

Mental Health and Resilience of Families with Schizophrenia: A Literature Review

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Abstract. Schizophrenia is a chronic mental disorder that has a significant psychological, emotional, and financial impact on families psychologically, emotionally, and financially. Families face prolonged stress, role changes, social stigma, and limited access to mental health services. Therefore, family resilience is essential to meet these challenges. Based on a systematic review study from the past five years resilience is influenced by internal (communication, emotional support, expectations) and external factors (social support, education, role of health workers). Family-based interventions such as psychoeducation, stress management, and peer group support have been shown to strengthen family resilience. Strong resilience improves family mental health and the quality of life of sufferers. Collaboration between families, health workers, and the community is needed to strengthen comprehensive support.

Keywords: Mental Health, Resilience

1 Introduction

Schizophrenia cases in Indonesia are reported to be on the rise in recent years. Basic Health Research records the occurrence of schizophrenia as having risen from 1.7 per 1,000 people in 2013 to 6.7 per 1,000 people in 2018 [1]. This increase poses a concern for the well-developed mental health system in Indonesia which continues facing serious hurdles in dealing with mental issues due to the high relapse rates most patients experience that impedes recovery. Schizophrenia, as well as anxiety, depression, and trauma, are other commonly found psychological disorders in the Indonesian society. The emotional mental disorders prevalence in Indonesia is roughly 9.8% according to data by the Indonesian Psychiatric Specialists Association [2]. This fact highlights the need for mental health care in Indonesia.

Mental health is defined as a state of physical, mental, and emotional well-being which allows a person to function in accordance with life's demands and his or her optimal potential [3]. People with adequate mental health are able to handle stress, are generally productive, and actively participate in social activities. Unfortunately, families carrying the burden of caring for patients with chronic mental disorders like schizophrenia may face the most difficult challenge of all. This condition not only impacts the person suffering from it, but also drastically lowers the family's quality of life and mental health as they bear the emotional and sociological strain [4].

Schizophrenia is one of the significant global public health issues [5]. The prevalence of this psychotic disorder is not as high as other mental disorders, but it has a severe impact and causes

a heavy disease burden [6]. It's estimated that globally, 450 million people suffer from some form of behavioral and mental disorder and India has the highest burden of these cases [7]. Mental health disorders have increased by roughly 13% over the past few decades which now is amongst the leading cause of disability worldwide [8].

Anxiety and depression account for approximately 6% of emotional mental disorders within the population of Indonesia [7]. The social misconception and stigma associated with mental disorders remains strong; hence those suffering from one tend to be neglected. Often they are too embarrassed to seek formal help and prefer alternatives such as social media support systems which may be dubious [9].

Schizophrenia occurs in approximately 0.2% to 2% of the global population [10]. This disorder is associated with intense behavioral and emotional disturbances including hallucinations and delusions. Clinical symptoms of schizophrenia can be divided into two principal classifications: positive symptoms, including hallucination and delusion, and negative symptoms, such as social withdrawal and loss of affect. Both enhance the deterioration in social functioning and quality of life of the patients [11]. The consequences of these symptoms also affect family and friends who are subjected to heightened emotional and social stress [12].

Treating schizophrenia heavily relies on antipsychotics, with recent years favoring typical antipsychotics [13]. Here, the family functions as the main informal caregiver whose support is essential in the multidisciplinary management of the patient. Patients with schizophrenia that does not likely remit with treatment can significantly improve their quality of life if they have supportive and well-functioning families willing to help them manage their illness [14]. The burden borne by the family, however, is quite significant. Relatives tend to suffer high levels of stress and mental health issues such as depression, anxiety, and other severe consequences of caregiving burden which, worsen their financial situation and leads to social withdrawal and isolation [14]. These forms of social support are crucial, including companionship and emotional and instrumental support, as well as aid that enables family members to maintain their health despite being in this challenging role [15].

One of the most important terms that need to be covered in relation to the challenges faced by families is family resilience or a family's ability to adapt and recover from stress and trauma [16]. This resilience entails strong family ties, effective conflict resolution, and mobilization of both internal and external assets to address and confront issues [17]. Such families are capable of sustaining relational harmony and well-being despite significant stress. These families are able to develop even in the context of numerous challenges [17]. Various approaches aimed at improving family resilience have been constructive in strengthening social support, coping mechanisms, and the ability to communicate and resolve conflicts [16].

Bishop and Greeff [18] state that international studies highlight families with greater resilience levels enhance clinical outcomes for patients, including relapse risks, and medication adherence. Key considerations underpinning family resilience include strong social support, effective family communication, and flexible coping mechanisms [18].

Research on family resilience has not received much attention considering the social and cultural diversity dimensions. The bulk of these studies has been done in Western countries, completely ignoring the culture and social support systems available in Indonesia and the rest of Asia [19]. Further, past studies tend to homogenize the family as an unanalytical unit and fail to recognize the varying lived experiences and roles within the family unit age, gender, status reshaped [19]. To close this gap, there is a need for research designed qualitatively. This design allows the detailed examination of families' lived experiences and the social and cultural factors that shape their resilience and mental health [20]. This allows a more comprehensive

understanding of the process of development of family resilience and its effects on mental health.

Healthy self-esteem and self-concept, adaptive behavior, emotional stability, as well as satisfying social contacts, define one's psychological state. This condition is for sure helpful and impacts the well being and quality of life of individuals and their families profoundly [20]. Sociopsychological repercussions need family reconstruction to improve the resilience of the family towards understanding the schizophrenia sociopsychology. To that question, I would respond that it is more efficient and targeted to allow family members to take on the caregiving role with the right support and instruction respectful of Indonesian culture and society [21].

2 Literatul Review

Schizophrenia is one of the diverse and long-lasting enduring mental health disorders due to its weakening impact on core cognitive functions disturbing the patient's thought processes, perception, emotions, and social relationships. Schizophrenia adversely affect not only the patients, but also the families and primary caregivers who provide chronic care and support that eventually results in a significant burden [22]. The emotional burden of family members suffering sorely from anxiety and depression compared to families of individuals without chronic mental disorders and enduring intense stress is greatly elevated as well [22].

As noted by Walsh [23], family resilience is essential in describing how families are able to function normally despite the considerable strain schizophrenia symptoms exert on the family system [23]. As noted by Walsh [23], family resilience is essential in describing how families can withstand and operate efficiently even in the scenarios when schizophrenia creates substantial stress on the family system [23]. Social support is fundamental in developing resilience and protecting the mental well-being of families. Past research has indicated that families with considerable social support tend to have a lighter psychological burden and are more adaptable psychologically (24). Family communication patterns are equally important; warm, supportive, and constructive communication helps increase the family's manageability of stressors which reduces the probabilities of patient relapse [25].

Context is perhaps the most important factor that shapes a family's coping mechanisms with schizophrenia. Chen [25] emphasized that in collectivistic cultures, the extended family network offers much stronger emotional and practical support, thus enhancing family resilience. But the impact of social stigma surrounding schizophrenia poses a significant challenge, likely increasing psychological stress for the family and contributing to social seclusion [26].

As stated by Patterson [26], family resilience is not a feature that exists in isolation, but rather a phenomenon that develops through the combination of challenges faced by the family and the resources they access. The FAAR model explains how families strive to evenly distribute stressors to their resources to address various issues, including chronic illnesses such as schizophrenia [26]. In this case, family resilience is strengthened through psychoeducational interventions that provide relevant information about schizophrenia and coping mechanisms [27]. Furthermore, family interventions that offer support to empower caregivers also reduce relapse rates in these patients [28]. Family members tend to suffer from considerable emotional strain, with a greater likelihood of suffering from mental illnesses like depression or anxiety [29]. A caregiver's mental health can be positively impacted by having optimism, flexibility, and a sense of spirituality [18].

Qualitative research reveals that families who find meaning and purpose in the caregiving role report higher levels of resilience and better mental well-being [30]. However, access to support services for families is still very uneven, especially in countries with limited resources, which negatively impacts family resilience and mental health [30]. Involvement of families as active

participants in patient care requires the use of a family-centered care approach, as this greatly addresses the challenges at hand [31]. More recent systematic studies draw attention to the integration of socio-cultural context as an important factor when designing any intervention aimed at reinforcing family resilience [32].

Technological advancements in the digital sphere provide online education, social networking, and stress management services which can be accessed and used at the user's discretion. These advancements have been shown to aid in supporting families [33]. The available literature suggests that family mental health and family resilience are two constructs that are interrelated in terms of reasoning and are multifactorially influenced by psychosocial elements. Appropriate interventions can shift the burden of schizophrenia to some extent improve the direct mental health impacts on caregivers and patients simultaneously [25]. Thus having sound persistent strategies requires understanding robust family resilience deeply. A family's resilience is critical to the development of effective and enduring intervention strategies.

3 Method

This research utilises a systematic literature review approach to collect, evaluate, and synthesise the available literature on the mental health and resilience of families with schizophrenia caregivers. It strives provide a comprehensive overview of the literature regarding about the caregivers' mental health issues and the caregiving-specific resilience psychosocial factors on schizophrenia family caregivers. Search for literature was done on several international journal databases such as PubMed, Scopus, Web of Science, and PsycINFO.

To ensure the authenticity and dependability of the review outcomes, this particular research adheres to the PRISMA protocols (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) alongside utilising study evaluation instruments such as the Critical Appraisal Skills Programme (CASP) to assess the methodological quality of the reviewed article.

4 Result

A systematic literature review uncovered a plethora of papers focusing on the concepts of mental health and familial coping mechanisms in the context of caregiving for individuals afflicted with schizophrenia. From the analysis of these articles, it is evident that the families who take care of patients suffering from schizophrenia tend to experience a considerable degree of psychological distress which includes anxiety, stress, and depression. Some studies suggest this mental strain is associated with caregiving duties that are continual and the perpetual uncertainty about the caregiver's health status [22].

Research has shown that families caring for patients with schizophrenia face stress and mental health disorders above the norm compared to other health disorders. The emotional strain is often made worse due to sociocultural misconceptions regarding schizophrenia (social stigma), which leads to greater social withdrawal [26]. At the same time, the literature discusses more positive phenomena such as the adaptive mechanisms promoting family mental health, which are termed family resilience. This deals with a family's capability of enduring stressors of chronic illnesses and severe mental disorders. Such families tend to safeguard and sustain family functions and associated quality of life even amidst considerable challenges [23].

Various studies show important elements such as approachable and supportive communication, strong family bonds, and effective coping that impact family resilience. Families that command proper communication and have emotional connections alongside each other are more likely to be resilient [25]. Assistance from external social networks has been noted as one of the required factors that strengthen family resilience. The presence of support from relatives, friends, and

the community assists families cope with the caregiving responsibilities and helps to alleviate psychological stress [24].

Studies indicate that families who view social support as being sufficient have a lower probability of having mental disorders and are better able to maintain family functioning over time [18]. Accordingly, the formation of social relations and active community participation is an important strategy in family counseling plans. The importance of psychoeducational interventions has received considerable attention in the literature. For instance, increasing family understanding of schizophrenia's symptoms and its therapies has been shown to improve resilience and decrease fear and misconceptions that have historically heightened the psychological strain on families [28].

Besides educational aspects, coping strategies and effective communication techniques taught as part of family intervention programs have shown to decrease the relapse rates among patients and enhance the mental health of families [22]. This intervention also aids caregivers in dealing with the stress and conflict during the caregiving process. Still, the evidence suggests that there is a lack of access to services and support for families, particularly in lower and middle-income countries. This creates gaps in the quality of care and support that families receive [30]. In addition, the stigma that exists in society significantly hinders families from getting the help they need and also worsens the social isolation [34]. This situation calls for culturally informed efforts that integrate systematic approaches to lessen the stigma (34). In the context of collectivist Asian cultures, several studies indicate that extensive family networks and social values emphasizing family solidarity provide advantages in strengthening resilience and social support [22]. However, these cultural variations also require interventions tailored to local norms and values to be effective.

Families who are able to derive meaning and purpose from the caregiving role demonstrate greater resilience and better mental health [30]. This meaning is often associated with values of religion or spirituality that are life-giving and hopeful. With families in mind, digital technology is being used to offer online education, social networking, and even stress relief activities. This technology has both convenience and adaptability, particularly for those families who are limited by time and distance [33].

In this literature review, the findings acknowledge the substantial interplay between the mental health of the family and the resilience in the caregiving for a person with schizophrenia. As noted in the review, education, social support, and psychosocial interventions added to the caregiver's meta-empowerment which fostered resilience and improved the psychological well-being of the caregivers, thereby minimizing the chances of the patient relapsing. Nonetheless, barriers such as insufficient access to services still exist, along with enduring social stigma. Hence, strategies that effectively assist families must focus on the development of detailed intervention programs that are culturally relevant and community oriented.

5 Discussion

The results of this literature review support prior research outcomes affirming that families supporting individuals with schizophrenia suffer profound psychological stress, including heightened levels of strain, anxiety, and depression in comparison to the general population [22]. These findings are in line with other studies demonstrating that the stress burdened on caregivers negatively impacts their personal health and further diminishes the quality of care provided to the patients [25]. Hence, safeguarding the mental health of the families forms an integral part of the comprehensive care strategy for managing schizophrenia. Furthermore, the concept of family resilience as a dynamic adaptation process that includes cohesion, communication, and problem-solving abilities is highly relevant in this context [23].

Resilience not only enhances coping abilities but can also significantly reduce the psychological burden on caregivers [35]. This aligns with family systems theory and literature that positions resilience as the fundamental foundation for families to endure mental health crises.

Findings regarding the role of social support and family communication patterns also add significance to interpersonal interactions in building resilience. Supportive social networks serve as a buffer that shields families from severe stress [24], while open communication aids in mitigating conflict and enhancing familial cooperation [25]. This emphasis supports a therapeutic approach that actively involves families and optimizes social networks as part of holistic care. But, the added burden of social stigma is a prominent hindering factor [26]. Stigma does more than foster social alienation and humiliation; it obstructs many families from utilizing needed healthcare services and community resources. This highlights the need for initiatives that go beyond clinical care toward socio-cultural interventions that confront societal barriers and damaging attitudes.

Important implications suggest that families who derive meaning and purpose in caregiving experience greater resilience and mental well-being [36]. It suggests that coping involves psychological and existential elements. This enables the development of holistic approaches, including a therapeutic intervention focused on the patient's meaning in life. The primary obstacle noted is lack of access to help and support services, especially in low-income countries [37]. It proves paradoxical concerning the help that caregiver families need versus what is made available to them, and this contradiction may exacerbate the mental burden that they carry [37]. Therefore, it becomes crucial to design structured services that fit the ecosystem of the region.

The employment of digital technology as an auxiliary resource for families indicates promising potential [33]. Flexibility enables the improvement of access to various educational resources, social networks, and stress alleviating measures through digital channels. Yet, equity is an issue that must be addressed in order to prevent the widening of the gap, as equal opportunity and accessibility along with technology literacy are elements that require attention.

The aspects of spirituality and optimism act as psychological buffers, which are emphasized by the literature [18]. Even beyond these findings, it is clear these interventions should be multifaceted and integrate faith and individual values to improve family resilience. Cultural adaptation in family interventions is a very important aspect. Chien [24] emphasize that interventions tailored to the local socio-cultural context show greater effectiveness [24]. These findings emphasize that a one-size-fits-all approach is inadequate, especially in societies with high cultural diversity like Indonesia.

The difference in resilience levels among families within the same culture is one of the most surprising findings because it showed that their structural factors impact the resilience process on both an individual and social level. This invites additional research to explore the effects of variables such as race, economic position, and relations within the family. The main limitation of this research is that as a literature review, the results are highly dependent on the quality and scope of the available studies. Many studies conducted in Western countries may not adequately represent the socio-cultural context of Asia or Indonesia, thus requiring careful interpretation of their findings [38]. Furthermore, not all studies take into account individual differences within families, such as age and the roles of family members.

Therefore, further empirical research that is longitudinal and qualitative is highly recommended to understand the dynamics of family resilience and mental health more deeply in the local context. Mixed methods can provide a comprehensive picture that integrates both quantitative and qualitative elements. Moreover, further research can explore the role of social media and other forms of digital technology in assisting families, considering its effectiveness within

various cultures and levels of digital literacy. It is also important to assess the initiatives that incorporate spirituality and other cultural frameworks.

In general, these findings affirm that mental health and family resilience are complex constructs involving various psychosocial and cultural factors. Effective interventions must be holistic and sustainable, not only improving the individual patient's condition but also strengthening the family as the primary unit of care. Taking into account the local sociocultural context not only helps improve the efficacy of an intervention but also lowers stigma while increasing access to services for families. This is why the community and stakeholders should be consulted when designing the mental health programmes.

The current study highlights that increasing family resilience helps improve the caregivers' mental health while simultaneously aiding the recovery of schizophrenia patients. Further research and actions need to be directed towards the family caregivers' multidimensional issues focusing on caregiver family systems.

6 Conclusion

This study indicates that the families providing care for individuals with schizophrenia face enormous psychological burden, including heightened stress, anxiety, and depression relative to the general population. The presence of cohesive families that communicate and adapt as well as other resilient families positively influences the mental health of the caregivers and aids in the recovery process of the patients. These results underline the need for greater focus on the interventions that improve the resilience of the family, strengthen social support, and enhance communication.

This study uniquely contributes through the synthesis of different psychosocial and cultural elements that affect family mental health in the context of caregiving for schizophrenia patients while considering barriers like social stigma and insufficient support services. With regard to the mitigation of caregiver burden, a holistic approach encompassing educational and community resources, as well as technology, is recommended.

In practice, these findings can inform the design of community-based family intervention programs that are culturally appropriate and economically accessible, as well as facilitate the use of technology to enhance support access. Additionally, it will be important to examine the personal and social implications related to resilience, including the regional implementation of digital interventions. In general, this study provides an in-depth understanding of the relationship between mental health and family resilience in facing schizophrenia. The conclusion of this study focuses on deepening the understanding of strengthening the family as the core unit of care in context and outlining comprehensive and holistic strategies.

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