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**Research article**

# Recurrence of Schizophrenia Patients Based on Family Support Factors and Compliance with Medication

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**ABSTRACT**

**Background:** Relapses in schizophrenia sufferers still occur frequently, so sufferers have to undergo a re-treatment process. Relapse in schizophrenia has a major impact on sufferers, families and health services. Lack of family support and patient non-compliance in taking medication are the most common factors in relapse. This research aimed to determine Family Support and Medication Adherence to the Relapse of Schizophrenia**.**

**Methods:** The method used in this writing is a literature review study. The library sources used came from Pubmed, Searchgate, and Google Scholar which were published from 2015 to 2020, and manually selected articles that were relevant or in accordance with the research questions.

**Results:** Family support and medication adherence influence the relapse of schizophrenia sufferers. Family support provided is in the form of informational support, assessment support, instrumental support and emotional support. Non-compliance with taking medication in schizophrenia sufferers is caused by limited costs, drug diversity, drug side effects, and family attitudes that are not open.

**Conclusion:** The influence of adherence to taking medication in schizophrenia sufferers is very high because sufferers who do not comply with taking medication are more at risk of experiencing a relapse compared to sufferers who adhere to taking medication. The most dominant factor influencing recurrence is compliance with taking medication.

## I. Introduction

Schizophrenia is a brain disorder that results in psychotic behavior, concrete thinking and difficulties in processing information, international relations, and solving problems (Kardiatun, 2023). Schizophrenia is one of the most common cases of various types of mental disorders in Indonesia. Schizophrenia sufferers are caused by the integration of biological factors, psychosocial factors and the environment (Tasijawa, 2022).

There are more than 80% of schizophrenia sufferers in Indonesia who do not receive treatment and are not treated optimally either by their families or by the existing medical team. Many schizophrenic patients are left on the streets, some are even shackled by their families. Conditions like this allow an increase in the number of schizophrenia sufferers (Zahnia, 2016).

According to WHO data, in 2016 the number of schizophrenia sufferers reached 21 million people in Indonesia. Basic Health Research conducted by the Ministry of the Republic of Indonesia concluded that the prevalence of serious mental disorders, such as schizophrenia, in the Indonesian population reached 7 per million. The most mental disorders are in Bali, DI Yogyakarta, NTB, Aceh, Central Java, South Sulawesi and West Sumatra. The proportion of RTs who have ever received ART for serious mental disorders in Indonesia (31.5%) and the largest number of residents living in rural areas (31.1%). In East Java the schizophrenia rate reaches 6 per mile. The proportion of schizophrenia in 2011 in mental hospitals throughout Indonesia that occurred at the age of 15-56 years was 0.5-1%, around 15% of patients admitted and treated in mental hospitals, were schizophrenic sufferers and would stay for quite

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a long time and If you don't take medication regularly, it will get worse and cause a relapse. (Ministry of Health, 2018).

The prevalence of relapse in schizophrenia is in the range of 50-92% globally (Tristiana, 2019). Relapse in schizophrenia sufferers occurs because symptoms appear as before. There are several factors that influence the recurrence of schizophrenia sufferers, including lack of family support and lack of compliance with taking medication (Tasijawa, 2021). Schizophrenia sufferers often receive little attention in society, sufferers are often considered dangerous and are often portrayed as stupid, strange individuals, this is a family disgrace. Because of society's wrong view, people with schizophrenia are often hidden, ostracized, and not taken for treatment because their families are embarrassed (Winahyu, 2015).

Poor family support has an impact on schizophrenic patients so that they have 6 times the chance of experiencing a relapse compared to families who have good support (Pratama, 2015). In addition, many schizophrenic sufferers experience relapse due to non-compliance with taking medication. The role of the family is very important in the treatment of schizophrenia sufferers because in general they are not able to organize and know the schedule and type of medication to be taken. The family must always guide and direct so that sufferers can take medication correctly and regularly (Pardede, 2020).

Compliance with taking medication is the patient's regularity in taking medication recommended by the doctor for the treatment that has been determined and completing treatment regularly and completely without interruption within the time specified by the patient (Barut, 2016).

One of the causes of relapse experienced by schizophrenia sufferers is due to the sufferer's non-compliance with taking medication. So there needs to be support from family and those closest to you. Through intensive supervision of schizophrenia sufferers, sufferers feel they have additional strength to undergo treatment (Suhita, 2017). Patients who experience repeated recurrences will experience conditions that get worse and take longer to return to their original state (Ribé, 2018). Therefore, this literature review aimed to determine the influence of family support factors on the recurrence of schizophrenia sufferers, the influence of medication adherence factors on the recurrence of schizophrenia sufferers, and the factors that most influence the recurrence of schizophrenia sufferers based on a literature review study.

## II. METHODS

The method used in this writing is a literature review study. Search for published articles obtained from Pubmed, Researchgate, and Google Schoolar using the journal/article search keywords "Family Support AND Medication Adherence AND Schizophrenia Relapse" for international journals/articles and "Family Support AND Medication Adherence AND Schizophrenia Relapse" for journals/ National article. Articles and journals that meet the inclusion and exclusion criteria are taken for screening, analysis of journal suitability, and exclusion of duplicate journals and not suitable for inclusion. Research journals that are appropriate for inclusion are collected and a journal summary is made and entered into a table according to the format provided. This literature review uses publications from 2015-2020 which can be accessed in full text in pdf format. The criteria for journals reviewed are using Indonesian and English with human subjects. The type of journal/article used is an original journal/article with the theme Recurrence of Schizophrenia Patients Based on Family Support Factors and Medication Adherence and with a non-experimental research design.

## III. RESULTS

The Influence of Family Support Factors and Compliance with Medication on the Relapse of Schizophrenia Sufferers

This literature review presents nine articles that discuss family support and its influence on relapse in schizophrenia sufferers (Table 1). The results of research conducted by Simanullang et al., (2018) from 90 respondents showed that 50% of families had good family support consisting of informational support (60%), assessment support (58%), instrumental support (58%) and emotional (66%). Patients who lack family support tend to experience relapse with informational support (31%), assessment support (27%), instrumental support (12%) and emotional support (26%) Judging from the results of the statistical test P Value = 0.00 (< α 0.05) which means there is a relationship between family support and the recurrence of schizophrenia sufferers. Family support is not only related to instrumental support such as providing facilities, money, food and daily needs but also about spending time together. Sufferers will be more

motivated to recover because the family always provides moral and material assistance. The majority of families only pay attention to visiting times as a routine and pay little attention to patient care (Simanullang et al., 2018).

The results of research by Hernandez et al (2017) show that the importance of family involvement in the treatment of schizophrenia sufferers is because treatment management must be discussed openly with the family. Sufferers are often disturbed by the side effects of drugs because they interfere with their activities. Even though family members know the many benefits of medication, they are also worried about the side effects of the patient's long-term medication use. Sufferers are more compliant with treatment if the family is also involved and supportive.

Gathaiya et al., (2018) there were 79 (37.8%) patients using mood stabilizers while the same patients were using a typical class of anti-psychotic drugs. Thirty (14.4%) used atypical drug classes while 13 (6.2%) never knew their drug type. use, with another eight (3.8%) using antidepressant medication. The majority of them, 192 (91.9%) knew the dosage of their medication, with 98 (46.9%) taking their own medication. 83 (39.7%) patients were assisted by their parents to take their medication. Others were helped by their partners, brothers and other family members to take the medicine. 81 (38.8%) patients never experienced any drug side effects. For those who experienced side effects, 46 (22%) complained of dry mouth, stiff muscles and cold extremities while 60 (28.6%) complained of hyper salivation. Other side effects including sexual dysfunction, inability to sit/stand still and drowsiness were the main causes of recurrence (67.9%). failure to take prescribed medication and attend the clinic.

Kurnia et al., (2015) there is good compliance with medication use, communication skills, and work/study function can reduce the risk of recurrence. Participants who did not relapse showed better adherence to medication use. Persistent treatment after hospital discharge can effectively reduce the recurrence rate.

Research conducted by Siringoring et al., (2018) explained the results of their research that 33 respondents (97.1%) had unsupportive families and many experienced relapses. greater than respondents who had supportive families with many experiencing relapse totaling 16 respondents (69.6%). The results of data analysis show that family support is p=0.005 ($p \leq 0.05$), which means that there is a relationship between family support and the recurrence of schizophrenia in the mental clinic of RSUD H. Andi Sulthan Dg. Radja in Bulukumba Regency. The number of respondents who had unsupportive family support was greater than those with supportive families because emotional support, hope support and real support were lacking. The family also plays an important role in determining how to care for sufferers at home so that the family must have high knowledge about family support (Siringoring et al., 2018). Siringoring et al., (2018) explained the results of their research that there were more respondents who did not adhere to taking medication and experienced a relapse, namely 43 respondents (91.5%) compared to respondents who complied experienced a relapse, namely 6 respondents (60.0%). Researchers found that there was a relationship between adherence to taking medication and the recurrence of schizophrenia in the psychiatric clinic at RSUD H. Andi Sulthan Dg. Radja in Bulukumba Regency in 2018 ($p = 0.025 < \alpha = 0.05$) The number of patients who adhere to taking medication experienced fewer relapses. This means that by complying with taking medication, and with support from the environment around the patient, the patient can socialize and carry out normal activities so that the prevalence of relapse is reduced or does not recur within 1-2 years (Siringoring et al., 2018).

Wu et al., (2018) there were 42 respondents who did not comply with taking medication (38.5%) while 67 respondents complied (61.5%). Chi square test results. The results obtained were that patients who did not adhere to taking medication had a 4.064 higher recurrence rate (OR=4.064). In this study, medication adherence factors influenced relapse in schizophrenia patients (p=0.021). The type of treatment has no influence on recurrence, but non-compliance with both oral and injection medications causes recurrence (Kurnia et al., 2015).

The results of research conducted by Yuniar et al., (2016), the results of the chi square test for the variable adherence to taking medication, obtained a value of p = 0.001 and family support p = 0.003, which means there is a relationship between adherence to medication, family support, which is related to relapse and non-relapse. in schizophrenia sufferers, the most influential factor is compliance with taking medication. Support from their family makes sufferers feel appreciated and provides support to provide assistance and life goals that the individual wants to achieve. Medication adherence as a variable that makes the largest contribution to relapse and non-relapse in schizophrenia outpatients.

The results of research conducted by Aprilis, (2017) of 59 respondents with unsupportive family support, there were 42 people (71.2%) who had experienced a relapse for schizophrenia sufferers. Meanwhile,

41 respondents with family support included 19 people (46.3%) who had experienced a relapse for schizophrenia sufferers. Judging from the results of statistical tests using chi-square, it was obtained that P Value = 0.022 (< α 0.05) which means that there is a relationship between family support and relapse in schizophrenia sufferers at Tampa Mental Hospital, Riau Province. Relapse in schizophrenia sufferers occurs because they do not get support and encouragement from the family (Aprilis, 2017). The results of research conducted by Aprilis, (2017) showed that 62 respondents did not comply with taking medication and 49 people had experienced a relapse for schizophrenia sufferers (79%) while 38 respondents complied and there were 12 people (31.6%) who have experienced a relapse. In this study, it was found that there was a relationship between compliance and recurrence of schizophrenia sufferers at the Tampa Mental Hospital, Riau Province in 2017 (P Value = 0.001 < α 0.05). Relapse in schizophrenia sufferers occurs due to non-compliance with taking medication, patient non-compliance is caused by the family not being open to schizophrenia sufferers (Aprilis, 2017).

Research conducted by Afconneri et al., (2020) on 173 respondents showed that 93 respondents (53.7%) had low family support with a high recurrence rate (60.2%). The Chi Square test results obtained a value of p=0.044 (p≤0.05), so it can be concluded that there is a relationship between family support and recurrence. Family support is a coping strategy to reduce the impact of stress and strengthen an individual's mental health directly thereby reducing relapse (Afconneri et al., 2020)

## IV. DISCUSSION

Relapse in schizophrenia is usually caused if the family is unprepared and lacks information to adjust to the presence of a family member with schizophrenia (Tasijawa, 2022). Family support is the attitude, actions and acceptance of the family towards sick sufferers, family members view that supportive people are always ready to provide help and assistance if needed (Siringoringo et al., 2018). Sufferers really need support from their families because this makes sufferers feel appreciated and every member of the closest family is ready to provide support to provide assistance and the life goals that the individual wants to achieve (Yuniar et al., 2016). Sufferers with less support from family members tend to relapse more often than sufferers who have good family support. Family support in the form of informational support includes providing advice, instructions and explanations of how a person behaves and behaves when stressed. Assessment support involves involving sufferers in daily activities and providing positive rewards to increase self-confidence and feel appreciated by the family. Instrumental support involves providing facilities, money, food and daily needs which makes sufferers more motivated because the family always provides moral and material assistance. Emotional support includes expressions of empathy such as listening, being open and believing what is being complained about, understanding and expressing affection which will make the sufferer feel comfortable, valuable, safe, secure and loved (Wu et al., 2018). Families are often very involved in providing ongoing care for family members with schizophrenia (Hernandez et al., 2017). The number of sufferers who have unsupportive family support is greater than respondents who have supportive families because emotional support, hope support and real support from family are lacking. Apart from that, the family also plays a role in determining the method or nursing care needed for schizophrenia sufferers at home, therefore it is hoped that the family must have a high level of knowledge about family support in order to support the patient's recovery and prevent repeated relapses in schizophrenia sufferers (Siringoringo et al ., 2018). Help and support from the family is really needed in the healing process for schizophrenia sufferers, the existence of emotional problems in the family which can influence relapse in schizophrenia sufferers (Yuniar et al., 2016).

The main cause of recurrence is non-compliance with taking prescribed medication and coming to the clinic (Gathaiya et al., 2018). Poor compliance is the main factor influencing schizophrenia relapse (Wu et al., 2018). The cause of non-compliance with taking medication. Relapses in schizophrenia sufferers are due to limited costs, the effects of the medication really interfere with their activities and work, believing it will only cause more problems than finding a solution (Kurnia, 2015). Apart from that, relapses in schizophrenia sufferers often occur due to families not being open to schizophrenia sufferers (Aprilis, 2017).

Lack of compliance with taking medication can also be caused by the variety of medications given, sometimes sufferers feel the effects of the medication on their disease first, so the sufferer stops treatment. Schizophrenia sufferers who undergo a long therapy program and do not produce recovery are therefore more likely to become hopeless and not continue the therapy program they are undergoing (Siringoringo et al., 2018). people who do not adhere to taking medication against relapse and do not

relapse in schizophrenia outpatients with a relapse frequency of 3 times treatment is caused by side effect reactions felt by the sufferer, the medication given gives side effects first rather than the positive reaction of antipsychotic medication (Jeyagurunathan, 2017) Non-adherence to treatment is a barrier to obtaining adequate care, especially among racial and ethnic minority groups (Hernandez et al., 2017). Financial problems can also interfere with compliance with taking medication, this is because financial conditions make it impossible to buy medication or can afford to buy it but the distance and lack of transportation facilities can be a barrier (Yuniar et al., 2016). Adherence after hospital discharge may predict short-term effects rather than long-term effects. Therefore, continuous monitoring is necessary for sufferers with good adherence to drug use. Most sufferers ignore the importance of maintaining therapy and ignore that compliance with medication use can decrease over time (Wu et al., 2018). Regular treatment and support from the family, community and people around the sufferer makes it more likely that the sufferer will be able to socialize and have activities like a normal person, in this way the prevalence of sufferer recurrence can be reduced or the sufferer will not relapse because the patient's treatment process is carried out in accordance with the doctor's recommendations and instructions (Siringoringo et al., 2018). Family support in treatment can take the form of always providing information about the benefits of medication and giving advice to sufferers to take medication regularly (Tiara, 2020). Having family available and supportive improves long-term compliance outcomes. sufferers who live with or receive support from family members tend to have better treatment adherence compared to those who do not (Hernandez et al., 2017). Sufferers' views about family involvement in disease management are influenced by perceptions of choice in treatment decisions. Problems arise when sufferers believe they have no say in their care, resulting in strained family relationships that complicate treatment adherence (Hernandez et al., 2017). Sufferers recognize the important role their family members play in helping them manage their treatment and illness. Family members accompany most sufferers to medical examinations. sufferers appreciate this support, which is shown by sufferers who say that they are better able to communicate their needs when accompanied by family members. Family members describe a strong sense of responsibility for involvement and say that they see family support as a resource for the sufferer's well-being (Hernandez et al., 2017). Many sufferers have difficulty admitting their illness. Although most sufferers are aware that they have a mental illness. Sufferers very often describe medication side effects as affecting their perception of treatment adherence. They express frustration about taking medication that, although helping reduce bothersome symptoms, contributes to on other adverse consequences (Hernandez et al., 2017). Schizophrenia sufferers who do not adhere to taking medication have 3 times the risk of having a high recurrence compared to those who comply with taking medication and sufferers who have low family support have a 1,946 times higher risk of having a recurrence compared to those who suffer from it. have high family support (Afconneri et al., 2020). Compliance with taking medication is the most dominant factor influencing the relapse of schizophrenia sufferers (Afconneri et al., 2020).

Of the nine articles reviewed, family support factors can influence relapse in schizophrenia sufferers. The higher the family support, the more relapses in sufferers will decrease and the lower the family support, the more relapses in sufferers will increase. Compliance with taking medication can influence relapse in schizophrenia sufferers. The higher the adherence to taking medication, the relapse in sufferers will decrease and the lower the adherence to taking medication, the relapse in sufferers will increase. The factor that most influences schizophrenia relapse is adherence to taking medication (Hernandez et al., 2017; Afconneri et al., 2020; Fengchun et al., 2017 ; Yuniar et al., 2016 ; Siringoringo et al., 2018 ; Kurnia, 2015 ; Gathaiya et al., 2018 ; Tiara, 2020 ; Aprilis, 2017)

## V. CONCLUSION

The results of this literature review show that the influence of family support factors on schizophrenia recurrence is very high because the higher the support provided by the family will increase coping and motivate sufferers to recover quickly from their illness. The influence of adherence to taking medication in schizophrenia sufferers is very high because sufferers who do not adhere to taking medication are more at risk of experiencing a relapse compared to sufferers who comply with taking medication. Of the factors of family support and adherence to taking medication, the most dominant influence on relapse in schizophrenia is adherence to taking medication.

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