



## The psychoeducation needs of parents who have an adult son or daughter with a mental illness

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### Abstract

Since deinstitutionalisation, parents of adults with mental disorders are increasingly utilised as a resource for their relatives' care. This study used a general phenomenological perspective to capture people's experiences. Semi-structured in-depth interviews were conducted with eight parents who were members of the Schizophrenia Fellowship of Southern Queensland to explore their perceptions of their psychoeducation needs. The themes that emerged included the usefulness of past experiences with psychoeducation, educational needs, barriers to accessing information and support, and other unmet carer needs, including the need for managing stress and emotional needs, recognition and inclusion of family members in decision-making, and negotiating the best care for their family member within the health care system. This study adds to an increasing body of knowledge that advocates for the greater inclusion and involvement of families in the care and treatment of their relatives. Further research into the needs of families, in particular barriers and supports in accessing information and services, is recommended.

### Keywords

*carers, psychoeducation, mental illness, supports, barriers*

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