

PRAKARN Model Group Psychotherapy for survivors of suicide loss.

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When the loved ones succumbed to suicide, the impact are sadness, guilt, anger, depression and thoughts of suicide. Social isolation leading to career damage and stigma. PRAKARN Model Group Psychotherapy can help reduce the depression and stigma. It's trained psychiatrists, nurses and psychologists for at least six sessions. Over 300 health workers helped bring awareness to the public and modify the knowledge for patients with drug addiction.

Objective, To evaluate the group psychotherapy for depression and stigma among survivors of suicide loss

Materials and methods, Survivors of suicide loss in area of Maechan District were randomly allocated into experimental and control group. The control group received a usual care whereas the experimental group received the PRAKARN Model group psychotherapy for 12 weeks. 9-questions diagnostic test for depression and Grief Experience Questionnaire was applied to assess the level of depression and stigma. Descriptive statistics was used for general characteristics. Depression and Grief experience scores were compared among 3 periods, before and at 3rd and 6th month follow up respectively with repeated measure ANOVA.

Result, It preliminarily found that the experimental group had depression score of 14.4 points and grief experience score of 153.5 while the control group had depression score of 14.1 and grief experience score of 155.0 Three- and six-month follow-ups exhibited depression scale = 6.7/6.6 and grief experience scale = 128.3/123.6 in the experimental group while depression scale = 8.5/11.1 and grief experience scale = 157.3/162.6 in the control group.

Discussion and Conclusion, PRAKARN Model group psychotherapy can help decrease depression and stigma in those who are suffering the suicide loss and bring them back to normal lives.

Key words: PRAKARN Model Group Psychotherapy, Survivors of Suicide Loss, Stigma, Depression