

# **VIII CONGRESO INTERNACIONAL y XIII NACIONAL de PSICOLOGÍA CLÍNICA**



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## **A HIERARCHIC SYSTEM OF RECOVERY AND GENETIC PREVENTION OF MENTAL HEALTH IN FAMILIES**

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**Introduction:** Under present-day conditions, nosocentric paradigm of mental health is replaced by biopsychosocial one. Transition occurs from the individual as an object to attitude towards the individual as a subject with his/her family environment. The family is an origin both of genetic inheritance and social-psychological interpersonal relations. The family level allows working in real “risk groups”.  
**Objective:** Creation of hierarchic system of recovery and genetic prevention of mental health in families for identification of age-dependent targets and management of complex of multilevel risks of onset of mental disorders.  
**Materials and Methods:** Evaluation of quality of life of relatives of mental patients; clinical-genealogical analysis of genealogies; systemic analysis of familial-genetic mechanisms of onset and prevention of mental disorders based on author’s models – multilevel model of functioning of the family and ontogenetic cycle of the family having several generations. 502 family systems of patients (proband and his/her relatives) with different mental disorders aged from 3 to 73 years have been investigated.

**Results and Discussion:** As a result of conducted studies it has been shown that quality of life of relatives is affected. Functioning of family system is characterized by features of the family and disturbed life cycle leading to frustration of usual ways of functioning, by average-balanced forms of family adaptation, average functional resource with situatively conditioned dysfunctional strategies. At the same time the familial diagnosis is established; psychological interventions into the patient, family and society are conducted; long-term programs of familial-genetic dispensarization of “risk groups”; social integration of the patient and his/her family into society; ethical-humanitarian, social, legal and financial support of the families are realised. Familial-genetic prevention service includes complex measures, differentiated at different levels of intervention: individual, familial, institutional, societal, allows increasing the efficacy of care provision to users of specialised help at different levels.