



Title	Evaluation of a Structured Volunteering Programme as an Intervention for Enhancing Resilience Level of Parents of People with Learning Disabilities
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Citation	The 3rd Joint International Conference of the Hong Kong College of Psychiatrists and the Royal College of Psychiatrists (UK), Hong Kong, China, 8-10 December 2012. In East Asian Archives of Psychiatry, 2012, v. 22 n. 4, Suppl., p. 66, abstract no. D04
Issued Date	2012
URL	http://hdl.handle.net/10722/201742
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ADHD still performed worse.

Conclusion: Working memory in ADHD children is worse than healthy children, which is consistent with former study. The mixed-type ADHD children perform worse than ADD, but our study was limited by a small sample, especially the girls.

Psychological Intervention for a Child Exposed to Murder

D03

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Objectives: In developing countries like India, poverty and domestic violence are 2 of the most deep-rooted social evils. With murder as an extreme form of domestic violence, the present study described the process of psychotherapy for a 7-year-old boy who witnessed the gruesome murder of his mother by the father, and developed adjustment disorder with mixed disturbance of emotion and conduct.

Methods: Informed consent was obtained from the legal guardian of the child. Along with medication, the boy underwent psychotherapy. Conventional psychotherapy methods relying on talk were not suited for the child as he had difficulty expressing himself verbally due to an expressive speech delay and the shock following the trauma. Expressive therapy techniques incorporating play, art work, and story telling were used creatively and flexibly to help the child emote and heal. These techniques are evidence-based for helping abused children. Therapy was undertaken for 3 months. A longitudinal design was used, tracking the improvement of the child for the next 1.5 years. Weekly follow-ups were held, subsequently tapered to bimonthly contacts. His improvement was assessed in terms of the quality of his drawings which were characterised by the use of colour and detailing, and his functionality (regularity in attendance to school and quality of interpersonal relationships).

Results: Improvement was noted in the child's mood and conduct symptoms. His verbal reports suggested that he was better able to process the loss and develop healthy ways to cope with grief. Although some behaviour problems persisted in view of his difficult temperament, gains from therapy generalised to helping the child deal with challenges of real life, such as a constantly lurking fear of the father returning from prison.

Conclusion: Though clients from disadvantaged backgrounds are deemed as poorer responders to therapy due to practical difficulties, significant gains can be achieved by continuous long-term follow-ups with dedicated mental health professionals.

Evaluation of a Structured Volunteering Programme as an Intervention for Enhancing Resilience Level of Parents of People with Learning Disabilities

D04

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Background: Stresses have consistently been found to be higher in parents of people with learning disabilities (LD). However, some parents are able to be more resilient and better adapted in the face of these challenges. It is known that volunteering experience is able to increase one's resilient protector factors. This study was an initial attempt to evaluate how a structured volunteering programme enhances the resilience level of parents of people with LD. The programme lasted for 6 months and the parent volunteers paid home visits regularly to elderly who were living alone and were invited to attend the debriefing sessions after every visit.

Objectives: The researchers examined the effectiveness of the structured volunteering programme in enhancing the resilience level of parents of people with LD, and to identify the specific resilience domains that are correlating with the programme.

Methods: A pretest-posttest design was adopted, with the intervention of a 6-month structured volunteering programme. The researchers developed a 24-item scale which extracted from the Resilience Scale – Chinese Version (Chen, 2007; the original scale was developed by Friborg et al. in 2006) and the Purpose in Life Test – Chinese Version (Song, 1992; the original test was developed by Crumbaugh & Maholic in 1964). The scale achieved good reliability ($\alpha = 0.935$). Data on 36 participants' measures of 4 resilience domains, namely, self-competence, social skills, social resources, and meaning of life, were analysed.

Results: Statistically significant positive changes in the resilience domains of social resources ($p = 0.05$) and meaning of life ($p = 0.04$) were found, the domain of social skills also showed positive change.

Conclusion: The results suggest the effectiveness of the structured volunteering programme for parents of LD in resilience enhancement. The programme design would be discussed.

Psychiatric Disorders in Adolescent Boys in Detention: a Preliminary Prevalence and Case-control Study in Two Chinese Provinces

D05

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Objective: To investigate the prevalence of mental health problems in juvenile offenders in 2 provinces of China.

Methods: We investigated the mental health of 232 consecutive receptions of juvenile boys aged 15 to 17 years in Youth Detention Centers of 2 Chinese provinces, and compared with juveniles in community settings. Interviews