Effect of Burden and Stigma of Mental Illness on Expressed Emotion of Families of Schizophrenic Patients

Safaa Mohamad Metwally,
Nelly Ahmad Mahgoub,
Zienab Abd El-Haleem Othman,
Manal Mohamad El-Kayal

Psychiatric & Mental Health Nursing
Faculty of Nursing- Cairo University- Egypt

Abstract

"Expressed emotion" of relatives of schizophrenic patients is an important indicator of relapse in schizophrenia. Objective: The present study aimed to explore the effect of stigma of mental illness and burden of care-given of families of schizophrenic patients on their level of "expressed emotion". Design: A descriptive exploratory design was applied. Setting: This study was conducted at two psychiatric outpatient clinics in Banha Governmental Hospital for Mental Health and Zagazig University Hospitals. Sample: A purposeful sample of 100 schizophrenic patients' caregivers who accompany their patients. Results: Results of this study revealed that there were highly significant positive correlations between expressed emotion, family burden and stigma of mental illness. It is concluded that stigma of mental illness increases feelings of stress among caregivers leading to the experience of great burden. Increase feelings of stress and burden result in high expressed emotion in those caregivers. High expressed emotion in families caring for schizophrenic patients increases relapse of patients' mental disease.

Key Words: Expressed Emotion – Schizophrenic patients, Mental illness, Burden, Stigma.