



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**



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# 蛻變

長期病患者及家屬  
心理社交支援服務

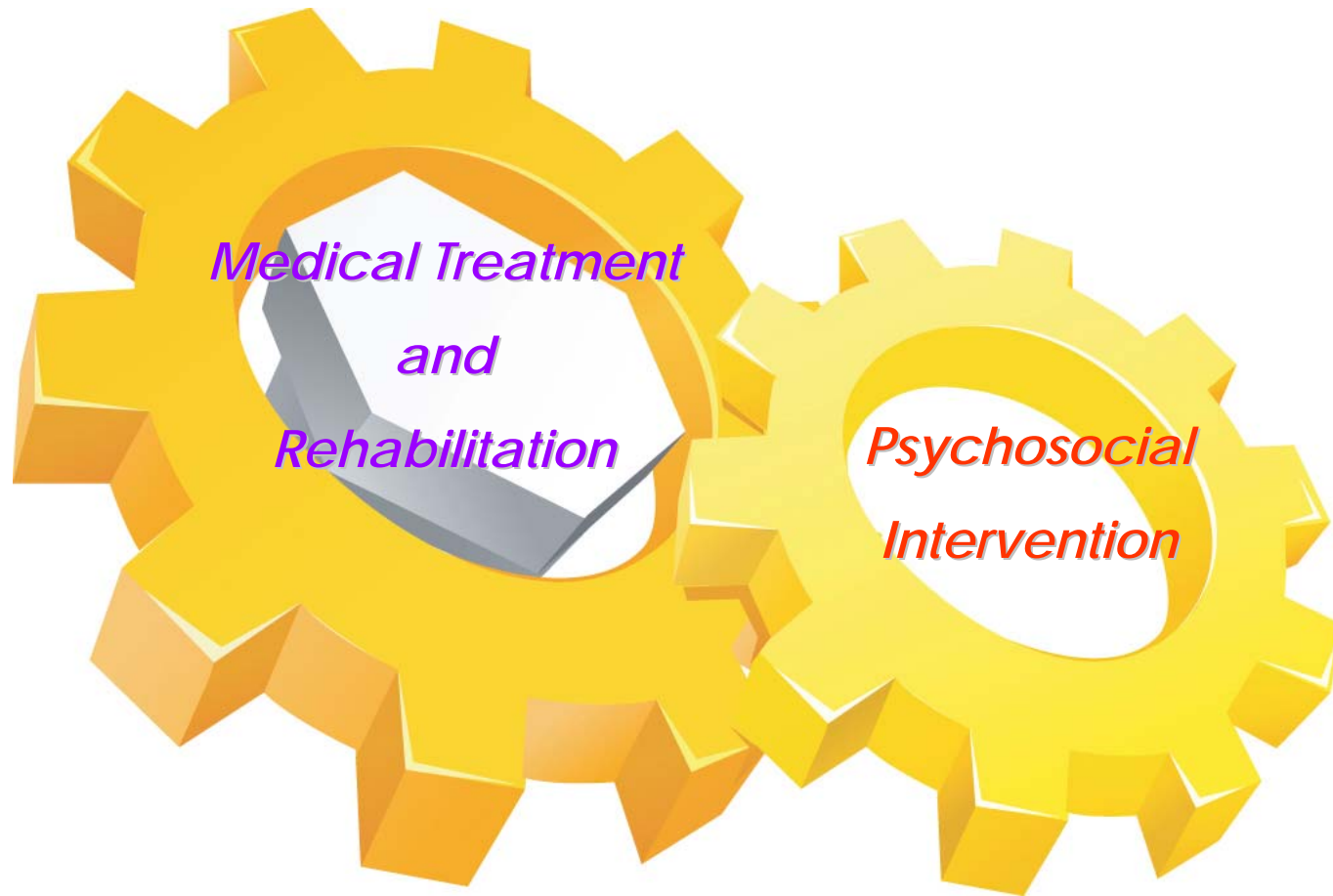
由毛蟲變成蝴蝶，生命要經歷蛻變。在破繭而出的過程，要用力掙扎，才能練就有力的翅膀，一飛衝天。當疾病來臨，生命能否轉化成為另一種更美麗的形態，視乎我們是否願意轉變、及是否找到支持與幫助。

# Psychosocial Needs of Patients & Caregivers



# Significance of Psychosocial Intervention

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## 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*

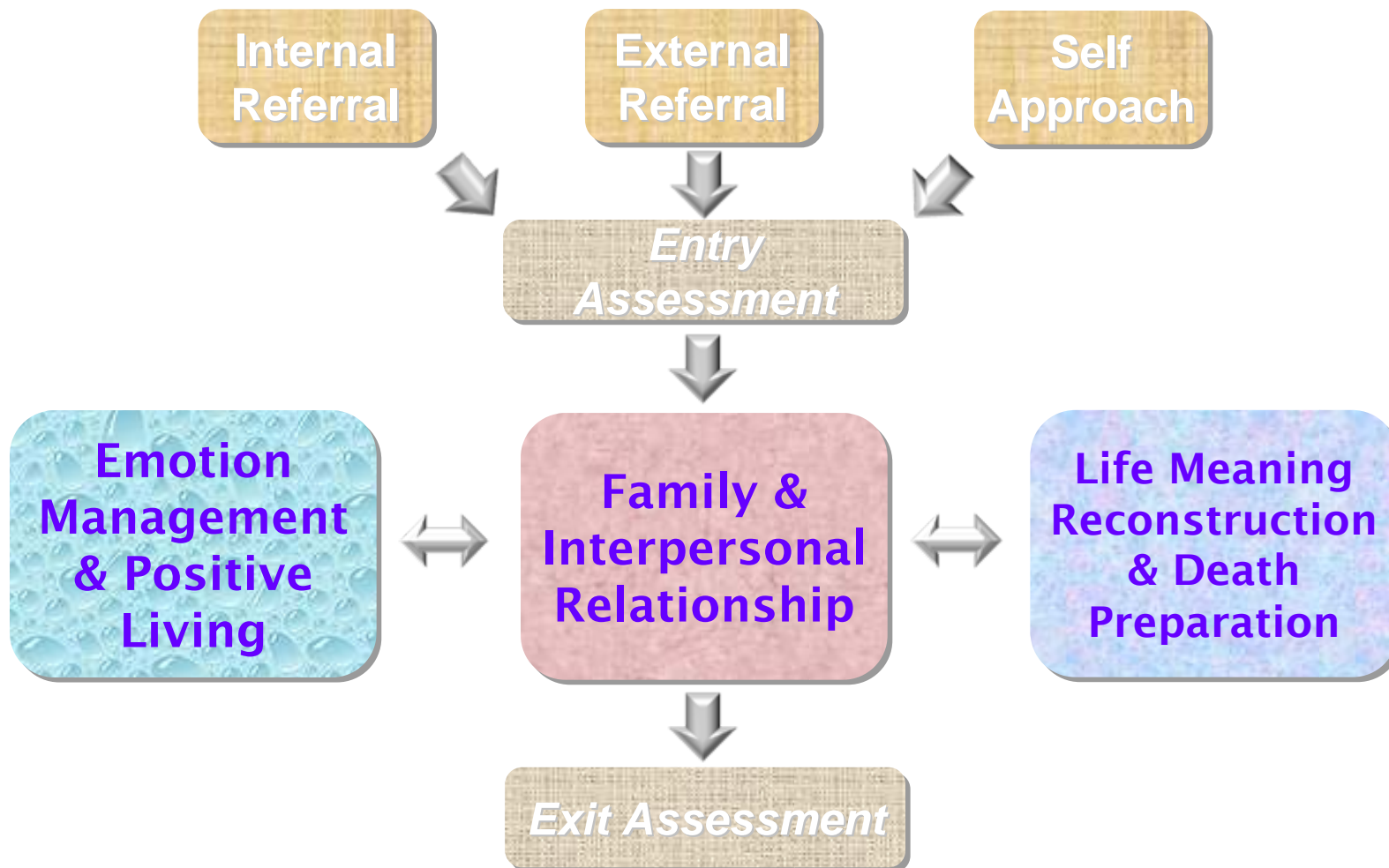
**Life Meaning  
Reconstruction  
& Death  
Preparation**

*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:

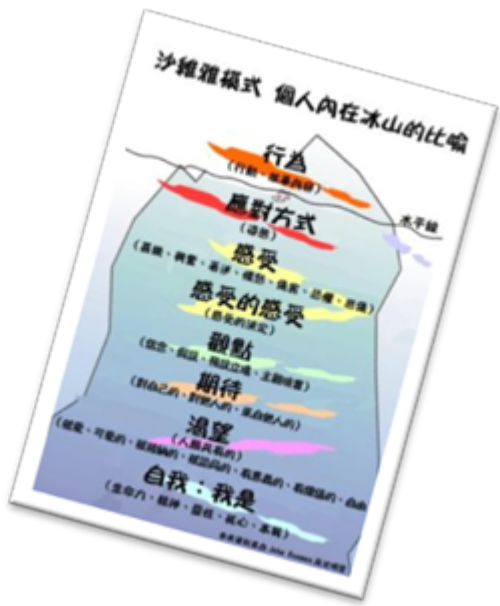
- 1 session / 2.5 hours





# 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:

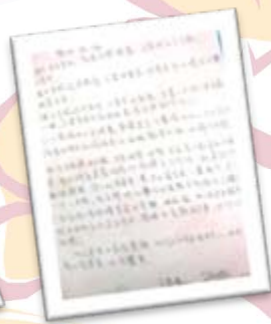
- Reduce fear of death & death avoidance;
- Increase motivation & develop positive attitude towards death, make more concrete preparation for it;
- To be more appreciative of life.

#### 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

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- 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