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REPERCUSSIONS OF MENTAL DISORDERS IN THE FAMILY CONTEXT

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ABSTRACT

Introduction: With the change in the care environment, the family came to be seen as an ally in treating the person with mental disorders, beginning to experience the home, as a new environment full of emotions, responsibilities and changes. Thus, it is important to know by health professionals of the repercussions that mental disorders cause in the family, so that it enables planning focused on holistic action, centered on the resolution of problems that lead to the illness of the family environment. **Objective:** to identify the repercussions of mental disorders in the family context. **Methodology:** Literature review in the databases SCOPUS, CINAHL, LILACS, CUIDEN and SCIELO. The selected articles were classified as to the level of evidence and data analysis was constructed in Microsoft Excel containing the main information of the articles. **Results:** 1,400 articles were found, of which 234 articles were selected to read the abstracts, 41 included the theme. Then, 27 articles were selected to answer the guiding question. However, after the application of methodological criteria, an article was excluded, totaling a final sample of 26 articles. **Conclusion:** the experience of having a family member with mental disorders was seen, as a difficult and overloading experience, but this coexistence has made it possible to search for the breakdown of paradigm of mental illness, the approximation of the family with treatment and health services, in addition to contributing to the reintegration of it into society.

Keywords: family, family relationships, mental disorders

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INTRODUCTION

The psychiatric reform in Brazil was initiated in the decade of 1970 and sanctioned by the Law 10.216/2001. This is not only restricted, the simple substitution of the hospital-centric treatment model of people with mental disorders, but involves cultural, social and paradigmatic aspects involved in the substitution of excluded care. The modifications resulting from this process favored social and family integration through a psicossocial care network.¹ With the change in the care environment, the family became seen as an ally in the treatment of the person with mental disorder, beginning to experience the home, as a new environment full of emotions, responsibilities and change.² Significant changes may be necessary in the family organization, assuming the role of participant in the care process of the mental disorder patient. These range from adaptation the daily routine to accountability in observing, evaluating and assisting your family member. In this way, mental disorders are experienced collectively in the context Domiciliar^{3,4} The professional support in the mental Health Services network should identify the possible needs of those responsible for direct care to the person with a mental disorder in coping with the difficulties caused by the possible lack of preparedness in dealing with the new situations^{4,5}. It is important to emphasize that the transformation of the care model in the context of mental health with a focus on social reintegration, still leaves gaps in the assistance of the Family Support network and the person with mental disorder regarding their experience with health services At Psiquiatria⁴. The role of the health professional in supporting the family can lead to alterations in these aspects, since learning about the disease and the ways of coping that provide a better quality of life to the family group, decreasing the burden that the disease Cause in Context family 2, 6, 7. The professional support in the mental Health Services network should identify the

possible needs of those responsible for direct care to the person with a mental disorder in coping with the difficulties caused by the possible lack of preparedness in dealing with the new situations,^{4,5}. Thus, the knowledge by health professionals of the repercussions that mental disorders caused in the family become important so that it allows a planning with a focus on holistic action centered on the resolution of problems that lead to the illness of the family environment. Therefore, this study aims to identify the repercussions of mental disorders in the family context, with the purpose of analyzing the scientific knowledge produced for the basis of evidence-based practices.

METHODOLOGY

The integrative review is a technique used to systematically synthesize the results obtained in research on a given subject from the combination of literature data and the grouping of concepts, theories, evidence and analysis of Methodological problems. From it, it is possible to deepen the knowledge of the subject studied and the identification of its gaps. In order to fulfill the methodological rigor. The construction of this study followed six defined stages: elaboration of the guiding question; Sampling or search in the literature; Categorization of studies; Evaluation of the studies included in the review; Interpretation of the results and presentation of the review⁸. Initially, there was the establishment of the integrative review problem and the elaboration of the research question. The guiding question of the study was: what are the scientific evidences about the repercussions of mental disorders in the family context? This questioning emerged from the interest in identifying how mental disorders interfere in family life, assuming that problems related to mental illness are historically stigmatized by society. The descriptors were selected from the Medical Subject Headings (MeSH) and the basis of descriptors in Health Sciences (DeCS), and the combinations used in the Portuguese, English and Spanish language, as follows: Family/family; Family relations/family relations;

Mental disorder/Mental disorders/mental disorders. The bibliographical survey took place on November 2016, from two independent reviewers who consulted the following bases: SciVerse Scopus (SCOPUS), Cumulative Index to Nursing and Allied Health Literature (CINAHL), Latin American literature and of the Caribbean in Health Sciences (LILACS), Web of Science, database of Enfermería in Español (CUIDEN). The virtual library Scientific Electronic Library Online (SCIELO) was also used. Original articles were included in scientific journals, written in the English, Portuguese or Spanish languages, with full text available online and published at a later date to the decree of Law 10,216, of April 06, 2001, since this is a milestone of Mental health care model in current days. Exclusion criteria were: graduation studies, Specialization Monographs, dissertations and theses, literature review articles, articles of reflection, books, book chapters, government publications and bulletins Informative. The selected studies were subjected to analysis of relevance and methodological adequacy by means of an instrument adapted from the Critical Appraisal Skills Programme (CASP) ⁹, consisting of 10 items that contemplate the clarity in the identification of the objectives of Search Adequacy of the methodological design; Theoretical and methodological procedures; Sample selection; Data collection; Researcher and researched relationship; ethical aspects; Data analysis; Presentation of the results; and importance of research. The scale classifies the articles at level A or B. From 60 to 100 points, level A, considered the good methodological quality and reduced bias; Less than or equal to 50, level B, of satisfactory methodological quality, but with increased risk of bias. The extraction of data from the studies was conducted through a validado ¹⁰ instrument that considers aspects related to the identification, methodological characteristics and classification of the results of the studies. In the part directed to the identification of the instrument, it is in the database in which the article was rescued, the

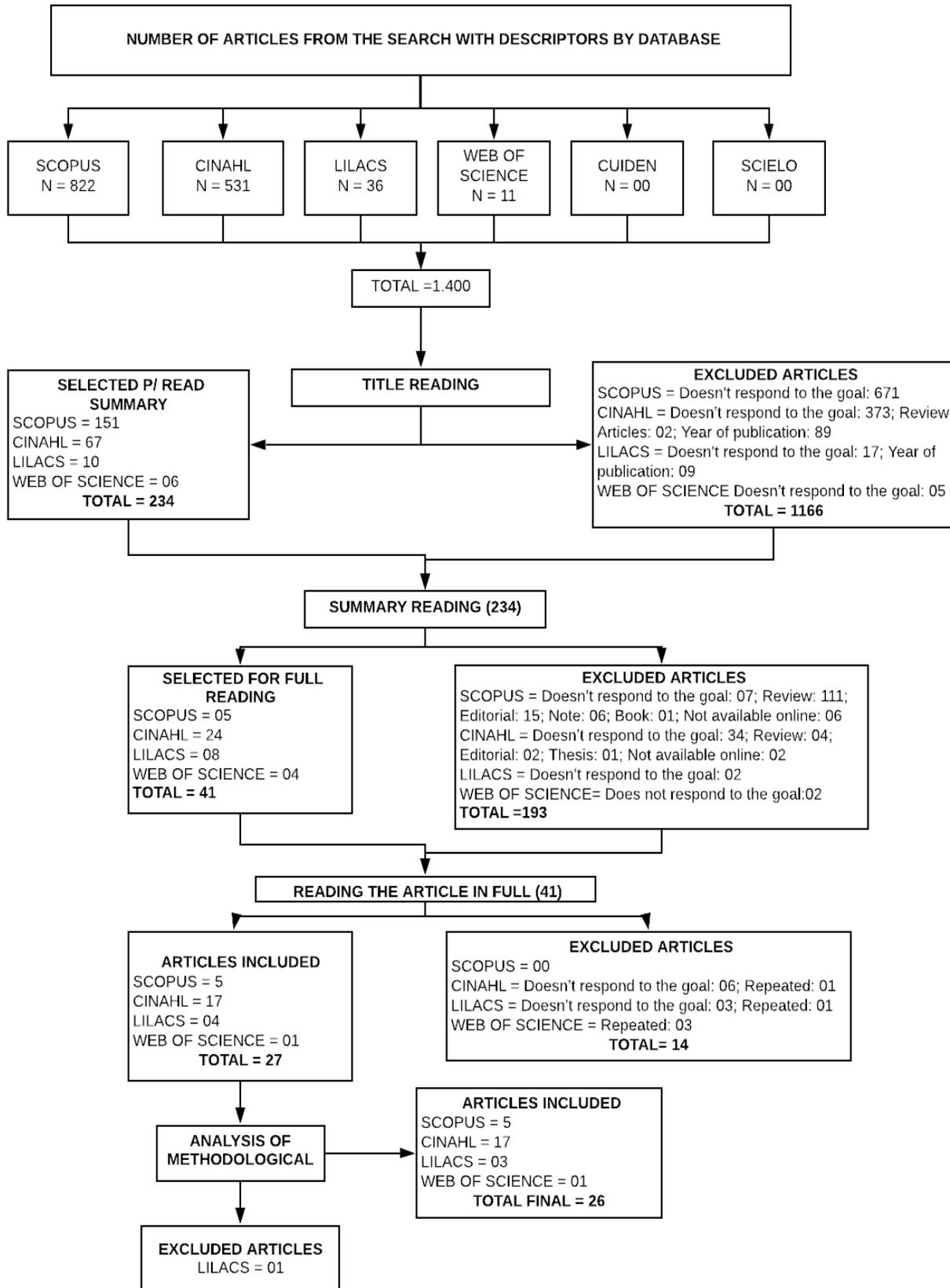
title, periodical, language, country of development, year of publication and authorship of the studies. Regarding the methodological characteristics, we identified the objective, sample data, information regarding the instrument submitted to validation, its analysis, results and implications. In addition, the articles were classified according to the level of evidence generated, hereinafter: "**Level 1**, evidence comes from a systematic review or meta-analysis of all relevant randomized controlled clinical trials or stemming from guidelines Based on systematic reviews of randomized controlled clinical trials; **Level 2**, evidence derived from at least one well-delineated randomized controlled clinical trial; **Level 3**, evidence obtained from well-delineated clinical trials without randomization; **Level 4**, evidence from well-delineated cohort and case-control studies; **Level 5**, evidence originating from a systematic review of descriptive and qualitative studies; **Level 6**, evidence derived from a single descriptive or qualitative study; **Level 7**, evidence from the opinion of authorities and/or report of committees of Especialistas¹¹". For data analysis, a spreadsheet was built in Microsoft Excel containing the main information of the articles (title, country of origin, year, level of evidence, objective, main results and thematic category to which it belongs). This stage allowed the evaluation and comparison of the studies, which culminated in the categorization of the results.

RESULTS

Three crossings were performed, with family/family relations/Mental disorders in the English, Portuguese and Spanish languages, totaling 1,400 articles. After applying the inclusion and exclusion criteria, 234 articles were selected to read the abstracts. Of these, 41 considered the mental disorders in family relationships, and after having been evidenced the relation of the studies with the objective of the integrative review, the full reading was performed. In the second moment, the exhaustive reading of the articles allowed the

selection of those who responded to the the application of the criteria established by the guiding+ question, totaling a sample of 27 CASP, an article classified in level B was articles. However, as shown in figure 1, and after excluded.

Figure 1: Selection flowchart of articles. Recife, PE, 2016.



Source: Elaborated by the author, Recife, 2016.

The 26 articles that comprised the sample were identified with qualitative approach and level of evidence VI, published between the years 2002 and 2016. In Chart 1 We can identify the articles, their respective authors, country, year, title, periodical, level of

evidence and objective. Among the studies, it was evidenced 18 scientific journals where the studies were published, seven of Brazilian origin and 11 foreign as we can observe in Chart 1. Regarding the area of knowledge of the publications, the search showed that 46.1% corresponds to the area of nursing.

Table 1 - Synthesis of selected studies. Recife, PE, 2016.

Id*	Authors/Country/Year	Article title	Periodic (NE**)	Study objective
E01	Borba LO, Paes MR, Guimarães AN, Labronici LM, Maftum MA/ BRAZIL/ 2011	The family and the mental disturbance carrier: dynamics and their family relationship	Rev Esc Enferm USP (VI)	Knowing the role of family in relation to patients with mental disorders, and identify the perception of the family in relation to mental health-mental disorder, patients with mental disorders and mental health treatment.
E02	Borba LO, Schwartz E, Kantorski LP/BRAZIL/ 2008	Stress on families living with the reality of mental disorder	Acta Paul Enferm (VI)	Knowing the burden of the family that lives with psychic suffering.
E03	Wilkinson C, McAndrew S UNITED KINGDOM/2008	'I'm not an outsider, I'm his mother!' A phenomenological enquiry into carer experiences of exclusion from acute psychiatric settings	International Journal of Mental Health Nursing (VI)	Understand, from the perspective of informal caregivers, that experiences had when his relative was admitted to a psychiatric hospital.
E04	Kokanovic R, Petersen A, Klimidis S AUSTRALIA/ 2006	'Nobody Can Help Me. . I am Living Through it Alone': Experiences of Caring for People Diagnosed with Mental Illness in Ethno-Cultural and Linguistic Minority Communities	Journal of Immigrant and Minority Health (VI)	Analyze the roles that family members have and their use and non-use of support services.
E05	Vaddadi KS, Gilleard C, Fryer H/AUSTRALIA/ 2002	Abuse of carers by relatives with severe mental illness	International Journal of Social Psychiatry (VI)	Examine how often family caregivers suffered verbal and physical abuse of relatives who were being attended by a community mental health service and to identify the correlates and consequences of this abuse.
E06	Power et al. AUSTRALIA/ 2016	Family resilience in families where a parent has a mental illness	Journal of Social Work (VI)	Exploring the experiences of families living with a father with mental illness and the ways they faced the challenges associated with parental mental illness.
E07	Perera DN, Short L, Fernbacher S AUSTRALIA/ 2014	"It's Not That Straightforward": When Family Support Is Challenging for Mothers Living With Mental Illness	Psychiatric Rehabilitation Journal (VI)	Understanding the level and quality of families living with mental illness.
E08	Weimand BM, Hall-Lord ML, Callstrom CS, Hedelin B NORWAY/ 2013	Life-sharing experiences of relatives of persons with severe mental illness – a phenomenographic study	Scandinavian Journal of Caring Sciences (VI)	Describe the experiences from the perspective of relatives of someone with serious mental illness in the family.
E09	Cohen L, Harms CFC, Pooley JA, Tomlinson S AUSTRALIA/ 2011	Family systems and mental health Issues: a resilience approach	Journal of Social Work Practice (VI)	Understand resilience in living with or supporting a family member with a diagnosed or undiagnosed mental illness.
E10	Botti NCL et al BRAZIL/ 2012	Ecomap and family APGAR in family care for patients with psychiatric disorders	Revista de APS - Atenção Primária à Saúde (VI)	Know social networks and links established by six families with patients with psychiatric disorder.

E11	Alves CCF, Silveira RP BRAZIL/ 2011	Family and social networks in the care of people with mental disorders in State of Acre: the context of the territory in deinstitutionalization	Revista de APS - Atenção Primária à Saúde (VI)	Study the constitution and family relationships as well as the social networks of users of the Mental Health Hospital of Acre (Hosmac), and analyze how care occurs in the territory when it is at home and in the return of hospitalizations.
E12	Endrawes G, O'Brien L, Wilkes L AUSTRALIA/ 2007	Egyptian families caring for a relative with mental illness: A hermeneutic study	International Journal of Mental Health Nursing (VI)	Understanding the experience of Egyptian families in caring for a family member with mental illness in Australia.
E13	Walton-Moss B, Gerson L, Rose L UNITED STATES OF AMERICA/ 2005	Effects of mental illness on Family Quality of life	Issues in Mental Health Nursing (VI)	Outline perceptions about the quality of life of the family in families challenged by caring for a relative with mental illness.
E14	Sant'Ana MM, Pereira VP, Borenstein MS, Silva AL BRAZIL/2011	The meaning of giving mental health care to family	Texto Contexto Enferm (VI)	Understanding the meanings of being caregiver of patients with mental disorders.
E15	Pereira MAO, Pereira Jr. A BRAZIL/2003	Mental disorders: difficulties faced by the family	Revista da Escola de Enfermagem da USP (VI)	Understand the dynamics of the relationship between health service mental, psychiatric patient and your family.
E16	Cardoso L, Galera SAF, Vieira MV BRAZIL/2012	Caregiver and burden health care of patients discharged from psychiatric hospitalization	Acta Paulista de Enfermagem (VI)	Identify the sociodemographic characteristics and the degree of overload of family caregivers of discharged patients of psychiatric hospitalization.
E17	Furegato ARF, Santos PS, Nieves AF, Silva EC BRAZIL/2002	The family's burden and strategies when living with mentally ill people	Texto e Contexto Enfermagem (VI)	Identify the presence of the burden and the coping strategies used by the relatives of those with mental disorders, given the burden to which they are submitted by this coexistence.
E18	Doornbos MM UNITED STATES OF AMERICA /2002	Family Caregivers and the Mental Health Care System: Reality and Dreams	Archives of Psychiatric Nursing (VI)	Explore the perspective of parental caregivers in relation to the experiences of support and non-support of the health system.
E19	Riebschleger J 2004	Good days and bad days: The experiences of Children of a parent With a psychiatric Disability	Psychiatric Rehabilitation Jornal (VI)	Analyze the experiences and needs reported by children under a parent with a psychiatric disability.
E20	Trondsen MV 2012	Living With a Mentally Ill Parent: Exploring Adolescents' Experiences and Perspectives	Qualitative Health Research (VI)	Evaluate the implications of parental mental illness in the perspectives of children and adolescents.
E21	Pearson C 2015	The impact of mental health problems on family members	Health at a Glance (VI)	Assess how family members with a mental health problem affect the family, as well as the care delivery functions they have provided to the family member.
E22	Ganguly KK, Chadda RK, Singh TB INDIA/2010	Caregiver Burden and Coping in Schizophrenia and Bipolar Disorder: A Qualitative Study	American Journal of Psychiatric Rehabilitation (VI)	Analyze overload and copion in a group of caregivers of schizophrenia people and bipolar affective disorder.
E23	Almeida LM, Nóbrega MML BRAZIL/2004	Nursing diagnoses identified from symptoms of stress in family members of patients who bear mental disorders	Revista RENE (VI)	Identify, from symptoms of stress, nursing diagnoses in family members of patients with mental disorders.
E24	Fatori D, Bordin IA, Curto BM, Paula CS 2013	Influence of psychosocial risk factors on the trajectory of mental health problems from childhood to adolescence: a longitudinal study	Biomedic Central Psychiatry (VI)	Examine the influence of psychosocial factors on the trajectory of child/adolescent mental health problems (CAMHP) over time.

E25	Vicente JB, Mariano PP, Buriola AA, Paiano M, Waidman MAP, Marcon SS BRAZIL/2013	Acceptance of patients with mental illness: a family perspective	Rev Gaúcha Enferm (VI)	Learning how the acceptance of the person with mental disorder in the family and community is perceived.
E26	Costa AA, Trevisan EE BRAZIL/2012	Psychosocial alterations in family context after desospitalization of the individual with mental disorders	Saúde em Debate (VI)	Know the possible changes in the family context after the dehospitalization of its limb with disorders mental health and understand how psychosocial rehabilitation has articulated itself in this process.

CONCLUSION

The theme studied is contemned within the characteristics that are associated with qualitative research, reaching the contextual, social and institutional conditions and uncovering the meanings of the repercussions of the mental disorder in the daily life of Family relations. The family has been regarded as a strategic nucleus of care within this psychosocial care model and the experience of having a family member with mental disorders has been seen, such as a difficult and overload experience, but this coexistence has Also enabled positive impacts, such as the search for the breakdown of the paradigm of mental illness, the approximation of the family with treatment and health services, and, mainly, their contributions to the reintegration in the society of the person with a disorder So that they can feel supported and be able to regain autonomy and respect in social life. Despite the limitations present in this study, resulting greatly from the level of evidence, the results may be useful in the object of therapeutic work that values the family and allows this approximation with mental health services in the processes of treatment, assistance, monitoring, and management of cases. The repercussions caused by the family identified in this research can provide subsidies for the elaboration of strategies to be worked in the family environment with a view to reducing negative feelings, feeling of overload, reinforcing the positive impacts. It is important to highlight that this study aims to

incite the development of evidence-based health practices and the need for the development of experimental research related to mental disorders in the family context.

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