

## Abstract

The object of the study on “Participation of the Psychiatric Patients’ Relatives Group in Promoting the Quality of Life of the Mentally Ill” is to study the participation of the Psychiatric Patients’ Relatives Group in promoting the quality of life of the mentally ill who have participated in the group’s activities and the obstacles to their participation. The 150-strong sample population consists of the group’s presidents and members who are patients and their relatives. Data are collected from the patients from the four regions of the country, i.e. the northern, northeastern, central and southern regions, using the questionnaire and in-depth interview/. The findings are as follows:

The majority of the samples are female, aged 40-60 years, with bachelor’s degree education, married, who as members have participated in the group activities for 3-4 years. The study shows that they enjoy the benefit of participation as members at a high level, while their participation in the thinking, working, monitoring, decision-making, and planning activities is found at a moderate level. After participating in the activities, the quality of life of the mentally ill is found to be at a high level in every department of the family, physical, mental and social aspects. There are a number of important factors that affect their participation in different manners. Duration of the membership, duration of participation in the activities, and their positions affect the level of participation in the thinking, planning and enjoying of benefits. There is no difference found in the participation aspect and development of the quality of life in every way. The result of the in-depth interview reveals that the group’s members play a part in inducing the patients to participate in the activities, exchange their experiences, feel motivated, and show willingness to disclose themselves, leading to a better quality of life as a whole and little risk of relapse. The group’s major obstacles are an unclear advocacy policy, the leader’s vision and ability, as well as cooperation from the relatives to a certain extent.

The study recommends that the group make more use of the network expanding process, fostering and connecting relationships at individual, group and

organization level. It should organize and publicize activities on a continuing basis within and outside the group. Relatives and psychiatric patients should participate more in running activities, especially providing training to promote knowledge and understanding of how to take care of the mentally ill and encourage member participation. It should also organize vocational training to prepare the mentally ill for life outside with greater confidence.