background & Aims:** Carer's key beliefs about psychosis influence their emotional, behavioral and psychiatric status, as well as the healthiness of their relationship with the patient for which they care. However, little is known about the prevalence, predictors or factor-structure of these beliefs after a FEP, so we aimed to analyze this in the world's biggest sample.

**Materials & Methods:** Two hundred and fifty-four carer of patients with FEP of extremely diverse ethnicities and cultural backgrounds were included in this study based on data from routine carer's assessments in a London, United Kingdom, Early Intervention in Psychosis service. Twelve key illness beliefs (IPQ-Relatives; Lobban, Barrowclough & Jones, 2005) were statistically tested with 30 sample characteristic variables. Beliefs' prevalence and intensity were described. Inferential statistical analyses comprised univariate and multiple linear regressions to identify predictors independently associated with illness beliefs. Then a principal component analysis with varimax rotation identified the factor structure.

**Results:** At FEP, key illness beliefs were common and held with moderate intensity. Seventeen sociodemographic and clinical factors predicted carers' beliefs ( $p < 0.05$ ). Principal component analysis yielded three novel factors with eigen values greater than 1, accounting for 63.5% of total variance.

**Conclusions:** Our results have theoretical implications for the content and organization of cognitive models of caregiving at FEP. Clinical implications relate to identifying which carers and which key illness beliefs to prioritize for early intervention.

### Biography

Natasha Lyons is a Life Sciences graduate with a first-class degree from University College London who recently converted to the field of Psychology (MSc). She is currently a Research Worker for the UK National Health Service, working on projects in collaboration with University College London, and Institute of Psychiatry, Psychology and Neuroscience, London UK. Her work encompasses first episode psychosis, carer's psychological experiences and psychoeducation, and the cognitive neuroscience of auditory hallucinations. She is currently on the Advisory Committee for the British Psychological Society's forthcoming National Guidelines for Family Intervention in Psychosis, writing a chapter addressing working with diversity.

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