Estudio de casos y controles: la eficacia de la intervencion psicoeducativa en la sobrecarga experimentada por familiares de pacientes bipolares [Case and control study: efficiency of the psychoeducational treatment of the overload experienced by family members of bipolar patients]

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Authors' objectives
1. Assess the overload level in family members of patients diagnosed with bipolar disorder. 2. Assess the efficiency of psychoeducation to reduce family overload: by comparing the overload before and after receiving psychoeducation treatment in the experimental group and by comparing the overload of the experimental group after receiving the psychoeducation treatment with the overload of the control group that did not receive any treatment. 3. Detect variables that have an influence on the level of overload (by increasing or reducing this). 4. Relate the level of overload of the main carer to the patient’s progress. 5. Prepare psychoeducational guidelines for the family members of patients with bipolar disorder.

Authors' conclusions
The most relevant finding was the major decrease in family burden levels experienced by carers following application of the psychoeducation treatment. The quality of life of both family members and persons affected by bipolar disorder improves and the overload experienced by family members of the treatment group was reduced and their work, symptomatological, social and overall functional status improved. Therefore, the reduction in the symptomatology both of family members and patients and the improvement in patient functionality support and recommend the application of family group psychoeducational treatments.

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