

精神分裂病患家庭的生活經驗

Experience of Families Living with Schizophrenia

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摘要

本研究的目的是以質性研究的觀點，深入探討四個精神分裂病患者的家庭，在居家護理情境，進行子女參與的家庭護理治療過程中，家庭成員對生病衝擊所呈現的家庭生活經驗。研究結果發現，病患家庭在治療過程中所呈現的生活經驗有六個主題：疏離、家庭內在衝突、三角關係、迂迴三角、情感投入及互惠。本研究為配合病患回歸家庭及社區之趨勢，提供護理人員進行居家照護時對病患家庭生活經驗的了解，進而提供適當的家庭護理處置，以期使這些家庭能從疏離逐漸轉變為互惠的家庭互動型態。

Abstract

This qualitative study explored the experience of four families living with schizophrenia patients. Family therapy, including children, was conducted in the outpatients' homes. The family members' reactions to the impact of the illness were analyzed by qualitative analysis.

Six recurrent themes were identified : disengagement, intrafamilial conflict, triangulation, detouring triad, affective involvement and reciprocity. The findings of this study can increase the effectiveness of family intervention by mental health professionals working with schizophrenic out-patients and their families. Furthermore, these families can cope effectively by moving from disengagement to reciprocity.