
IMPACT OF GROUP PSYCHOEDUCATION ON ANXIOUS AND DEPRESSIVE SYMPTOMS IN RELATIVES OF PATIENTS WITH ADDICTIVE BEHAVIOURS

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Introduction

Family psychoeducation is an effective intervention extensively used in the treatment of mental disorders.

Objectives

To examine the efficacy of group psychoeducation in anxious and depressive symptoms in relatives of patients with addictive behaviours. To investigate satisfaction levels in relatives.

Methods

Seventy relatives of 53 outpatients were included into group psychoeducation between January and July 2012. This 8 session structured psychoeducational group is designed as follows: 1.5 hours every 3 weeks. To assess psychopathological symptoms, we used the Beck Anxiety Inventory (BAI) and the Beck Depression Inventory (BDI), at baseline and at the end of the follow-up period. Family satisfaction levels were assessed by using the Visual Analogue Scale (VAS).

Results

59% of relatives were men, and mean age was 55 years. 45% of the patients had a cocaine dependence disorder, 34% alcohol dependence disorder, and 93% co-dependence disorders. 74% had a dual diagnosis (Psychosis, affective disorders, or personality disorders). 90% had psychosocial stress (60% moderate or severe). Anxious symptoms were found in 30% of the relatives, being psychic anxiety most common in women than in men. Furthermore, depressive symptoms were found in 30% of relatives (mild:30%; moderate:25%, severe:15%). Women were more likely to have moderate-severe depression and men mild-depression disorders. After 8 sessions, mean satisfaction levels assessed by EVA Scale were 9.2

Conclusions

Statistically significant gender differences in anxious and depressive symptoms were found in relatives. Satisfaction levels were higher than expected, and a significant reduction in anxiety and depression was found after the group psychoeducation.