

45th Biennial Convention (16-20 November 2019)

Role of Family Dynamic in Mental Well Being

Sarwat Najwani, SN

Aga Khan University School of Nursing, Aga Khan University, Karachi, Pakistan

Salima M. Farooq, MSBE, RN

School of Nursing, Aga Khan University, Karachi, Pakistan

Abstract: Role of family dynamic in mental well being

Schizophrenia and other mental illnesses produce catastrophic effects on a client's physical and psycho social well being. Such devastating effects can be eradicated by pharmacological and psycho social interventions. Among the psycho social initiatives, persistent family support acts as a pertinent backbone in providing rehabilitation to their sufferers. Cultural influences play an eminent role in driving the framework of family systems in the east as well as in the west. Whether the family system is nuclear or extended, its dynamics greatly influences mental well being of its members. The Western culture encourages individualism, independence and autonomous decision among family members. Whereas, Indian, Asian, African, and Middle Eastern culture lay greater emphasis on obedience and conformity, thereby stressing more on family integrity, and family solidarity. In traditional Asian cultures, multi-generational structure of family and social convictions, such as, mental illnesses being caused by spiritual possession are extremely prevalent. Family dynamics play a pivotal role in transforming the illness of their loved ones to rehabilitation and vice versa. The support and contribution by family in the mental well being of their loved ones can be understood through bio-psycho-social model of mental health. This model puts light on the interaction of biological, social, and psychological factors which all act as drivers of one's mental health. The biological aspect spotlights on neurological and hereditary reasons for mental illness such as schizophrenia. Environment and past childhood experiences are part of psycho social aspect of the model. This again places family at first hand of regulating their child's emotional, social, and behavioral development. Apart from family support, pharmacological agents such as psychotropic medications aid in management of acute phase as well as in the prevention of relapse. In addition, psycho social interventions such as cognitive behavioral therapy, psycho education, family intervention and assertive community treatment work simultaneously in restoring mental well being of an individual. This paper is aimed to highlight the role of family in the mental of their loved ones using bio-psycho-social model of mental health. The substantial evidence highlighting the significance of family dynamics in mental well being is represented through case study of a chronic schizophrenic client.

Title:

Role of Family Dynamic in Mental Well Being

Keywords:

Family dynamics, bio psycho social model and schizophrenia

References:

Allen, D. M. (2010). *How Dysfunctional Families Spur Mental Disorders: A Balanced Approach to Resolve Problems and Reconcile Relationships*. Santa Barbara, California.

Avasthi, A. (2010). Preserve and Strengthen Family to Promote Mental Health. *Indian Journal of Psychiatry*, 52(2), 113–126. <http://doi.org/10.4103/0019-5545.64582>

Carteret, M. (2010). Cultural Differences In Family Dynamics. Retrieved from: <https://www.dimensionsofculture.com/2010/11/culture-and-family-dynamics/>

Chien, W. T., Leung, S. F., Yeung, F. K., & Wong, W. K. (2013). Current Approaches To Treatments For Schizophrenia Spectrum Disorders, Part II: Psychosocial Interventions and Patient-Focused Perspectives in Psychiatric Care. *Neuropsychiatric Disease and Treatment*, 9,1463–1481. <http://doi.org/10.2147/NDT.S49263>

Fakhari, A., et al. (2012). Family Violence Influences Mental Health of School Girls In Iran: Results Of a Preliminary Study. *Asian Journal of Psychiatry*, 5(1), 24-27.

Halter, M. J. (2014). *Varcarolis Foundations of Psychiatric Mental Health Nursing: A Clinical Approach* (7th ed.).

Kumar, A. (2011). The Changing Face of Family & Its Implications on the Mental Health Profession in Delhi. *Delhi Psychiatry Journal*, 14(1).

Manning, C., & Gregoire, A. (2009). Effects Of Parental Mental Illness On Children. *Psychiatry*, 8(1), 7-9. doi:<https://doi.org/10.1016/j.mppsy.2008.10.012>

Mehrotra, K., Nautiyal, S., & Raguram, A. (2018). Mental health literacy in family caregivers: A comparative analysis. *Asian Journal of Psychiatry*, 31, 58-62. doi:<https://doi.org/10.1016/j.ajp.2018.01.021>

Patel, K. R., Cherian, J., Gohil, K., & Atkinson, D. (2014). Schizophrenia: Overview and Treatment Options. *Pharmacy and Therapeutics*, 39(9), 638–64

Tay, J. L., et al. (2017). "The ties that bind – A Case Report About Restraining A Mentally Unwell Family Member At Home For Over A Decade." *Asian Journal of Psychiatry*, 26, 146-148.

Ziegert, K. (2011). Maintaining Families' Well-Being In Everyday Life. *International Journal of Qualitative Studies on Health and Well-Being*, 6(2), 10.3402/qhw.v6i2.7206. <http://doi.org/10.3402/qhw.v6i2.7206>

Tamminga, C. A., & Medoff, D. R. (2000). The biology of schizophrenia. *Dialogues in clinical neuroscience*, 2(4), 339-48.

Roth, T. L., Lubin, F. D., Sodhi, M., & Kleinman, J. E. (2009). Epigenetic mechanisms in schizophrenia. *Biochimica et biophysica acta*, 1790(9), 869-77.

Abstract Summary:

This article is aimed to highlight the role of family in the mental of their loved ones using bio-psycho-social model of mental health. The substantial evidence highlighting the significance of family dynamics in mental well being is represented through case study of a chronic schizophrenic client.

Content Outline:

This article is aimed to highlight the role of family in the mental of their loved ones using bio-psycho-social model of mental health. The substantial evidence highlighting the significance of family dynamics in mental well being is represented through case study of a chronic schizophrenic client.

First Primary Presenting Author

Primary Presenting Author

Sarwat Najwani, SN
Aga Khan University School of Nursing
Nursing Student
Karachi
Pakistan

Author Summary: I am a student of BSCN year IV program at the Aga Khan University. I have 7+ years of voluntary experience and more than 3 year of clinical and community experience. I am currently involved in two of the research work.

Second Author

Salima M. Farooq, MSBE, RN
Aga Khan University
School of Nursing
senior Instructor
Karachi
Pakistan

Author Summary: Mental health is my area of expertise, my purpose is to grow in mental health research domain and bring positive impact in practice related to mental health of individual and community and bring positive change in policy.