

Attitudinize Psychotherapy is an Effective Therapy as a Family Intervention for the Family Members with Mental Illness

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Abstract: The purpose of the present research was to determine the effectiveness of Attitudinize Therapy for family members whose loving ones are suffering mental illness. Detailed literature review shows that the family care is a attention seeking element in the psychiatric services in Pakistan and the family members need a lot of psychological help to change their dysfunctional thoughts that cause many psychological symptoms like anxiety and depression. For present research 15 male and 15 female family members of psychiatric patients were selected, after screening they were diagnosed with dysfunctional attitudes. Attitudinize therapy was applied to all selected family members for 10 to 12 weeks. After 10 to 12 weeks they all were assessed for dysfunctional attitudes, there was marked evidence of their decreased dysfunctional attitudes. Hence the Attitudinize Therapy provided fruitful results.

Key Words: (psychiatric) mentally ill people , 2- (Coping) skills to deal with difficult situation, 3- (evidence based practice) the results that proved with research, 4- (Adopted Attitude) healthy attitude, 5- (Cognition Functioning) thinking process, 6- (Dysfunctional attitude) unhealthy attitude.

INTRODUCTION

The role of Family members in psychiatric treatment has gone through many changes. Formerly, family influence were viewed as a contributing cause of mental illness, today the family is seen as an important partner in the treatment process. Family intervention focusing on supportive and coping strategies have been proven to be effective and are now considered an established evidence based practice.

The catastrophe of mental illness strikes not only the individual but also his or her family members, placing an undue burden on them. The role of family in recovery from mental illness has become increasingly important as community integration has become more of reality [1].

Families were assumed to be dysfunctional, illness causing system. Now many families are recognized as surprisingly resilient and resourceful with a potentially important role to play in the treatment. Despite the burden that family member's often present, some individuals have reported discovering strengthened familial bonds, stronger commitment and a clearer identification of familial strengths and resources. Family members are finding they can make important contributions to the recovery process [2].

Families must cope with the stressors of psychiatric symptoms but often these symptoms have the devastating effect on both the individual and their family member's .Impaired level of functioning are related to loss of old skills and failure to acquired new ones. These affect the person

productivity, self image and potential capabilities for positive change. These in turn increase the family burden, both perpetuating and increasing the individual's dependence, socially and economically [3].

Families experience a variety of stressors. These stresses can be very tangible, such as the economical burden of health care cost or loss of insurance. They can be less tangible but no less real, such as fear, anxiety and fatigue. Thus the stress on the family has been categorized in to two broad area; objective burden that include their cost related demands and subjective burden that include the apparently abrupt disruption in their routine which they experience a significant burden. The family based intervention help family members to cope with the stresses and add a social support.

THE ATTITUDINIZE THERAPY

“Attitudinize means to assume an affected attitude; Practice or adopt attitudes especially for effect” [4].

The Attitudinize therapy is a complete psychotherapy dealing effectively with all the six vital aspects concerning an emotional problem of a human being. Meanwhile in Pakistan, in its initial study phase, Attitudinize therapy began to prove to be the therapy of choice for many mental health care problems, including depression, suicidal ideation and the anxiety disorders. Attitudinize therapy can be easily conducted in Individual Sessions as well as in Group Sessions. According to the Choice of the Client.

Attitudes determine how one reacts to people and to objects in the environment. To some extent, they determine our behavior in social situations. As a general rule, positive

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attitudes are expected to produce favorable behaviors toward an object, while negative attitudes are expected to produce unfavorable behaviors" [5].

To some investigators, attitudes pertained primarily to affective reactions --- feelings or emotional reactions to an object [6]. Others in contrast, proposed that attitudes were not different from other cognitions such as beliefs, values, and knowledge. A third group held fast to the original emphasis on behavior by defining an attitude as a tendency to behave in a certain way [7].

Many theorists believe that attitudes involve all three of the elements identified by earlier researchers i.e., affect, cognitions, and behavior. According to this tricomponent theory, an attitude is (1) an affective feeling of liking or disliking based on (2) beliefs (cognitions) about an object, which (3) leads to a readiness to behave in a certain manner [8].

"Attitude is a state of mind with which an individual approaches a situation" [9].

"Attitude is a personal feeling or belief that influences a person's tendency to act in a particular way. And an Attitude affects the choice that one makes" [10].

"Attitude is a complex mental state involving beliefs, feelings, values and dispositions to act in certain ways. In addition, "Attitude is a psychological tendency expressed by an evaluative response that can be overt or covert, cognitive, affective or behavioral" [11].

Dysfunctional Attitudes are the distorted beliefs or attitudes reacting to stressors. They may include:

- The need for perfectionist achievement.
- Constant approval by others.
- The need for unconditional Love.
- One's sense of entitlement to things as happiness, love, success, etc.
- Constant sense of personal responsibility for self and the environment.
- One's ability to be responsible to find happiness within oneself or seek it from the outside world [12].

Attitude makes a difference every hour, everyday, in everything that one does for the entire life. Anything done with a positive attitude will work beneficially, whereas anything done with a negative attitude will work harmfully. If one has a positive attitude, a person looks for ways to solve the problems that one can solve, and let go off things, over which one has no control. One can develop a positive attitude by emphasizing the good, by being tough-minded and by refusing defeat. The greatest discovery of any generation is that human beings can alter their lives by altering the attitudes of their minds [13].

Attitudinize Therapy approach is multifaceted and is based on the assumption that changing the dysfunctional /

maladaptive attitudes within the seven major value systems effectively, along the following six dimensions including Psychological, Terminological, Spiritual, Physiological, Neuro-hormonal and Time Management would treat the emotional problems. Leaving any one aspect would provide hindrance therapeutically and problems may reoccur later.

A therapist would be able to determine the individual's areas of attitudes where the client is psychologically strong as well as emotionally vulnerable in each of these predetermined value systems, along the six dimensions.

Hypothesis

In the light of Literature Review the following hypothesis was formulated:

Before Attitudinize Intervention of the Attitudinize Therapy the score of Dysfunctional Attitudinize scale will be higher than the scores of Dysfunctional Attitudinize scale after Therapy Session.

Method

To conduct the present research, the sample was consisting of 30 family members consisting 15 male and 15 females, of psychiatric patients, who were attending their in-patients and out patients in Karwan-e-Hayat Psychiatric care and Rehabilitation Center Keamri Karachi. Initially 50 family members were registered for the study and were motivated for Attitudinize Therapy sessions. After five to six weeks of Attitudinize therapy session's 5 to 10 family members refuse to join further therapy session due to their personal and financial problems. For the effective measures of attitudinize therapy sessions it was necessary to be regular with session and persist effort to utilize the therapy session. So from the beginning to end of therapy session these 30 family members were more cooperative and motivated.

Procedure

After completion of the Questionnaire of Demographic Characteristics, and Dysfunctional Attitudinize Scale were administered to the participants. Than participants received attitudinize therapy sessions for twelve weeks.

Table 1. Educational data of Female participants

Education Status in Female

	Frequency	Percent	Valid Percent	Cumulative Percent
Primary	4	26.7	26.7	26.7
Middle	6	40.0	40.0	66.7
Metric	4	26.7	26.7	93.3
BA	1	6.7	6.7	100.0
Total	15	100.0	100.0	

Table 2. Educational data of male participants

Education Status in Male

	Frequency	Percent	Valid Percent	Cumulative Percent
Primary	1	6.7	6.7	6.7
Metric	3	20.0	20.0	26.7
FA	8	53.3	53.3	80.0
BA	3	20.0	20.0	100.0
Total	15	100.0	100.0	

After twelve week of sessions, Dysfunctional Attitudinize Scale was re-administered to the family members. Before and after therapy scores enable us to measure the effectiveness of Attitudinize Therapy sessions.

RESULTS

To analysis the results the statistical method of Mean comparison test was applied to compare the difference.

Table 1-4 and graph shows the difference of dysfunctions attitude scores before and after therapy.

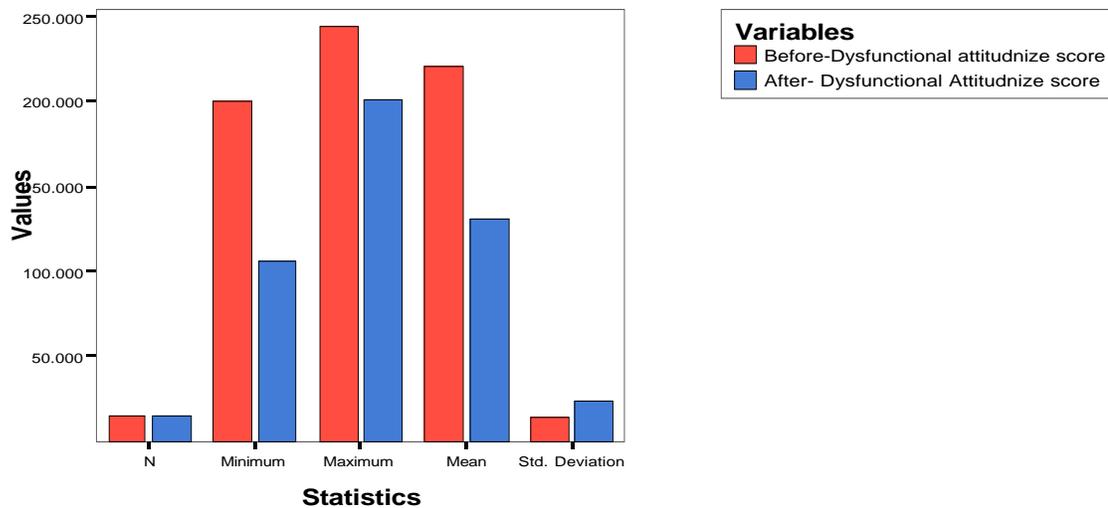
Before therapy females dysfunctional scores mean=221.13

Table 3. (15 Female) Dysfunctional Attitudinize scores Mean Comparison of before and after therapy of female clients:

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Before-Dysfunctional Attitudinize score	15	200	245	221.13	13.400
After- Dysfunctional Attitudinize score	15	106	201	130.80	23.719

Descriptive Statistics



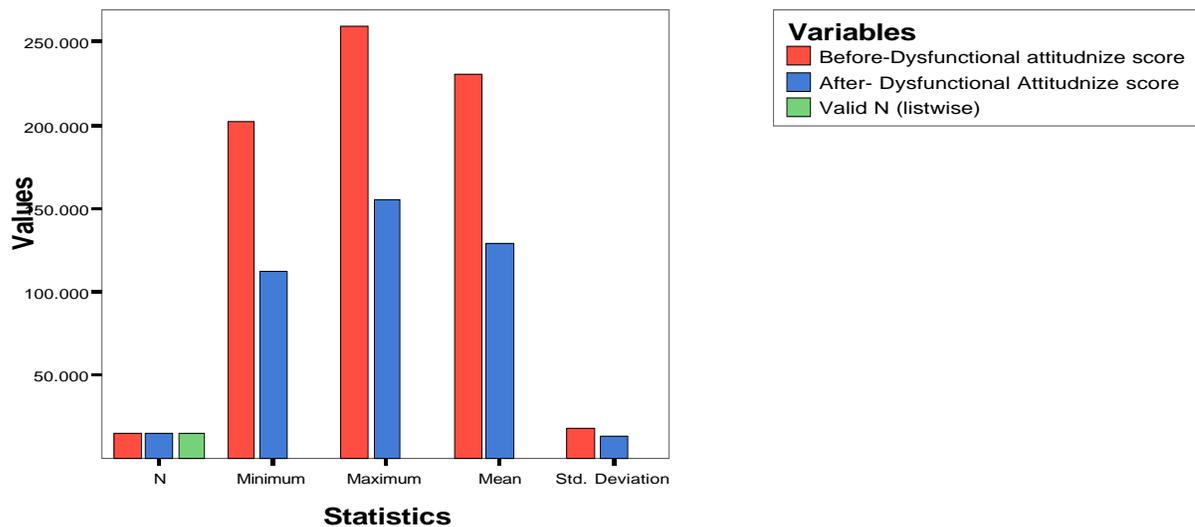
Graph: 1. Graph Dysfunctional Attitudinize scores Mean Comparison before and after therapy of female clients.

Table 4. (15 Male) Dysfunctional Attitudinize scores Mean Comparison of before and after therapy of male clients:

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Before-Dysfunctional Attitudinize score	15	202	260	230.20	17.222
After- Dysfunctional Attitudinize score	15	112	155	129.40	12.766

Descriptive Statistics



Graph: 2. Graph of Dysfunctional Attitudinize scores Mean Comparison before and after therapy of male clients:

After therapy there mean score =130.80. Results shows that after therapy they had changed attitude and their attitudes were more adaptive and healthy as compare to before therapy.

Before therapy male mean score = 230.20

After therapy male mean score=129.40. Results shows that after therapy their dysfunction score mean was decreased as compare to before therapy scores.

Investigation shows that attitudes pertained primarily to affective reactions feelings or emotional reactions to an object. A change of attitude made difference in thinking, feelings and behavior. This is proposed that attitudes change plays a vital role to change a persons living and coping with difficult and critical situations.

DISCUSSION

The hypothesis states that the score of dysfunctional attitudinize scale is higher before the therapy. The results of scores support the hypothesis. As our data consist of 30 family members of psychiatric patients in Karwan-e-Hayat, psychiatric care and Rehabilitation center Keamri. To look after a psychiatric patient and to engage regularly in therapy session was difficult for family members especially the male earning members, who need to go for job regularly to support the economically. Many problems were faced for family members to be regular for therapy session, among 50 enrolled families on 30 families were left who were regular and motivated for therapy sessions.

Family members of psychiatric patients reported great level of stress, sadness, hopelessness and psychological

burden to take care of their loving ones. During therapy sessions the family was educate to cope with their stresses and were helped for their social adaptive functioning. After ten to twelve session the following area of functions were improved with the help of Attitudinize Therapy: Coping skills, social adaptability, decrease strain in their relationship, daily routine, and spiritual strength, and they were more positive in their communication with their psychiatric patients and able to help and support them. After therapy the mean score of Dysfunctional Attitude scale of female is greater than the mean score of male on dysfunctional attitudinize scale that shows that male more well respond than female to change the attitudes [7,8].

Attitude is a state of mind with which an individual approaches a situation [9].

Attitude is a personal feeling or belief that influences a person’s tendency to act in a particular way. And an Attitude affects the choice that one makes [10].

The Theory of Attitudinize Therapy postulated by Dr. Lina Askari proposes, “All Behaviors arise from Attitudes and Intentions.” It means that the bases of every human action and reaction are the attitude / intention. After the arousal of a positive or a negative attitude to particular stimuli or situation, the person starts thinking on those terms, beliefs due to his / her past experiences arise accordingly and hence the behavior in the connection is framed [6]

CONCLUSION

This study proposed that Attitudinize Therapy in disputing maladaptive / dysfunctional attitudes is to replace illogical and maladaptive attitudes with more positive,

realistic, functional, adaptive and logical ones. It works to help people successfully overcome their particular emotional problems by developing positive and adaptive attitudes toward a particular person, situation, environment or the world around them.

The Attitudinize therapy is a complete psychotherapy dealing effectively with all the six vital aspects concerning an emotional problem of a human being. Meanwhile in Pakistan, in its initial study phase, Attitudinize therapy began to prove to be the therapy of choice for many mental health care problems, including depression, suicidal ideation and the anxiety disorders. Attitudinize therapy can be easily conducted in Individual Sessions as well as in Group Sessions, according to the Choice of the Client.

The results of this unique research helped us to provide recommendations to the Family members of Psychiatric Patients and other adults to seek help through Attitudinize Therapy for their treatment of psychological and other emotional problems, if they are searching for a complete, economical, less time consuming and easily adaptable method of psychotherapy.

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