



learning process and in group discussion and practice. Data collection was achieved by pre-test and post-test questionnaire assessment for both the experimental and control groups. Percentage, means, standard deviation and t-test for the independent sample and a Chi-square test, were used for data analysis.

From the results of the study, it was found that after going through the Mental Health Education Program, the family members that were in the experimental group increased their assistance with relapse prevention more than those in the control group at a significance level of .05. The family members that were in the experimental group exhibited stronger belief that health facilitates relapse prevention than the individuals in the control group at a significance level of .05. Further, from the interviews regarding satisfaction with the Mental Health Education Program, it was found that the family members were satisfied with the program because they thought that the program was appropriate and beneficial for the family members.

The results of this study indicate that a mental health education program that implements health theory and the health education process is a strategy that promotes changes in the practices used by family members concerning relapse prevention among alcohol-dependent patients. Further, the program can be used as the model for mental health education programs in assisting family members of individuals with substance addition.