PSYCHOEDUCATION AND DEPRESSIVE DISORDER

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Objectives:
assessing the level of knowledge about mental health on people with depressive disorder
finding a correlation between the relapse and the level of psychoeducation of the investigated subjects

Background:
Psychoeducation represents a defining element as far as a good medical practice goes and satisfies a basic right to the beneficiaries and the ones who belongs to it: the right to be informed and involved in the process of rehabilitation

Aims
- to help the beneficiaries to possess a deeper awareness on disorders, to achieve control over it and to reduce the risk of recurrence and relapse, to increase the adherence to treatment so they identify their prodromal symptoms, to strengthen the therapeutic process

Materials and Methods:
- **Survey (on 206 subjects)**
- education (presenting some information on the disorder itself, symptoms, causes, risk factors, treatment, possible evolution)
- effectively involving the patient in the process (the scope of adhesion in the treatment and how it can be improved)
- symptoms management (coping and control strategies)
-early detection of the first signs of relapse (identifying the first symptoms of relapse and how to proceed in such cases)
-healthy life style management (describing healthy behavior and realizing them)

Results and Conclusions

Results
- **the recovery becomes faster, the risk of recurrence is smaller**, presents a better understanding and adaptation to the disorder and the treatment, auto-stigmatization is diminished, they feel more in control, improve the relationship with their relatives.

Conclusions
- psychoeducation could improve the quality of life on patients with depressive disorder.