Abstract

An evaluation of the effectiveness of a professional-supported problem-solving-based self-learning program for family carers of people with recent-onset psychosis: a randomized controlled trial with 12-month follow-up
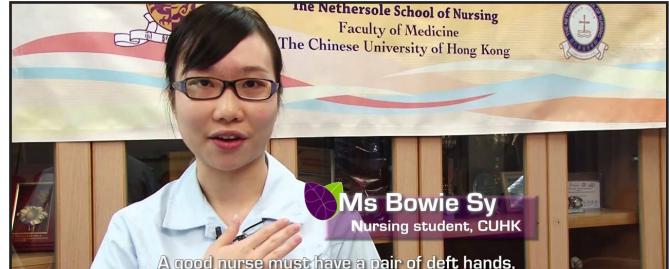
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Abstract:

This randomized controlled tested the effects of Professional-supported Problem-solving-based Self-learning Program (PBSP) for family carers of people with recent-onset psychosis in Hong Kong over a 12-month follow-up. A multi-center, assessor-blind randomized controlled trial with repeated-measures, three-arm design was adopted. One hundred and ninety-eight family dyads (psychotic patients with ≤3 years onset of illness and one of their main family caregivers) were randomly recruited from six integrated community centers for mental wellness (and family care) and then randomly assigned into BPSP, family psychoeducation or usual family care group for 5-month interventions. The recruited family caregivers perceived a moderate to high burden of care (>20 of 50 scores of the Chinese version of Family-Burden-Interview-Schedule). The PBSP comprised of a validated 5-module caregiving self-help manual with problem-solving practices and four facilitator supported group sessions. Psychoeducation groups (12 2-hour sessions; 10-12 participants per group) will be led by one advanced practice psychiatric nurse and guided by a validated treatment protocol based on the research team's and McFarlane et al.'s psycho-education programs for psychosis. Participants in the PBSP indicated significant greater improvements in social problem-solving and family burden at 1-week, 6-month and 12-month follow-ups, as well as reduction in patients' psychotic symptoms and lengths of re-hospitalizations at 6- and 12-month follow-ups, when compared with both psychoeducation and usual care group.

Biography:

Professor Wai Tong CHIEN is a professor in mental health nursing and Vice-Director of Research at Nethersole School of Nursing, The Chinese University of Hong Kong. As an advanced mental health nursing practitioner and active researcher, Prof. CHIEN has strived to improve mental health in her native Hong Kong SAR, China in the past 30 years through research, advocacy and mental health promotion. He has established/tested the effects of psycho-education, motivational interviewing, mindfulness-based, self-care/peer-support, and other psychosocial interventions for community-resided people with mental health problems and their families in Chinese communities. Prof. CHIEN obtained the fellowship of American Academy of Nursing in 2018 and founding fellowship of Hong Kong Academy of Nursing (Education & Research) in 2012. He also received Excellent Research Award from Health and Medical Research Fund, Food and Health Bureau, The Government of HKSAR in 2018, and Research Scholarship Award, Pi Iota Chapter, Sigma Theta Tau International Honour Society of Nursing in 2009. He has also served as editors of international health care journals and obtained >35 external competitive and 20 university-funded, inter-disciplinary collaborative health research grants with >HKD22,000,000 (USD 2.8 million) and published over 160 articles in peer-reviewed international journals and substantial numbers of conference papers.

Publication of speakers:

1. Effectiveness of a mindfulness-based psychoeducation group programme for early-stage schizophrenia: An 18-month randomised controlled trial.

2. An international multi-site, randomized controlled trial of a mindfulness-based psycho-education group program for people with schizophrenia