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Conference abstract

## An internet based platform for people with psychotic vulnerability and their informal and professional caretakers

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### Abstract

**Introduction:** Starting in 2008 an internet based platform: personal control and rehabilitation (PCR) has been developed for people with psychotic vulnerability, and is evaluated at two mental health institutions in the south of Holland. The Trimbos Institute and the Julius Center are evaluating the implementation and the effects of PCR on patients, informal caregivers and professionals.

**Aims of the study:** It was expected that the communication between patients and the (informal) caregivers will be facilitated by using PCR. Communication no longer depends on the hours that the caregivers are available. The aim of the study is:

- Patients
  - monitoring self management
  - improving social participation/empowerment
  - reducing healthcare needs
- Informal caregivers
  - decrease sense of burden
- Professionals
  - less workload
  - greater job satisfaction

**Methods:** The development and implementation of PCR is followed by an effect and process evaluation. The process of implementation of PCR is evaluated with interviews, validated questionnaires and focus group discussions. The questionnaires measure quality of life, empowerment, satisfaction with care, and social functioning (patients), sense of burden (informal caregivers), job satisfaction and workload (professionals) before the implementation of PCR, three and six months later.

**Results:** Preliminary results show that patients and informal caregivers are satisfied with the use of PCR: more insight in their treatment goals and easier communication with each other and (in)formal caregivers. Formal caregivers use PCR mainly as an email function. These and additional results will be presented and discussed.

**Conclusions:** The use of PCR is appreciated by patients, although professionals have to get more involved. In June 2011 the final results of the study will be published.

### Keywords

internet based platform, psychotic vulnerability, their informal and professional caretakers

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