

ABSTRACT

The current study was conducted to find out the cultural meaning of Expressed Emotion (EE) construct, frequently researched in Clinical Psychology. Many studies conducted in Western countries have reported a higher prevalence of negative emotions in relatives of psychiatric patients and their impact on relapse of the psychiatric patients particularly in Schizophrenia. However, in Pakistan, to the best of our knowledge, studies have not investigated this phenomenon using standardized procedures and methods. The present study consisted of two phases: in the first phase Camberwell Family Interview (CFI) was translated into Urdu and the researcher was trained to interview and rate CFI. The researcher along with the supervisor scored fourteen audio-taped interviews after transcribing them. S1 inter-rater correlations on ratings of researcher and supervisor were obtained on all components of EE: Critical Comments (CC), Emotional Over Involvement (EOI) Hostility, Warmth and Positive Remarks (PR). Second phase consisted of two studies, in the first study the cultural meaning of most controversial issue Emotional Over Involvement (EOI) in EE construct was assessed by using EOI Scale, especially constructed by the researcher from CFI manual. The statements included in EOI scale were carefully picked, which were rated as indicators of high EOI in Western studies. The EOI Scale was administered to 105 participants, the results of which demonstrated that many of the behaviors that are indicators of high EOI in Western culture are culturally expected in Pakistan. This effect was more prominent among female gender. In the second study, CFI translated was administered to eight relatives and it was found that Pakistani relatives are higher on overall rating of EE, especially on Critical Comments and Hostile attitude. Moreover, the frequency of Positive statements was considerably low. The results of this study can be used to educate families of patients to be specific in their critical comments rather than generalized, and adopt a positive attitude in their interpersonal interactions.