

1. Psychoeducation & its Importance

What is Psychoeducation?

Psychoeducation is a special form of education, in which, persons having the illness and their caregivers are educated about various aspects of mental illness.

The aim of providing this education is to help persons with the illness and their caregivers to understand the illness, the need for treatment, prevention of relapse and the recovery process.

Why is it important for you and your family to receive psycho-education for First Episode Psychosis (FEP) ?

Psychoeducation is important because:

- ▶ Early diagnosis and treatment in initial period of the illness are very important for long term outcome.
- ▶ Delay in treatment may lead to the illness occurring again and again.
- ▶ In cases where there is prolonged delay in treatment, the illness may not improve completely even after treatment.

- ▶ Research has shown that early initiation of treatment has better outcome than not treating or delaying treatment in psychosis.
- ▶ Thus, psychoeducation will help you in understanding the need for treatment. Once you understand the need and benefits of treatment you are more likely to stay on regular treatment.
- ▶ In case the illness occurs again, knowledge of early signs and symptoms will help in early recognition of illness and early initiation of treatment. This reduces suffering and provides an opportunity to control the symptoms before they

become difficult to manage.

- ▶ This will also help you understand your experience of the illness.

- ▶ Psychoeducation will also help you cope with the illness and make necessary changes in your life in order to stay healthy.

- ▶ It will assist you in reconstructing and reorienting your life in order to re-engage with educational or vocational activities.

This booklet has information about various aspects of psychosis.



**When people with
psychosis have
knowledge about
the illness, they can
manage it better.**