

## **FAMILY EXPECTATIONS IN THE CARING OF PEOPLE WITH MENTAL HEALTH PROBLEMS**

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Eighty to Ninety percent of people with mental health problems (MHPs) live in their families in Sri Lanka. As growing evidence and opinion show, family should be included in the treatment package of people with MHPs. What they expect from the mental health team who treat their family members with MHPs is important. The objective of this study was to identify what family members expect from mental health team in the caring of people with MHPs because family distress and burden can be reduced by identifying them and it helps to enhance the quality of life of people with MHPs and their families. A combination of quantitative and qualitative research techniques was applied to collect data. The questionnaire was administered to each family based on random sampling method and total number of questionnaires was eighty four. Fifteen in-depth interviews with families were done based on purposive sampling method. Statistical Package for Social Sciences (SPSS) and thematic analysis approach were applied to analyze the data. In the findings, curing their members, awareness on illness, symptoms and treatment, and prognosis, financial support, guidance and support to find a job for people with MHPs, equal treatment, visiting home and giving some treatment, support in decision making related to future care of their family members with MHPs, awareness on reducing conflicts, support to solve their property issues are more prominent. Their expectations are more related with their burden, distress, and problems created the MHPs. Less attention has been given to family expectations in the care of people with MHPs in Sri Lanka. Identification of their expectations supports to develop family support programmes and they support to develop future care of people with MHPs. This study provides precious insights to mental health professionals and policy makers regarding care of people with MHPs and their family members in Sri Lanka.

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