

Thesis Title      The Effects of a Mental Health Education Program  
on the Helping Behaviors of Family Members of  
Alcohol-Dependent Patients for Relapse Prevention

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## ABSTRACT

This research study was of a quasi - experimental design. The objective of this research was to study the effects of a Mental Health Education Program on helping alcohol-dependent patients' family members concerning relapse prevention, to study the belief that health facilitates relapse prevention and to study satisfaction with the Mental Health Education Program.

The sample group consisted of family members of 60 alcohol-dependent inpatients that had been discharged for no longer than 6 months. The sample group was divided into 2 groups by Simple Random sampling: 30 in the experimental group and 30 in the control group. The experimental group participated in the Mental Health Education Program continuously for 6 weeks. The control group did not participate in the program but received handbooks after the program. Further, both groups received individual advice from the Thanyarak Institution.

This program applied the theory of the health belief model for relapse prevention together with the health education process, which was comprised of knowledge concerning alcohol, the risk of relapse, the violent effects from alcoholism, acknowledgement of the benefits of and obstacles to relapse prevention behavior and motivation for relapse prevention behavior by concentrating on participation in the

leaning process and in group discussion and practice. Data collection was achieved by pre-test and post-test questionnaire assessment for both the experimental and control groups. Percentage, means, standard deviation and t-test for the independent sample and a Chi-square test, were used for data analysis.

From the results of the study, it was found that after going through the Mental Health Education Program, the family members that were in the experimental group increased their assistance with relapse prevention more than those in the control group at a significance level of .05. The family members that were in the experimental group exhibited stronger belief that health facilitates relapse prevention than the individuals in the control group at a significance level of .05. Further, from the interviews regarding satisfaction with the Mental Health Education Program, it was found that the family members were satisfied with the program because they thought that the program was appropriate and beneficial for the family members.

The results of this study indicate that a mental health education program that implements health theory and the health education process is a strategy that promotes changes in the practices used by family members concerning relapse prevention among alcohol-dependent patients. Further, the program can be used as the model for mental health education programs in assisting family members of individuals with substance addition.