Exploring the Effects of a Child- and Family Intervention in Adult Mental Health Care
- a Norwegian study

Background:
Parental mental illness increases the risk of mental illness and social problems in the offspring. This knowledge urges the development of effective preventive child- and family interventions in both community and specialist mental health care.

Objective:
To identify effective factors of preventive family interventions feasible for specialist mental health care, and to examine factors for potential effects, such as children’s age and gender, parent’s diagnosis, severity of mental illness and socio-demographic variables.

Method and material:
The study will examine the potential effects of a preventive child- and family intervention (FAIT), inspired by Beardslee’s Family Talk, used in adult mental health care, St. Olav’s University Hospital, on children’s (8-18 years) Mental health (SDQ), Quality of life (KINDL) and Coping skills (KCS/ACS). The effects of the intervention will be compared and contrasted to the effects on children whose mentally ill parents participate in a psychoeducational course for parents (PEP).

Measures of the children will be made at three points: after parent’s admission to the inpatient units (T0), after the family’s participation in FAIT/PEP and the parent’s discharge from the inpatient unit (T1), and one year after participation in FAIT/PEP (T2).

Results:
These will be presented in international peer reviewed papers and the PhD thesis of the candidate.