

Conclusions: There is insufficient knowledge concerning clients' ownership of smartphones, their patterns of use and their interest in employing them to help self-management their condition. However, the review recognized intervention effectiveness, assuming that mobile technologies could be integrated in mental health care services.

Needs assessment of families of people with mental illness

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Introduction: In Portugal, the majority of people with mental illness live with their families, which play an important role in the treatment and rehabilitation of people with these conditions. Supporting families of people with mental illness is considered a key component in the psychosocial rehabilitation process (O'Doherty, Doherty, & Walsh, 2006). Given the central role of families and informal caregivers, it is critical to acknowledge their difficulties and needs to increase the effectiveness and scope of family interventions approaches (Vermeulen et al., 2015). Research indicates that effective support to informal caregivers enhance systemically the recovery of people with mental illness.

Objectives: To study the experiences of carers of people with enduring mental illness, to identify their need regarding support resources as well as contextual factors associated with their satisfaction level.

Materials and Methods: Administration of an informal carers needs assessment questionnaire to 30 families of people with mental illness (n=30) in a community psychosocial rehabilitation institution (ANARP).

Results and Discussion: Families need not only effective resources to access mental health services but also supporting structures to enable them to have moments of rest. Sharing information with professionals and other family caregivers is essential for decreasing the care burden.

Conclusion: Realizing current and future needs of mental illness informal caregivers can improve mental health services planning and delivery, improving family support programs to intervene with families.