



Title	Evidence-based psychosocial service for people with chronic illness & their families: outcomes on mental health & wellness
Author(s)	Kwok, AYY; Chau, PWP; Leung, PPY; Wong, DFK
Citation	The HKEC Symposium on Community Engagement 5: Family - The Key to a Healthy Community, Hong Kong, 15 May 2010.
Issued Date	2010
URL	http://hdl.handle.net/10722/124268
Rights	Creative Commons: Attribution 3.0 Hong Kong License



香港復康會
The Hong Kong Society
for Rehabilitation
社區復康網絡
Community Rehabilitation Network

HKEC Symposium on Community Engagement V:
Family – The Key to a Healthy Community

健康社區 · 由家開始

Presentation Topic:

**Evidence-based Psychosocial Service for
People with Chronic Illness & their Families:
Outcomes on Mental Health & Wellness**

Contents

1. CRN Psychosocial Service

2. Outcomes

3. Recommendations



Co-Authors



香港復康會
The Hong Kong Society
for Rehabilitation
社區復康網絡
Community Rehabilitation Network

Ms. Anna KWOK

*Centre Manager, Kornhill Centre, Community Rehabilitation Network,
The Hong Kong Society for Rehabilitation*

Ms. Phyllis CHAU

*Senior Manager, Community Rehabilitation Network,
The Hong Kong Society for Rehabilitation*

Dr. Pamela LEUNG

*Assistant Professor, Department of Social Work & Social Administration,
The University of Hong Kong*



Dr. Daniel WONG

*Associate Professor, Department of Social Work & Social Administration,
The University of Hong Kong*





香港復康會
The Hong Kong Society
for Rehabilitation
社區復康網絡
Community Rehabilitation Network

蛻變

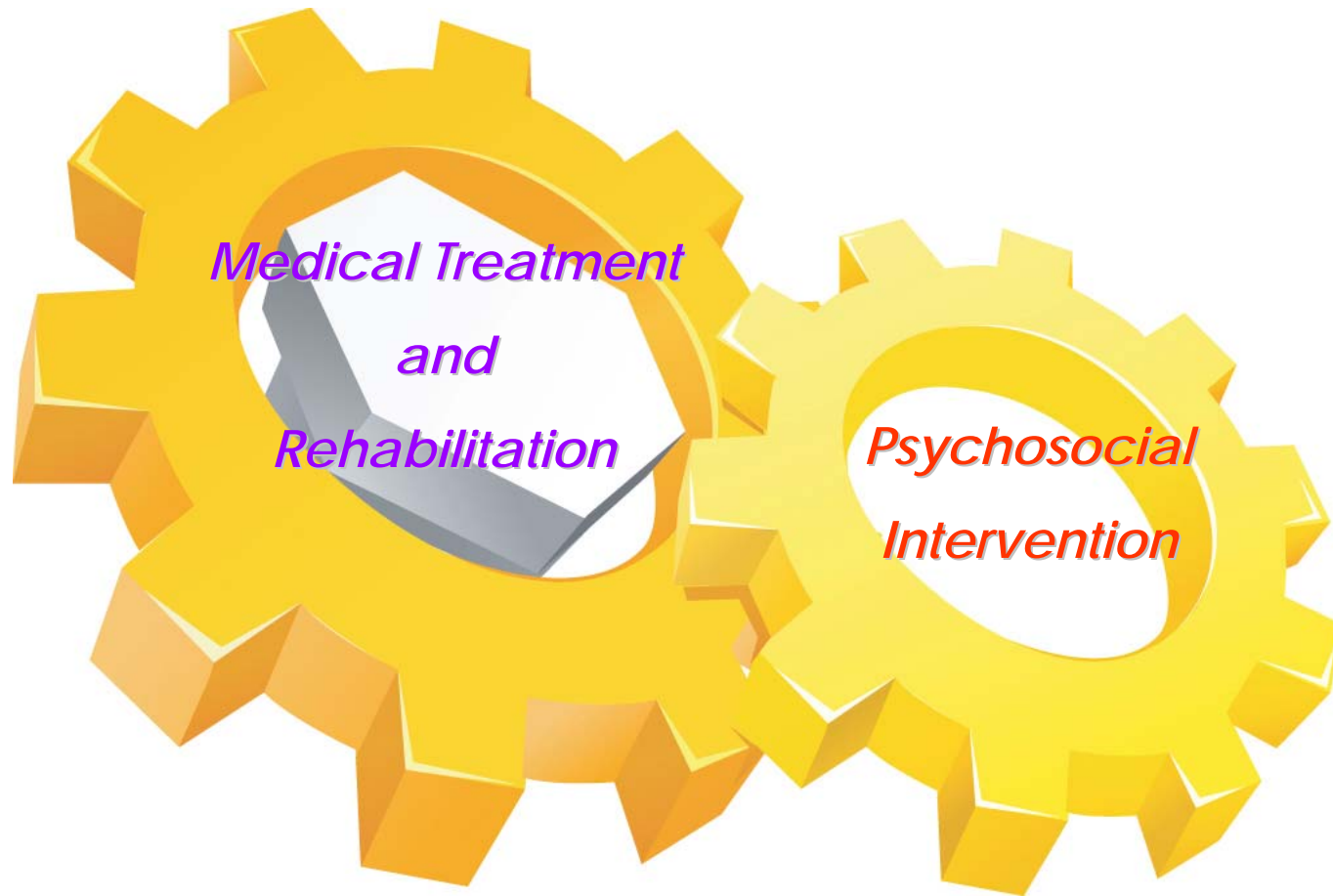
長期病患者及家屬
心理社交支援服務

由毛蟲變成蝴蝶，生命要經歷蛻變。在破繭而出的過程，要用力掙扎，才能練就有力的翅膀，一飛衝天。當疾病來臨，生命能否轉化成為另一種更美麗的形態，視乎我們是否願意轉變、及是否找到支持與幫助。

Psychosocial Needs of Patients & Caregivers



Significance of Psychosocial Intervention



CRN Psychosocial Service: Characteristics

- Theoretical-based
- Groupwork approach & “Taster” Workshop
- Develop with academic institutes or professional organizations
- Group leaders: CRN Registered Social Workers, with in-service training

Theoretical-based

**Emotion
Management
& Positive
Living**

I: Beck's Cognitive Therapy

II: Art Therapy

**Family &
Interpersonal
Relationship**

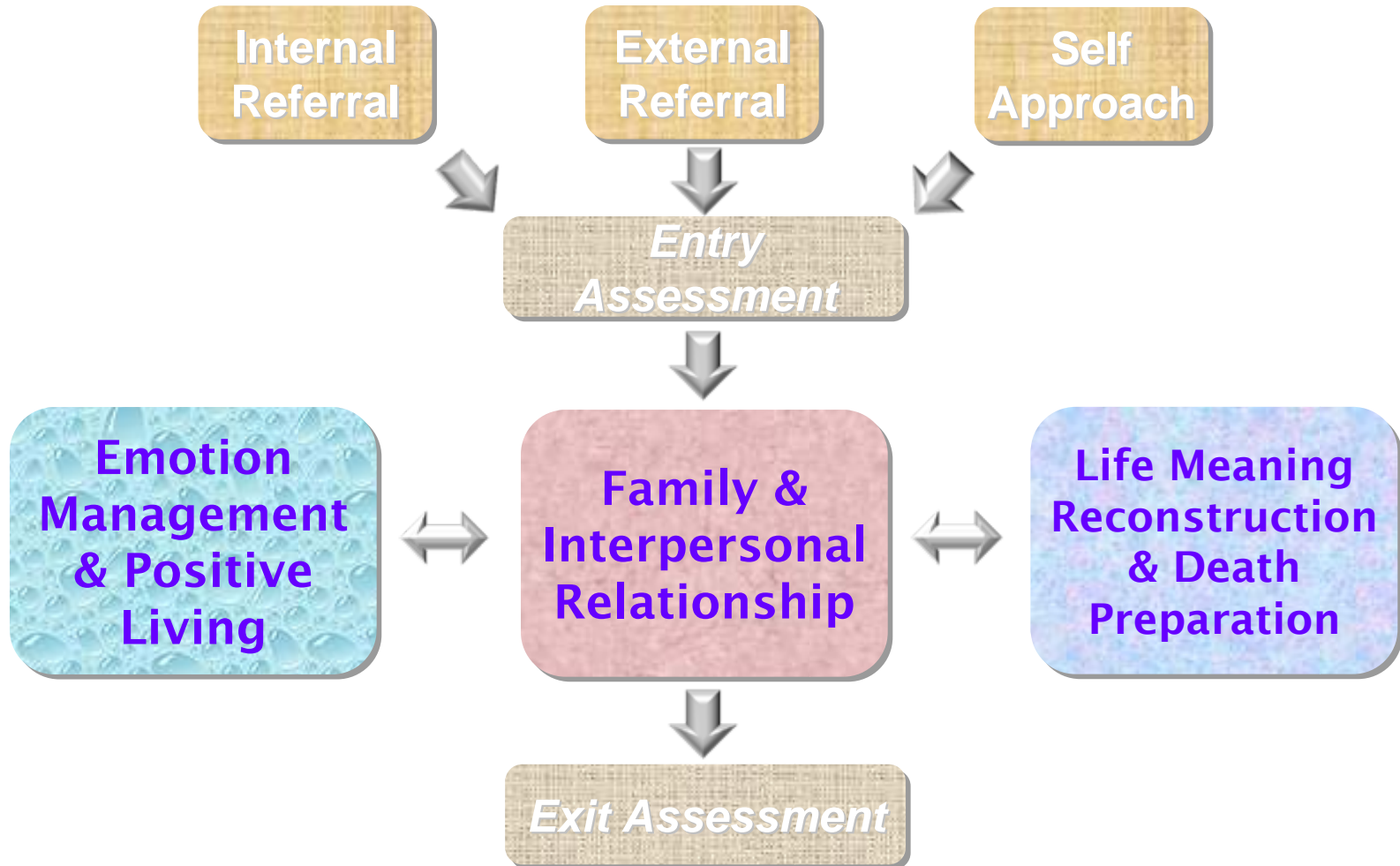
Satir Model

**Life Meaning
Reconstruction
& Death
Preparation**

*Life Celebration &
Empowerment Approach*



CRN Psychosocial Service: Service Flow





Emotion Management & Positive Living - 1

正向思維與情緒管理

心情新角度 情緒管理課程

Objectives:

- Identify idiosyncratic negative automatic thought patterns;
- Understand how dysfunctional rules & lifestyles are affecting emotions;
- Develop strategies to deal with negative thoughts & dysfunctional rules.

Contents:

- scaling, dysfunctional & functional record worksheet, thought-stopping, cue card, alternative thinking, dysfunctional rules worksheet, self-reward exercise, life change game

Session / Duration:

- 8 sessions / 2.5 hours per session





Emotion Management & Positive Living - 1

正向思維與情緒管理

逆要好心情 正向心理活學坊

Objectives:

- Understand the importance of one's thoughts on emotion management;
- Learn strategies to increase positive emotions.

Contents:

- short lecture, experiential game, group exercise and discussion.

Session / Duration:

- 1 session / 2.5 hours





Emotion Management & Positive Living - 2

情緒釋放與表達

釋出我情懷 藝術治療小組

Objectives:

- To facilitate emotional relief & attain inner peace;
- To improve overall emotional health.

Contents:

- creation of art products (e.g. drawing, clay), self-exploration exercise, sharing and discussion.

Session / Duration:

- 10 sessions / 2 hours per session



釋出我情懷 藝術創作工作坊

Objectives:

- To learn more about themselves, how to appreciate own lives & the nature; in which gaining more joy, hope & direction.

Contents:

- creation of art products, experiential game.

Session / Duration:

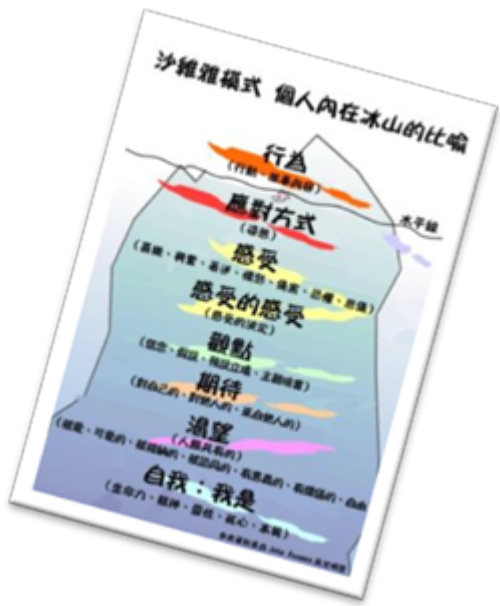
- 1 session / 2.5 hours





Family & Interpersonal Relationship

人際關係與個人成長



人際關係自學課程

Objectives:

- Strengthen participants' personal capacity like self-esteem, mental health & community skills;
- Improve interpersonal relationship, establish support network.

Contents:

- Iceberg: understanding "inner needs" behind one's behavior, Coping stances: four usual communication patterns, Mandala: internal resources, Temperature reading.

Session / Duration:

- 6 sessions / 2.5 hours





Life Meaning Reconstruction & Death Preparation

「說生談死」生命教育計劃

愛在生命未完時 工作坊

Objectives:

- Increase awareness of own death avoidance;
- Being more open to death preparation.

Contents:

- experiential games, group discussion

Session / Duration:

- 1 session / 2 hours



真心愛生命 探索小組

Objectives:

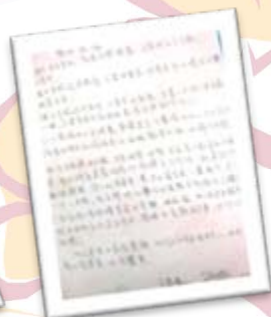
- Reduce fear of death & death avoidance;
- Increase motivation & develop positive attitude towards death, make more concrete preparation for it;
- To be more appreciative of life.

Contents:

- didactic education, experiential activities, reflective exercise, life review activities.

Session / Duration:

- 5 sessions / 2 hours



關前顧後早籌謀
圖善人生免煩惱

Outcomes (1) 「心情新角度」情緒管理課程

Methodology

- In 2004-2005
- Comparison group, pre-and-post test approach
- Pre-group, Post-group, 3-month-follow-up assessment
- Structured questionnaires:
 - General Health Questionnaire-12
 - Automatic Thought Questionnaire
 - Coping Skills Questionnaire
 - Positive and Negative Emotions Checklist
 - Demographic characteristics



Outcomes (1) 「心情新角度」情緒管理課程

Results

- n=78 (experimental group=40; control group=38)
- Mean age: 50.2 / Male: 19, Female: 59
- 64.1% had not completed secondary education
- One-fourth: full-time or part-time employment
- Members of experimental group:
 - Significant improvement in mental health;
 - Fewer negative thoughts, more positive emotions & fewer negative emotions;
 - Effects maintained at 3-month follow-up assessment;
 - No statistical difference on coping skills between experimental & control groups.



Outcomes (2) 「真心愛生命」探索小組

Methodology

- In 2009
- Quasi-experimental design (pre-and-post test)
- Pre-group & Post-group assessment
- Structured questionnaires:
 - The Chinese Death Attitude Profile – revised
 - Body-mind-spirit Well-being Inventory – Spiritual Well-being Sub-scale
 - Death Competence Scale
 - Gratitude Questionnaire – Six-Item Form
 - The Centre for Epidemiological Studies Depression



Outcomes (2) 「真心愛生命」探索小組

Results

- n=169 (experimental group=86; control group=83)
- Mean age: 56.78 / Male: 56, Female: 113
- Members of experimental group:
 - Significant changes in fear of death, death avoidance, death preparation, life appreciation.
- Other findings:
 - Death preparation is correlated with the results;
 - Provide chances to reveal concerns on death preparation in ‘natural & relaxed’ atmosphere;
 - Participants are ready to talk about death;
 - Initial focus: practical arrangement → reviewing life experience (Valuable Journey)



Outcomes (3) 人際關係自學課程

Methodology

- In 2009
- Randomized control trial (Single-blind) + focus group
- Pre-group (baseline) & Post-group (6th week) , one-month (10th week) follow-up assessment
- Structured questionnaires:
 - Chinese Affect Scale
 - Rosenberg Self-Esteem Scale
 - Chinese Courtauld Emotional Control Scale
 - Yale Social Support Scale
 - SF-12 Health Survey
 - Chinese Hospital Anxiety & Depression Scale
 - Body-mind-spirit Well-being Inventory – Spiritual Well-being Sub-Scale
 - CRN Self-Other Communication Scale



Outcomes (3) 人際關係自學課程

Results

- n=74 (experimental group=31; control group=43)
- Mean age: 54.13 / Male: 9, Female: 74
- Members of experimental group:
 - Significant improvement in self-other relation, communication congruence, wishing to know more friends, self-esteem, resilience, and mental health.
- Limitations:
 - Relatively small sample size
 - Dual role of group leaders & researchers
 - Only a few studies on Satir Model are available for reference



Presentation, Training & Journal Publication

- Key to Positive Living: Self-Managing Health & Chronic Disease: Conference & Workshop (2004)
- World Congress of Behavioral & Cognitive Therapies (2005)
- International Conference on Promoting Chronic Care: Towards a Community-based Chronic Care Model for Asia (2010)
- 2010 Joint World Conference on Social Work & Social Development (2010)
- 2010 Satir World Conference (2010)
- “Cognitive-behavioral treatment group for people with chronic illness in Hong Kong: Reflection on culturally sensitive practices.” in International Journal of Group Psychotherapy. (2007)
- Guest lectures for local universities’ study programs
- CNE training program of Association of Hong Kong Nursing Staff

Recommendations on Future Development

■ Targets:

Chronic patients & caregivers with emotional disturbances or at risk of depression (assessment such as PHQ-9)

■ Early intervention, Preventive nature

■ Professional-and-Peer-led

■ Further enhance effectiveness of referral system