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**IMPACT OF FAMILY GROUP PSYCHOEDUCATION ON QUALITY OF LIFE AND TREATMENT COMPLIANCE IN PATIENTS WITH ADDICTIVE BEHAVIOURS: A CASE-CONTROL STUDY**

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**Introduction**

Group psychoeducation is an effective psychotherapy in the treatment of addictive behaviours.

**Objectives**

To evaluate the efficacy of group psychoeducation on quality of life in relatives of dual diagnosed patients.

To investigate the impact of group psychoeducation on treatment compliance.

**Method**

A case-control study was conducted between January 2012 and July 2012. Case group: seventy relatives and 53 patients included into an 8 session systematic psychoeducational group designed as follows: 1.5 hours every 3 weeks. The control group was formed by 53 patients who did not participate in psychoeducation during the same period. To assess quality of life in relatives, we used the Health Status Questionnaire (SF-36). Attendance rates for appointments were recorded in patients from both groups.

**Results**

At baseline, relatives had poor outcomes in quality of life (Vitality: 49.8; emotional role: 49.3; mental health: 51.8, and general health perception: 54.9). Psychoeducated, as compared to control group relatives, had significantly better outcomes in quality of life (Vitality 71.0; emotional role 82.6; mental health 72.6, and general health perception 66.5). When compared to the control group, mean psychiatric appointments were higher in patients whose relatives were psychoeducated (8.2 vs.3.6).

**Conclusions**

Our findings suggest that psychoeducation can improve quality of life in relatives of patients with addictive behaviours. Attendance rates for appointments were higher in patients whose relatives were psychoeducated.