

Abstract

Family and parents have an important role in management and recurrence of psychiatric problems. The present research was conducted to study the effect of family attitude and parental involvement on number of relapses in bipolar patients. Family Attitude Scale (Kavangah et al., 1997) and Parents As Social Context Questionnaire (Skinner, Johnson & Synder, 2005) was used to measure family attitude in terms of Expressed Emotion and parental involvement respectively. Data was collected from various psychiatric institutes of Lahore. Key family members ($N=66$) of bipolar patients were included in the study and demographic details of patients were obtained from them. Analysis revealed that in high Expressed Emotion group 64% patients had more than one relapse. No significant difference was found in parental involvement for patients with one and more than one relapse however low parental involvement relatively increased patients in the group of more than one relapse. Moreover chaos in parenting appeared to be stronger predictor of high EE in parents ($**p < .01$). The study emphasizes a greater need to study family environment and its relation with relapse in bipolar and other psychiatric disorders as well.

Key words: Expressed Emotion, parental involvement, bipolar, relapse