

Abstract of thesis entitled:

Effects of expressed emotion on the psychosocial well-being of people with psychotic disorders and their relatives

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This study examined the effects of relatives' expressed emotion on the psychosocial well-being of people with psychotic disorders (PPD) and the relatives themselves. Eighty pairs of PPD and their relatives were interviewed individually. Relatives' expressed emotion (EE) (criticism (CC), hostility, emotional over-involvement (EOI), warmth and positive remarks) towards the PPD as well as their own life satisfaction were assessed. The PPD were interviewed about their empowerment, life satisfaction, and psychiatric symptoms. Path analysis results showed that EE was associated with the level of PPD's empowerment, psychiatric symptoms and life satisfaction as well as the relatives' life satisfaction. Furthermore, only negative EE was found to predict life satisfaction in the relatives themselves while only positive EE was found to predict psychiatric symptoms in PPD. Psychiatric symptoms and empowerment in PPD as well as relatives' life satisfaction were the mediators between EE and PPD's life satisfaction. In addition, self-report EE measures and revised FMSS tapping the five components of EE obtained acceptable reliabilities and predictive validities. These findings signified the importance of family involvement in the recovery process of people with psychotic disorders and suggested that self-report EE measures might be better means to assess relatives' EE in large-scale studies in Hong Kong.

## 摘要

本研究主要探討親屬的情感表達對患有精神失常家人和親屬自己的心理健康之影響。是次研究單獨採訪了八十對精神失常人士和他們的家屬。採訪員除了對親人之情感表達，包括批評、敵意、情緒過度介入、溫暖和讚賞以及他們自己的生活滿意度進行了評估，也評估了精神失常人士的活力化，生活滿意度，及精神症狀。分析結果表明，親屬的情感表達的程度是與精神失常人士的活力化，精神症狀和生活滿意度，以及親人自己的生活滿意度相關聯的。此外，結果亦發現只有負面的親屬情感表達對親屬本身之生活滿意度有壞的影響，而只有正面的親屬情感表達被發現對患有精神失常家人的精神病症狀有良好的影響。並且，研究亦顯示，精神失常人士的活力化和精神症狀以及親屬的生活滿意度是親屬的情感表達與患有精神失常家人的生活滿意度之間的中介變數。另外，數據亦顯示，用以評估親屬情感表達的問卷及訪問兩種方法都獲得良好的可靠度和預測效度。這些發現不但意味著家庭參與對精神疾病復元過程的重要性，而且還顯示出在香港的大型研究，問卷形式可能是更好的方法去評估親屬的情感表達。