

ABSTRACT

Family Expressed Emotions (EE) have been found to play a dominant role in the course of schizophrenia and other psychiatric illnesses. However research relating family involvement in psychiatric illnesses is sparse. This study aimed to rate the levels of EE in the family members of the patients with schizophrenia. The Camberwell Family Interview (CFI; Vaughn & Leff, 1976) and Five Minute Speech Sample (FMSS; Magana et al., 1986) were used to obtain the EE ratings. However the comparison between CFI and FMSS showed that FMSS was not a valid instrument for eliciting the indices of expressed emotion. Conceptual framework of CFI includes the dimensions of criticism, Emotional Over-Involvement (EOI), hostility, warmth and positive remarks. Amongst these first three are specifically important in determining the EE level. After attaining sufficient training in interviewing and scoring CFI, the researcher interviewed 30 key family members of the schizophrenic patients. The results revealed that 77% (n = 23) of the family members were rated as high EE, either in terms of criticism, EOI, or hostility. Majority of the relatives (60%) were rated as high EE on the basis of hostility alone. Correlation matrix revealed that all EE components were unipolar and that they do not necessarily influence each other. The only significant correlations emerged on the scales of critical comments and hostility, and EOI and positive remarks. Ratings on each individual scale of EE and the overall EE ratings were compared with those found in other western and non western cultures, The ratings obtained from Pakistan appeared to be higher on overall rates of expressed emotions and hostility as compared to majority of the findings reported from other countries suggesting the need to initiate family therapies for Pakistani relatives considering the reported link between EE and outcome of the disorder.