

# Parenting style, family support, and relapse among schizophrenia patients: a literature review

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## Abstract

Schizophrenia is a mental health problem that is quite widespread in Indonesia. Relapse among patients with Schizophrenia is related to parenting style and family support. This study aimed to present a literature review that addresses parenting style, family support, and relapse among schizophrenia patients. Three databases were used in this study, ProQuest, Google Scholar, and PubMed. The keywords were used according to the Medical Subject heading (Mesh): Parenting and families support or emotional support and family functioning and relapse and Schizophrenia. We limited the articles from 2020-2022 and in English. We obtained 434 articles which divided into Google

Scholar 214 articles, ProQuest 134 articles, and PubMed 86 articles. In the end, we obtained six articles. The methodology of articles was evaluated using JBI Critical checklist. Scores less than 50% were excluded from the study to ensure the quality of the articles. The review results showed that parenting style and family support are risk factors contributing to relapse among schizophrenia patients. However, there was one article that showed that there was no correlation between family cohesion and relapse among schizophrenia patients. Parenting style and family support has a function in preventing relapse among schizophrenia patients. So, parenting style and family support management are needed to address intervention for preventing relapse among schizophrenia patients.

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## Introduction

Globally, the prevalence of mental health problems is escalating. In 2019, approximately one in eight individuals, totaling 970 million people worldwide, were reported to have a mental condition.<sup>1</sup> Mental health issues now contribute to one in every five years of disability. Surprisingly, 20% of the world's children and adolescents are grappling with a mental health disorder, and suicide ranks as the second leading cause of death among those aged 15 to 29, making it a critical concern.<sup>2-4</sup> Schizophrenia stands out as a prominent global mental disorder affecting numerous countries and is recognized as one of the top fifteen causes of disability worldwide.<sup>5</sup> The impact of Schizophrenia extends to adding 13.4 million years of disabled life to the global disease burden.<sup>6</sup> In Indonesia, Schizophrenia is a widespread mental health problem, evidenced by an increase in reported cases by 7 per thousand individuals.<sup>7</sup> Specifically, Menur Mental Health Hospital in Indonesia recorded 9,994 outpatients with schizophrenia.<sup>8</sup>

Relapse is a significant focus in Schizophrenia, causing adverse outcomes among individuals with the condition.<sup>9</sup> Over a one-year period, 59 out of 323 (18.3%) patients experienced a recurrence.<sup>10</sup> Research has established a correlation between relapse among patients with Schizophrenia and their parenting style as well as family support.<sup>11</sup> Specifically, an overprotective parenting style has been found to impact schizophrenia,<sup>12</sup> while a lack of support contributes to relapse among Schizophrenia patients.<sup>13,14</sup> The influence of parenting style on the growth and development of children is well-documented.<sup>15,16</sup> Previous studies have categorized parenting styles into four types: authoritative, democratic, permissive, and neglectful.<sup>17</sup> Notably, authoritarian and permissive parenting styles have been associated with harm to individuals with schizophrenia.<sup>18</sup>

Schizophrenia patients also face stigma from the community and their families.<sup>19</sup> Stigma has been linked to relapse among schizophrenia patients,<sup>20</sup> underscoring the importance of a robust

support system from their families.<sup>21</sup> Paradoxically, families of individuals with Schizophrenia may themselves exhibit discriminatory behaviors, including isolating patients and restricting their mobility, reflecting internalized stigma.<sup>21,22</sup> Family support encompasses various forms, such as emotional support, informational support, instrumental support, and appraisal support,<sup>23</sup> all of which are crucial for individuals with schizophrenia.<sup>24</sup> These forms of support have been shown to alleviate symptoms in schizophrenia patients and contribute to preventing relapses. Based on this background, this study aimed to present a review that address parenting style, family support, and relapse among schizophrenia patients. To the best of our knowledge, there are only a few studies related to family intervention<sup>25</sup> and none specifically addressing parenting style. Therefore, this study is essential to identify relevant articles concerning parenting style and support from the family to mitigate relapses among schizophrenia patients.

## Materials and Methods

### Research design

This study employed a literature review that addressed parenting style, family support, and relapse among schizophrenia patients.<sup>26</sup> The inclusion criteria for this study were limited to original articles in English, with the study population consisting of schizophrenia patients. The study specifically concentrated on exploring the relationships among parenting style, family support, and relapse in schizophrenia patients. The primary outcome of interest was relapse among schizophrenia patients. Articles were excluded if they did not involve human subjects, were not master’s or dissertation papers, or were not full-length articles.

### Search strategy and sources

This study utilized three databases: ProQuest, Google Scholar, and PubMed. The search was limited to articles published between 2020 and 2022. The review was conducted from July 21 to October 25, 2021. The keywords were selected based on the Medical Subject Heading (Mesh) terms and included: parenting AND family support OR emotional support AND family functioning AND relapse AND Schizophrenia. Tables were created to present the results of the study.

### Risk of bias

The methodologies of the articles were evaluated using The Joanna Briggs Institute (JBI) Critical Appraisal checklist.<sup>27</sup> Articles with scores less than 50% were excluded from the study to ensure the quality of the included articles.

## Results

Records identified through databases yielded 434 articles (Figure 1). Figure 1 outlines the article selection procedure and extraction process. The original articles included in the review were 214 articles from Google Scholar, 134 articles from ProQuest, and 86 articles from PubMed. Duplicate articles were removed, and two researchers independently screened titles and abstracts. Articles had to meet eligibility criteria based on population, study type, and outcome. As a result, only six articles were included in the final record.

Table 1 presents a study on the relationship between parenting style and relapse among schizophrenia patients. Parenting styles

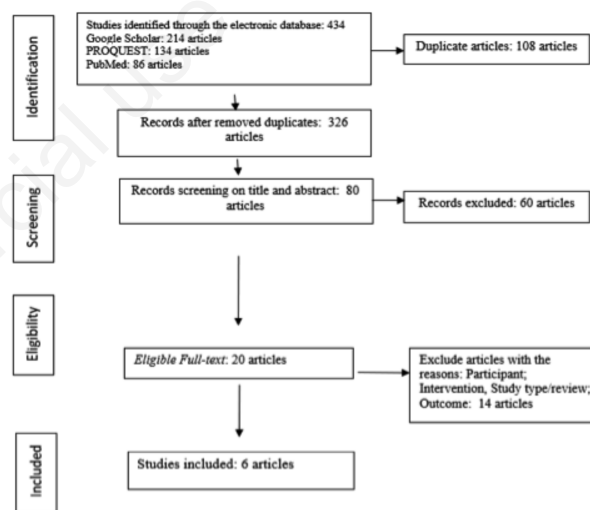


Figure 1. Flow chart of the study selection.

Table 1. Relationship between parenting style and relapse among schizophrenia patients.

Author	Year	Study design	Country	Total sample	Age	Outcome	Family support or parenting style	Conclusion
Khoshgoftar <i>et al.</i> , 2022	2022	Descriptive study	Iran	15	> 18 age years old	Schizophrenia symptoms	Early mother-child	Early mother-child relationship in patients with Schizophrenia was associated with Schizophrenia.
Ishii <i>et al.</i> , 2020	2020	Prospective research		89	40.1	Recovery and non-recovery group	Parental bonding instrument (PBI) to assess parental care and overprotection	Overprotective parent was associated with non-recovery in patients with Schizophrenia.
Abbaspour <i>et al.</i> , 2021	2021	Cross-sectional	Iran	130	30.51	Psychiatric disorder	Parental bonding support	Most of the patients with psychiatric disorders were affected by ineffective parenting styles.

examined in the articles included early mother-child, parental care, and parental bonding.<sup>28-30</sup> The outcomes assessed in the articles were the symptoms of Schizophrenia, recovery, and psychiatric disorders. All studies indicated that parenting style was related to the study outcomes (Table 1).

Table 2 displays a study on the relationship between family support and relapse among schizophrenia patients. Family support in the articles encompassed relationship with family, multifamily psychoeducation, and family support. The outcomes considered in the articles were the recurrence of Schizophrenia, relapse rate, and adaptation mechanisms. All studies demonstrated that family support was related to the study's outcomes (Table 2).

## Discussion

Schizophrenia poses a severe mental health challenge with the risk of lifelong relapse for affected patients.<sup>31</sup> Ineffective parenting styles impact individuals with Schizophrenia, where parenting involves interactions between parents, children, and the family.<sup>32</sup> Parenting is closely tied to parental attitudes and behaviors, shaped by factors such as maintenance, care, support, and punishment.<sup>33</sup> Previous research has classified parenting styles into four categories: authoritative, democratic, permissive, and neglectful.<sup>17</sup>

The study titled "Associations between Parental Bonding during Childhood and Functional Recovery in Patients with Schizophrenia"<sup>29</sup> demonstrated that parental bonding during childhood influences the onset of Schizophrenia. An overprotective parental style was linked to relapses among schizophrenia patients. Ineffective parenting could result in children becoming overly dependent on others. The family's role is crucial in shaping parenting, ultimately influencing the development of children. The conclusion drawn was that schizophrenic patients benefit from positive parenting, leading to improved socialization skills and preventing relapses. The parenting styles provided by families to schizophrenia patients encompass attitudes, behavior, care, patience, perseverance, and affection.

The study "Parental Bonding Styles in Schizophrenia, Depressive and Bipolar Patients: a Comparative Study"<sup>30</sup> suggested that parenting patterns could serve as predictors for children's

mental disorders. Ineffective parenting styles were prevalent among patients with psychiatric disorders, with the mother's role being particularly critical. The study "Analysis of the Early Mother-Child Relationship in Schizophrenic Patients"<sup>28</sup> also emphasized the crucial role mothers play in a child's behavior, development, and language. The early association between mothers and children in schizophrenia patients was characterized by emotions, ranging from hatred to love. Lack of attention from mothers was identified as a contributing factor to emotional problems among children.

One of the family's functions is to care for its members.<sup>34,35</sup> Family support is anticipated to enhance the potential recovery of schizophrenia patients and aid in their adaptation to symptoms.<sup>36</sup> Patients lacking support from their families are more prone to relapse. Family support includes emotional, informational, instrumental, and appraisal support.<sup>23</sup> The study "Correlation Between Family Cohesion and Recurrence in Schizophrenics at the Dr. Soetomo Hospital Psychiatric Clinic"<sup>37</sup> aimed to assess the correlation between family cohesion and relapse among schizophrenia patients. However, this study showed no correlation between these two variables, deviating from other studies. The study "The Effectiveness of Relapse Prevention Intervention on the Ability of Patients and Their Families to Prevent Psychotic Symptoms of Relapse among Patients with Schizophrenia: Systematic Literature Review"<sup>26</sup> demonstrated that family support, especially through family-focused therapy and family psychoeducation programs, could prevent relapses among schizophrenia patients.

The study "Family Support And Adaptation Mechanisms Of Adults Outpatients With Schizophrenia"<sup>38</sup> explained that emotional support from the family could enhance coping mechanisms for patients with Schizophrenia. Emotional support comprises affection, trust, attention, listening, and being listened to.<sup>9</sup> Information support involves advice to improve health and motivation among patients.<sup>39</sup> Instrumental support encompasses providing shelter, food, and transportation, reflecting the family's economic and healthcare functions.<sup>40,41</sup> Thus, the family plays a crucial role in preventing relapses among schizophrenia patients.

Several limitations of this study should be considered. This study conducted a review and has not yet measured the quantitative effect of parenting style on relapse among schizophrenia patients and family support on schizophrenia patients.

**Table 2.** Relationship between family support and relapse among schizophrenia patients.

Author	Year	Study design	Country	Total sample	Age	Outcome	Family support or parenting style	Conclusion
Texaga and Rejeki, 2022	2022	Cross-sectional	Indonesia	40	16-40	Recurrences of schizophrenia patients (times per year)	Brief family relationship scale	There is no significant relationship between family cohesion and the recurrence of Schizophrenia.
Abu Sabra and Hamdan-Mansour, 2021	2021	Systematic review	-	12	-	Relapse rate	Multifamily psychoeducation	The relapse prevention intervention increases for patients and their families to minimize and prevent psychotic symptoms.
Widiyawati <i>et al.</i> , 2020	2020	Cross-sectional	Indonesia	101	15-75	Adaptation mechanism to the symptom of Schizophrenia	Family support	The positive influence of family support on the adaptability of schizophrenia outpatients

## Conclusions

The review findings suggest that parenting style and family support have been identified as significant risk factors contributing to relapse among schizophrenia patients. To address this issue, it is crucial to incorporate family support management as part of the treatment approach to effectively prevent relapse in individuals with Schizophrenia, such as by enhancing family relationships and providing psychoeducation. Engaging the family, including aspects like parental bonding and early mother-child relationships, in the intervention process can enhance support systems and create a conducive environment for the patient's overall well-being and relapse prevention.

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