Psychosocial Rehabilitation Services To Improve The Function, Quality Of Life, Level Of Stigma And Compliance Of People With Mental Disorders

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INTRODUCTION

After Indonesia's Mental Health Law approved by parliament in 2014, then began the movement of mental health services in Indonesia. Psychosocial Rehabilitation is one of the mental health effort as treatment modality to reach the patient's recovery. Marzoeki Mahdi mental hospital in Bogor Indonesia is the oldest psychiatric hospital in Indonesia which has a psychosocial rehabilitation program. The programs are psychoeducation, social skills training, cognitive remediation, occupational and vocational training, art, music, sports and spiritual. After doing psychosocial rehabilitation activities, patients then take part in work training programs in the hospital. Psychosocial rehabilitation is defined as a process that facilitates the opportunity for individuals impaired, disabled or handicapped by a mental disorder to reach their optimal level of functioning in the community. It implies both improving individuals competencies and introducing environmental changes in order to improve their quality of life.

OBJECTIVE

This study was designed to evaluate the efficacy of psychosocial rehabilitation to improve the function, quality of life, level of stigma and compliance of people with mental disorders in Indonesia.

MATERIALS AND METHODS

Forty-two patients who had attended a psychosocial rehabilitation program for more than 1 month and forty-two patients who did not take part in the psychosocial rehabilitation program were measured by GAF (Global Assessment Functioning), quality of life, level of stigma and compliance with medication.

RESULTS

Patients who attend psychosocial rehabilitation programs were found to have higher GAF scores, better quality of life, lower stigma levels, and better compliance to medication compared to patients who did not attend psychosocial rehabilitation programs.

CONCLUSIONS

Psychosocial rehabilitation has benefits in improving function, quality of life, level of stigma and compliance in people with mental disorders.

Figure 1. Function and Quality of Life

Figure 2 . Level of Stigma

Figure 3. Compliance

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