

## **Impact of Caregivers' Expressed Emotions on their Mental Health and Relapse Symptoms Severity among Schizophrenics**

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The present study explored the association of caregivers' expressed emotions (EE) and relapse symptoms severity (RSS) in adult schizophrenics ( $N = 100$ ). It also examined the association of caregivers' common mental disorders caseness (CMD caseness) with their EE level and patients' RSS. Brief Psychiatric Rating Scale (Overall & Gorham, 1962), Family Attitude Scale (Kavanagh et al., 1997), and Self Report Questionnaire-20 (Harding et al., 1980) were used to assess the symptoms severity level of patients, expressed emotions, and common mental disorders caseness, respectively. Results showed that high EE significantly predicted patients' RSS and CMDs caseness of caregivers. Furthermore, RSS explained a unique variance in caregivers' CMDs after controlling for caregivers' expressed emotions. Significant gender differences were found in EE and RSS and caregivers with education of middle or below scored highest on EE, RSS, and CMDs.

*Keywords:* expressed emotions, relapse symptoms severity, common mental disorders, schizophrenia