Abstract
This article describes an essay of family interventions in schizophrenic patients developed at the University of the Basque Country. The aims of the essay were to determine and contrast, in schizophrenic patients who had a pharmacological treatment, the therapeutic effect of three kinds of interventions: Family Therapy (FT), Support Group for Parents plus Group Therapy for the patients (SGP + GT), and Psychopedagogic Therapy (PT), compared among them and with a control group, to improve the symptomatology and the social adjustment and to prevent the relapse. The interventions went on for 12 months. The design was a quasi-experimental one of comparison pretest-postest with a control group (n = 15), and three experimental ones: Family Therapy (n = 13), Support Group for Parents + Group Therapy for Patients (n = 10), and Psychopedagogic Therapy (n = 17). In this work we can see the results on symptomatology and social adjustment. The results of other variables (Expressed Emotion, contact hours, anxiety and depression in fathers and mothers) and the follow-up a year after finishing the interventions will be published in another work. The patients were rated by means of the Brief Psychiatric Rating Scale Expanded (BPRS-E) (Lukoff, Nuechterlein & Ventura, 1986), the Scale for the Assessment of Positive Symptoms (SAPS), the Scale for the Assessment of Negative Symptoms (SANS) (Andreasen, 1984) and the Social Adjustment Scale - Self Report (SAS-SR) (Weissman, Bothwell, 1976). Other instruments used will be described in another work. The patients of the groups of Family Therapy and Support Group for Parents plus Group Therapy for the Patients showed statistically significant improvements on symptomatology and social adjustment, while the other groups (Psychopedagogic Therapy and Control) did not show these changes. With regard to the relapse rate, patients from the Support Group for Parents relapsed significantly less than those from the Control Group in the period between the pre- and the post-test. Our results allow us to suggest that the Family Therapy and the Support Group for Parents plus Group Therapy for Patients are effective interventions to reduce the symptomatology and improve the social adjustment of schizophrenic patients. They also reduce the use of neuroleptic medication, but they should be longer in time, and complemented with other psychosocial interventions. It is also important to consider the regular intake of medication and the consumption of alcohol and drugs by the patients.

Keywords
Schizophrenia, symptomatology, social adjustment, family interventions, relapse.