Tittel: Living with a depressed person in Denmark: A qualitative study
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Sammendrag:
Background: Strategies for coping with the burdens of living with a depressed person affect a family’s psychosocial environment.
Aim: The aim of this qualitative study was to explore how relatives make personal sense of living with a depressed family member.
Methods: Thirteen cohabitant relatives were interviewed either individually or in a focus group. The transcribed interviews were interpreted thematically.
Results: Relatives went through a psychosocial transformation process driven by the twin challenges of their attitudes towards the depressed family member and of stigma.
Conclusions: More could be done to resolve families’ need for information and for emotional and practical support promoting recovery.

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