

Relapse prevention is a primary long-term clinical goal in treatment of psychotic disorders. Pharmacotherapy by itself is not sufficient, because compliance of patients in remission is usually low and there are more factors contributing to relapse, especially stress of patients resulting from emotionally demanding situations in the family.

PREDUKA (PREventive EDUcational programme for relapse prevention) is a six-hour professionally-led group programme for patients with psychotic disorders in ambulant therapy and for their relatives. In a field questionnaire survey we mapped 1) theoretical knowledge of participants, 2) usage of practical advice obtained from PREDUKA and 3) general benefit of programme. Participants from years 2007 - 2009 were included. The sample consisted of 14 patients and 22 relatives, 27 women and 11 men. The average age of patients was 28,6 years, that of relatives 44,4 years. High return of questionnaires from patients confirms their goodwill to cooperate. Knowledge of participants about psychosis and their therapy is very good, compliance of patients from our sample is high. Participants usually follow advice obtained from PREDUKA. Common is the ignorance of important phone numbers (crisis centre, attending psychiatrist), so we suggest to include a page in a workbook for these dates. A long term family psychoeducation would be suitable as relatives express even higher dissatisfaction with communication with their ill relative than patients themselves.