An approach to family members of a schizophrenia patient who has anxiety about the patient’s daytime outing to her home
—A study using an “outing notebook”—

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Abstract

Patient A who is hospitalized due to schizophrenia has strong anxiety, resulting in frequent confirmation behavior. The patient repeats this action when meeting with the parents. The patient’s father reproached the patient and raised his hand against the patient in an aggressive manner. The parents periodically meet the patient, and they had expressed their will to accept discharged home in the future. However, the patient had never experienced a daytime outing to home. The parents have a will to accept discharged home, while they worry about the patient’s trouble with others and her impulsive behavior, revealing their conflicts that hindered their decision about their child’s daytime outing. This study performed a family interview using an “outing notebook” along with a traditional family interview, which improved their anxiety, ultimately leading to their accepting the patient’s daytime outing to her home. Tottori J. Clin. Res. 12(1), 28-35, 2020

Key words: 統合失調症, 退院支援, 外出ノート, 家族面接, 自宅外出 schizophrenia, discharge care, outing notebook, family interview, daytime outing to home