

**Research Title** Effectiveness of Supportive Group Therapy on Depression and Stigma among Family Members of Committed Suicide Persons.

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#### **ABSTRACT**

Family members of committed suicide persons who received the supportive group therapy influenced in obtaining hope and understanding of emotion and also perceived on less depression and stigma. The aim of this quasi-experimental research, pretest-posttest, control group was to examine the effect of the supportive group therapy on depression and stigma among family members of committed suicide persons. Thirty family members of committed suicide persons of family members of committed suicide persons who resided at Amphoe Mae Jan, Chiang Rai Province, were purposively selected and assigned to experimental group and control group: fifteen per each group. The experimental group received the supportive group therapy whereas the control group received routine care. Research instruments consisted of 1) instruments for collecting data: demographic data, 2) the 9-questions diagnostic test for depression, 3) the Grief Experience Questionnaire: GEQ and 4) instrument for conducting research: the supportive group therapy. Data were analyzed using descriptive statistics, and Two-way repeated measure ANOVA.

The results of this study demonstrated that;

1. Mean score of the depression of family members of committed suicide persons was significantly different before and after receiving the supportive group therapy at the three-month follow-up period ( $p < .001$ ), and at the six-month follow-up period ( $p < .05$ ), and there were no significant mean score of depression between after receiving the supportive group therapy at the three-month follow-up period, and at the six-month follow-up period.

2. Mean score of the depression of family members of committed suicide persons in the experimental group after receiving the supportive group therapy at the three-month follow-up period, and at the six-month follow-up period was statistically and significantly lower than that of control group, at a level of .001.

3. Mean score of medication adherence of patient with schizophrenia who family members of committed suicide persons received the supportive group therapy was significantly different before and after receiving the program at the three-month follow-up period ( $p < .001$ ), and at the six-month follow-up period ( $p < .001$ ), and there were no significant mean score of medication adherence between after receiving the supportive group therapy at the three-month follow-up period, and at the six-month follow-up period.

4. Mean score of medication adherence of patient with schizophrenia who family members of committed suicide persons received the supportive group therapy was statistically and significantly higher than that of control group in both after receiving the program at the three-month follow-up period, and at the six-month follow-up period, at a level of .001.

The results of this study indicated that participating in the supportive group therapy can decrease depression of family members of committed suicide persons and also result in family members of committed suicide persons to cure for releasing stigma. Therefore, mental health care providers should apply the supportive group therapy for diminishing depression among family members of committed suicide persons and provide effectively caring to support themselves for decreasing stigma.

**Key words:** Suicide survivor, depression, stigma, supportive group therapy