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**When should we care about carers? Identifying barriers and facilitators to supporting someone at high-risk of psychosis: A qualitative study**

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**Learning Goal:**

A qualitative-approach was utilised to enable an in-depth exploration of relevant issues, the challenges and needs of each carer, whilst not confined by a limited set of predetermined questions. The current study aimed to investigate the barriers and facilitating factors for people who provide support to individuals with an ARMS.

**Abstract Text:**

**Background**

Providing support to family or loved ones with physical or mental health difficulties can be demanding and is associated with increased financial, emotional and psychological distress.

**Aims**

We aimed to investigate the barriers and facilitating factors in supporting an individual at high-risk of psychosis.

**Method**

Qualitative investigation of 14 semi-structured interviews using thematic analysis.

**Results**

We constructed three themes within barriers and facilitators to providing support: interpersonal factors, intrapersonal factors and external factors.

**Conclusions**

The findings are the first of their kind, recognising the unmet needs of carers, which resulted in worry, distress and a negative impact on their health and wellbeing. Clinical teams should include strategies to provide more support to carers as an important component of clinical care. Considering the carer as a target of intervention could lead to improved outcomes in their quality of life and therefore also benefit the individual at risk of psychosis.

**ON THE HEALING POWER  
OF HUMAN RECONNECTION**