

Kager A, et al (2000). Family Dynamics, Social Functioning and Quality of Life in Psychiatric Patients. *The European Journal of Psychiatry*; 3: 161-170.

### **Abstract**

The aim of the study was to describe family dynamics in psychiatric patients. Correlations between family functioning, social functioning, and quality of life were examined. The study was carried out on a regionally representative sample of 297 psychiatric inpatients and outpatients and 89 of their relatives. Family cohesion and adaptability were investigated with the German version of the Family Adaptability and Cohesion Evaluation Scales. Patients were interviewed with the Social Functioning Questionnaire and the Quality of Life Enjoyment and Satisfaction Questionnaire. About half of the patients (47%) described their families as extremely low cohesive themselves, and 20% of the patients described the adaptability as extremely low. Low family cohesion was associated with more problems in social functioning, lower quality of life and lower subjective well-being in patients. Low adaptability was correlated with weak social abilities and lower quality of life. The results highlight the importance of programmes which focus on family functioning.

Key Words: QUALITY OF LIFE, COHESION, ADAPTABILITY, PSYCHIATRY.