



SCHOOL OF PUBLIC HEALTH
THE UNIVERSITY OF HONG KONG
香港大學公共衛生學院



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust



Health · Happiness · Harmony 家有康和樂 · 健康 · 和諧 · 快樂 3Hs – Health · Happiness · Harmony 家有康和樂 · 健康 · 和諧 · 快樂

Study on Family Support

An Effective Way to Enhance Family Support – “Happy Family Kitchen” Project

**FAMILY: A Jockey Club Initiative for a
Harmonious Society**

Cohort Study Press Conference

21st May, 2012

1



SCHOOL OF PUBLIC HEALTH
THE UNIVERSITY OF HONG KONG
香港大學公共衛生學院



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust



Health · Happiness · Harmony 家有康和樂 · 健康 · 和諧 · 快樂 3Hs – Health · Happiness · Harmony 家有康和樂 · 健康 · 和諧 · 快樂

FAMILY Project: Better Family Support, Better Mental Health-Related Quality of Life

Professor T. H. Lam

Principal Investigator of FAMILY Project Team

Sir Robert Kotewall Professor in Public Health

Director of School of Public Health

The University of Hong Kong

2



FAMILY: A Jockey Club Initiative for a Harmonious Society An Overview

- “FAMILY: A Jockey Club Initiative for a Harmonious Society” project was launched by **The Hong Kong Jockey Club Charities Trust** in collaboration with **School of Public Health of The University of Hong Kong** with a HK\$250 million funding
- The project aims to identify the source of family problems, devise suitable preventive measures and promote FAMILY Health, Happiness and Harmony (3Hs) through a territory-wide household survey, intervention projects and public education

3



Who were included in the sample for investigating Mental Health-Related Quality of Life ?

- A territory-wide household sample survey from Mar 2009 to Mar 2011
- Random selection of households in 18 districts
- Interviewed everyone aged 15 years or above in each household
- 7,715 households/families, with a total of 17,082 respondents with complete data in the present report

Age (years)	15-24	25-34	35-44	45-54	55-64	≥ 65	Total
Men	1,436 (8.4%)	922 (5.4%)	1,115 (6.6%)	1,686 (9.9%)	1,301 (7.6%)	1,509 (8.8%)	7,969 (46.7%)
Women	1,380 (8.1%)	1,178 (6.9%)	1,698 (9.9%)	1,945 (11.4%)	1,404 (8.2%)	1,508 (8.8%)	9,113 (53.3%)
Total	2,816 (16.5%)	2,100 (12.3%)	2,813 (16.5%)	3,631 (21.3%)	2,705 (15.8%)	3,017 (17.6%)	17,082 (100%)

4



Outline

- Definitions of
 - Mental Health-Related Quality of Life (measured by Medical Outcomes Study 12-item short-form, SF-12 version 2.0, MCS)
 - Satisfaction with family support (measured by Family Adaptation, Partnership, Growth, Affection, Resolve (APGAR)) Questionnaire,
 - Stressful life events (measured by revised Life Changes Scaling)
- Important factors associated with Mental Health-Related Quality of Life (MCS) and their interactions
 - Satisfaction with family support
 - Stressful life events
- Summary

5



Self-rated Health-Related Quality of Life

Medical Outcome Study Short Form-12 version 2.0 (SF-12)¹ was used to measure the Health-Related Quality of Life, mainly focusing on the following 8 areas:

- Physical functioning (PF)
- Role limitation due to physical problem (RP)
- Bodily pain (BP)
- General health (GH)
- Vitality (VT)
- Social functioning (SF)
- Role limitation due to emotional problems (RE)
- Mental health (MH)

SF-12 reflects one's health status by physical health or quality of life index (Physical Component Subscale, PCS) and mental health or quality of life index (Mental Component Subscale, MCS), rating from 0 – 100.

- Standard form MCS scale is scored using norm-based methods. The mean and standard deviation (SD) used in scoring are from the 1998 general US population.

- A T-score transformation method is used so that MCS have a mean of 50 and a SD of 10, which is applied worldwide.

¹<http://www.sf-36.org/tools/sf12.shtml>

6



SF-12 Questionnaire (Mental Health-Related)

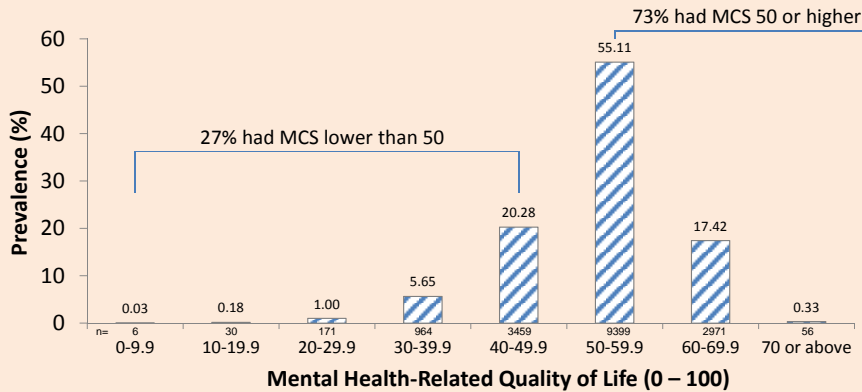
MCS includes mental health-related questions with more weight on the score

These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks.	All of the time	Most of the time	Some of the time	A little of the time	None of the time
(MH) Have you felt calm and peaceful?					
(MH) Have you felt downhearted and depressed?					
(SF) During the past 4 weeks, how much of the time has your physical health or emotional problems interfered with your social activities (like visiting with friends, relatives, etc.)?	All of the time	Most of the time	Some of the time	A little of the time	None of the time
(RE) During the past 4 weeks, how much of the time have you had any of the following problems with your work or other regular daily activities as a result of any emotional problems (such as feeling depressed or anxious)?	All of the time	Most of the time	Some of the time	A little of the time	None of the time
Accomplished less than you would like					
Did work or other activities less carefully than usual					



Distribution of Mental Health-Related Quality of Life (MCS, 0 – 100)¹

(Hong Kong people had a mean of 53.5 for MCS, about 73% had moderate or good mental health)



¹ Age- and sex-weighted by the Hong Kong population (Population and Household Statistics Analysed by District Council District 2010)



Satisfaction with family support – Family APGAR (Adaptation, Partnership, Growth, Affection, and Resolve)

Family APGAR consists of the following 5 questions, scoring from 0 – 10, with higher scores indicating better perceived family support.

1. I am satisfied that I can turn to my family for help when something is troubling me.
2. I am satisfied with the way my family talks over things with me and shares problems with me.
3. I am satisfied that my family accepts and supports my wishes to take on new activities or directions.
4. I am satisfied with the way my family expresses affection, and responds to my emotions, such as anger, sorrow, or love.
5. I am satisfied with the way my family and I share time together.

The Family APGAR score is obtained by adding the scores using the following scale:

Hardly ever = 0

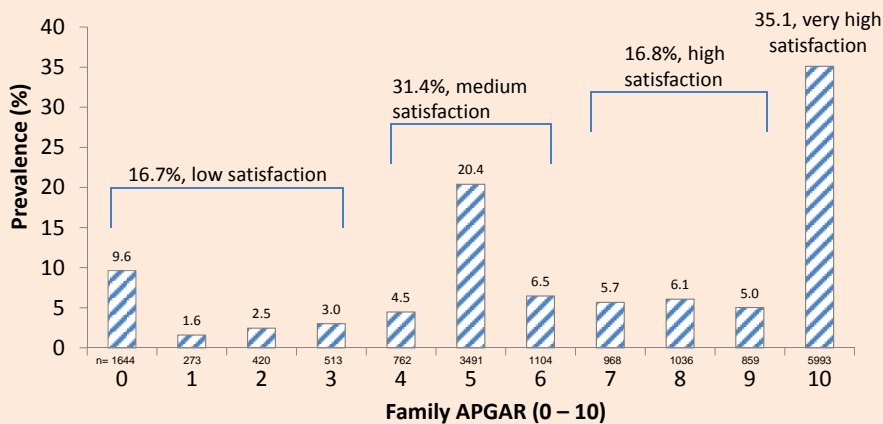
Some of the time = 1

Almost always = 2

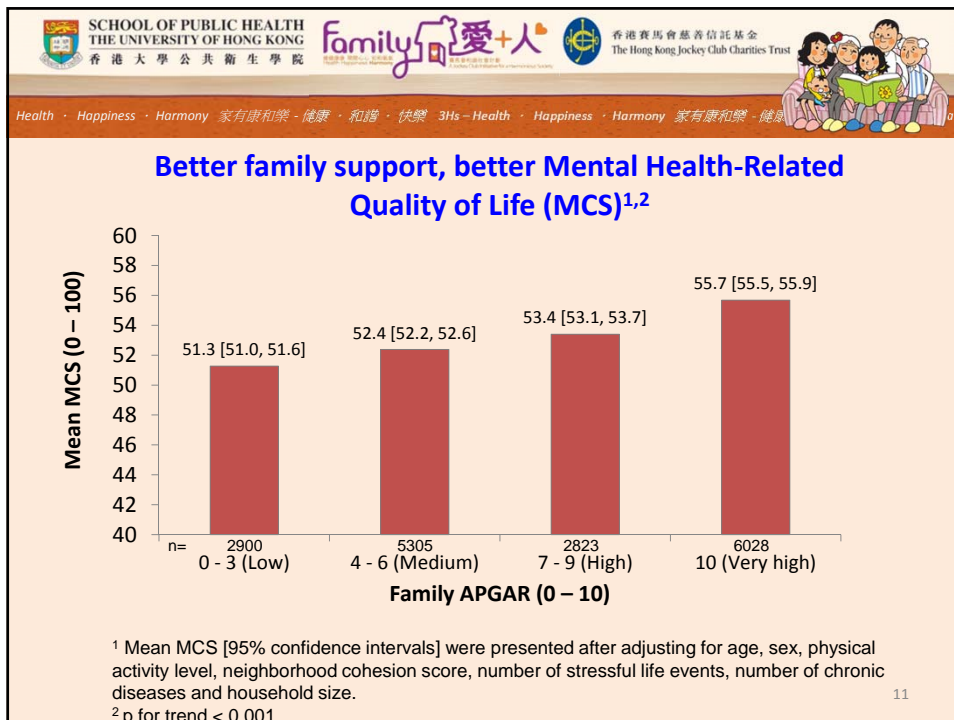
Smilkstein, G. (1978). J Fam Pract.6: 1231-1239.
Chan, D. H., et al (1988). Hong Kong Practitioner, 10: 3295-3299. 9



Distribution of Family APGAR (0 – 10) ¹ (About 83% of people reported medium to very high satisfaction with their family support, APGAR ≥ 4)



¹ Age- and sex-weighted by the Hong Kong population (Population and Household Statistics Analysed by District Council District 2010)



SCHOOL OF PUBLIC HEALTH THE UNIVERSITY OF HONG KONG 香港大學公共衛生學院

Family 愛+人

香港賽馬會慈善信託基金 The Hong Kong Jockey Club Charities Trust

Health · Happiness · Harmony 家有康和樂 · 健康 · 和諧 · 快樂 3Hs - Health · Happiness · Harmony 家有康和樂 · 健康

Stressful life events (1)

- Participants were asked whether they had experienced any of the 18 stressful life events in the past 12 months
- These events include
 - Death of family members or close friends (2)
 - Unemployment (2)
 - Serious health problems (3)
 - Financial problems (1)
 - Changes in interpersonal relationships (6)
 - Movement of residence (4)

12

Miller MA, & Rahe RH. (1997) Life Changes Scaling for the 1990s. J Psychosom Res 43:279-292.



Stressful life events (2)

The 18 stressful life events are listed as follows:

1. I had a heavier workload (in the home, school or work settings)
2. I or my family's financial situation got worse
3. Somebody in my family had a serious health problem.
4. I had a serious health problem
5. Death of a family member
6. Fewer/less frequent social activities. (e.g. going out for meals, movies, shopping)
7. Fewer family get-togethers
8. I lost my job/I remained unemployed
9. Death of a close friend

13

Miller MA, & Rahe RH. (1997) Life Changes Scaling for the 1990s. J Psychosom Res 43:279-292.

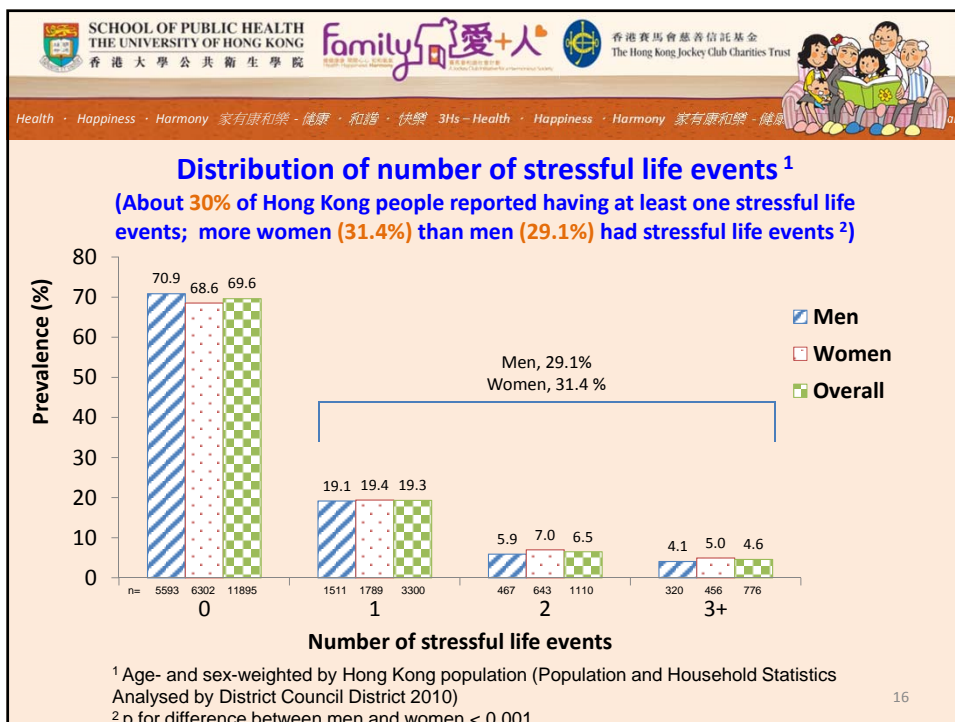
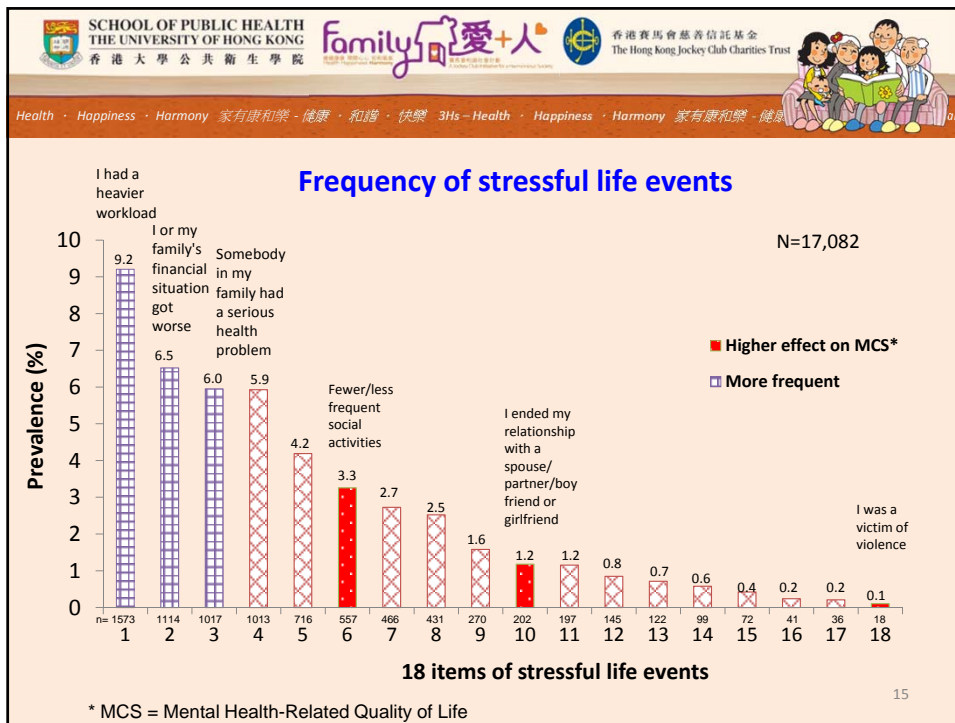


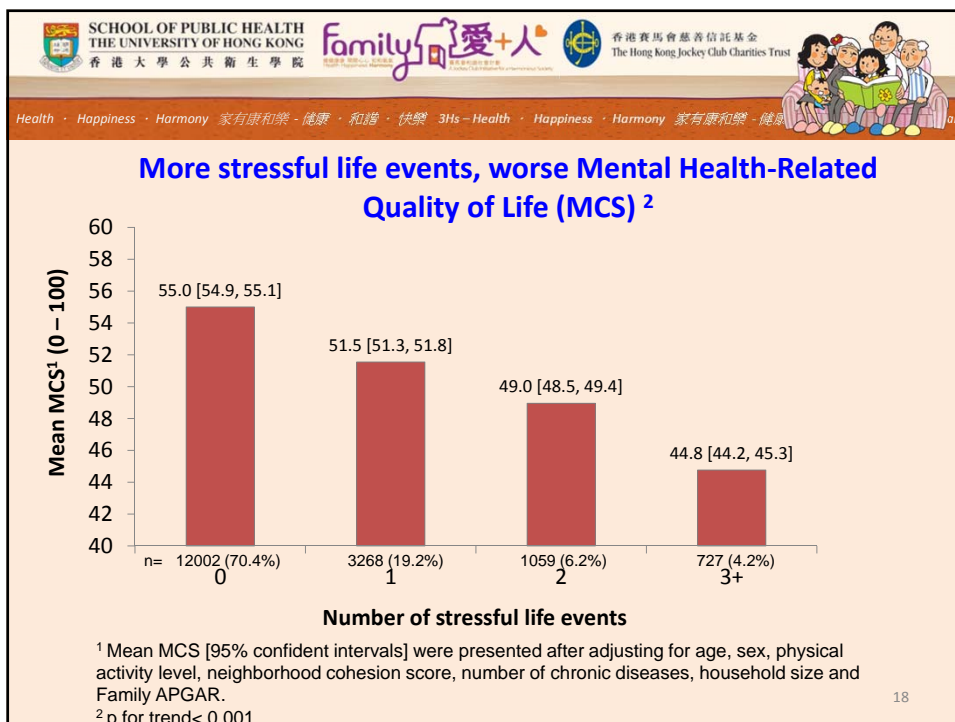
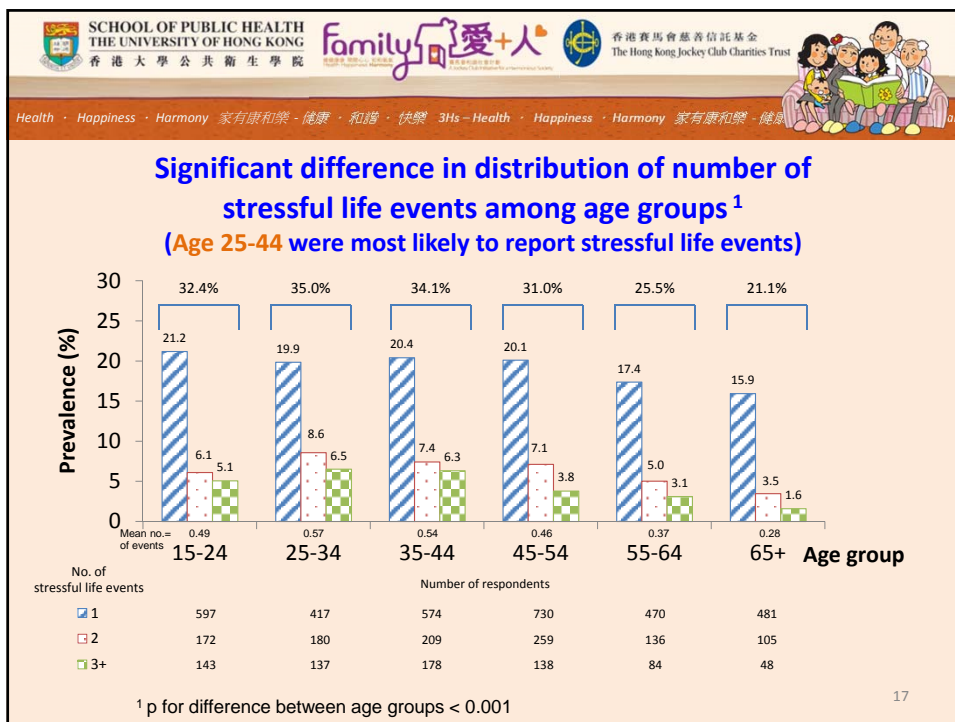
Stressful life events (3)

10. I ended my relationship with a spouse/ partner/boyfriend or girlfriend
11. A close friend had a serious health problem
12. My family moved to a new home.
13. A new person joined our household (e.g. a child, a grandparent, step brothers/ sisters or other)
14. I or a family member moved out of the household
15. I started a new relationship
16. I was arrested or in trouble with the law
17. I set up a new household (e.g. getting married and moving out of parents' home)
18. I was a victim of violence (physically harmed by someone)

14

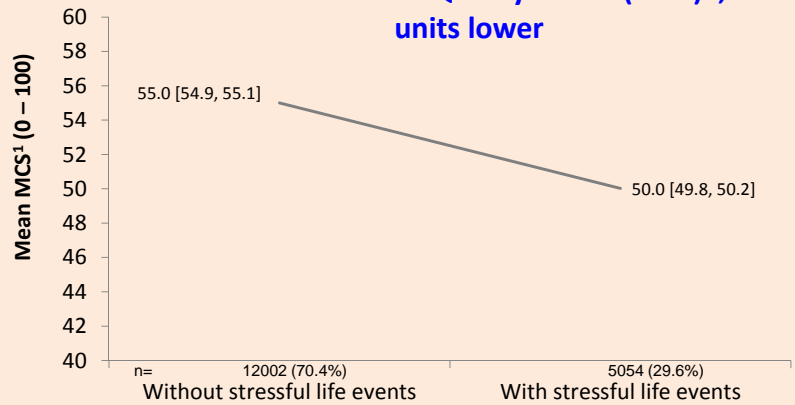
Miller MA, & Rahe RH. (1997) Life Changes Scaling for the 1990s. J Psychosom Res 43:279-292.







Stressful life events associated with worse Mental Health-Related Quality of Life (MCS)², with 5 units lower

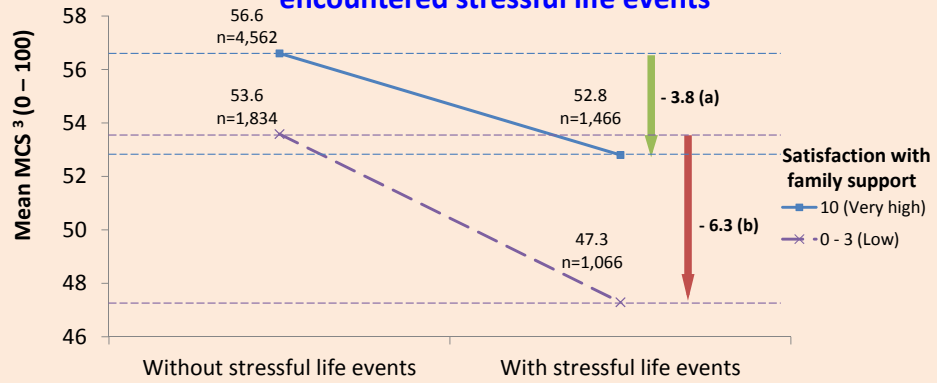


¹ Mean MCS [95% confident intervals] were presented after adjusting for age, sex, physical activity level, neighborhood cohesion score, number of chronic diseases, household size and Family APGAR.

² p for trend < 0.001



Very high family support¹ buffered 39.7%² for decrease in Mental Health-Related Quality of Life (MCS) when encountered stressful life events



¹ As compare with low family support

² 39.7% = [(b-a)/b]*100% = [(6.3 - 3.8) / 6.3]*100%

³ Mean MCS were presented after adjusting for age, sex, physical activity level, neighborhood cohesion score, number of chronic diseases and household size.



For respondents with stressful life events, very high family support, better Mental Health-Related Quality of Life (MCS) in both sexes

Sex	Mean MCS ¹		Low family support reduced MCS by
	Very high family support (APGAR, 10) (n)	Low family support (APGAR, 0-3) (n)	
Men	53.2 (n=607)	48.5 (n=497)	4.7 (a)
Women	52.5 (n=859)	46.2 (n=569)	6.3 (b)

Very high family support brought 34%² greater improvement of Mental Health-Related Quality of Life (MCS) among women than men

¹ Mean MCS were presented after adjusting for age, physical activity level, neighborhood cohesion score, number of chronic diseases and household size.

² 34% = [(b-a)/a]*100% = [(6.3-4.7)/4.7]*100%



Satisfaction with family support is important for Mental Health-Related Quality of Life (MCS) – Summary

- Better family support appeared to be protective against the harmful impact of stressful life events on Mental Health-Related Quality of Life in both men and women
- The benefit appeared larger in women than men



Take Home Messages

- Stressful life events are unpredictable, low Mental Health-Related Quality of Life can be avoided with better family support.
- We all need satisfactory and strong family support, and family members need to provide mutual support at all times.

23



Results from the “Happy Family Kitchen” Project

Professor Sophia CHAN Siu-chee

Co-Investigator of FAMILY Project Team

Professor and Director of Research, School of Nursing

The University of Hong Kong

24



Project Objectives

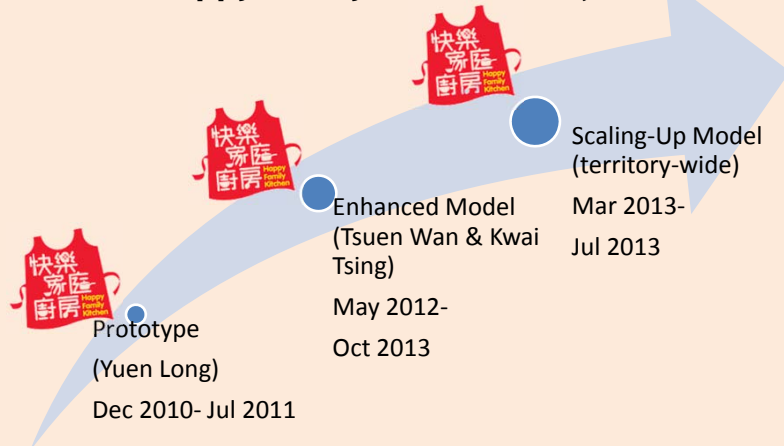


1. Promote the culture of a positive and healthy family life by co-operating with different social service units in the district.
2. Enhance FAMILY Health, Happiness and Harmony (3Hs) to strengthen the role of families.
3. Develop a community-based service model that is both rigorous in science and practical to operate.

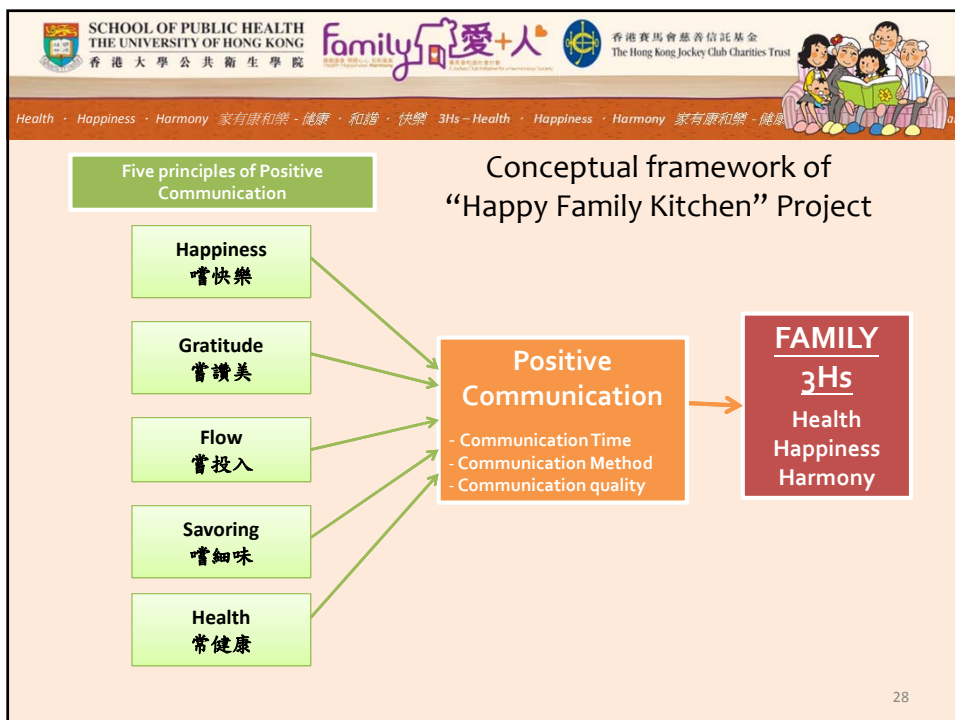
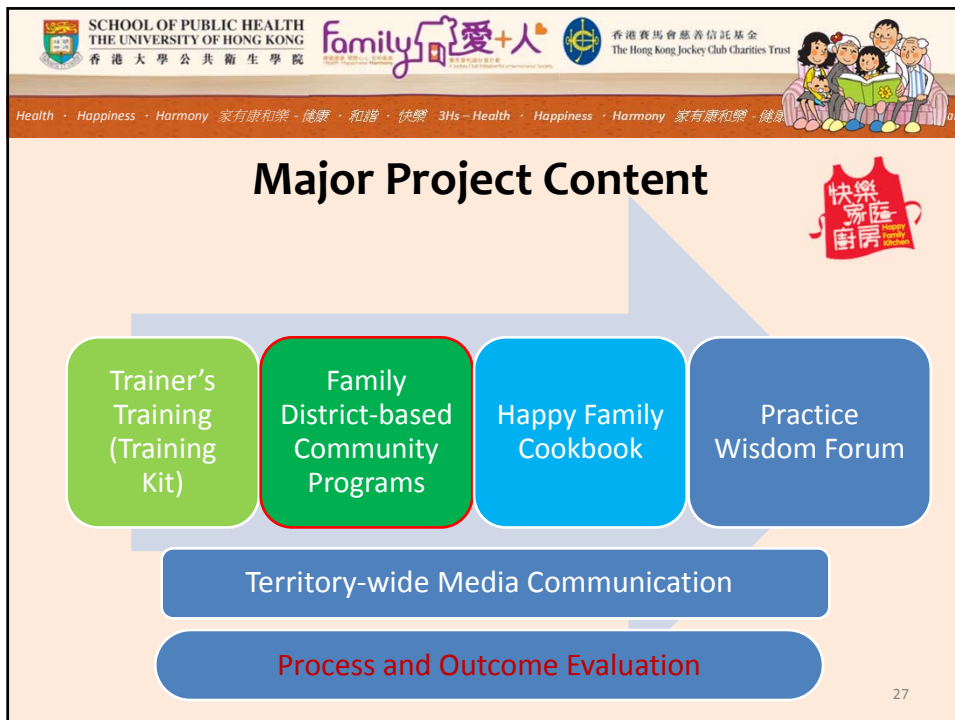
25

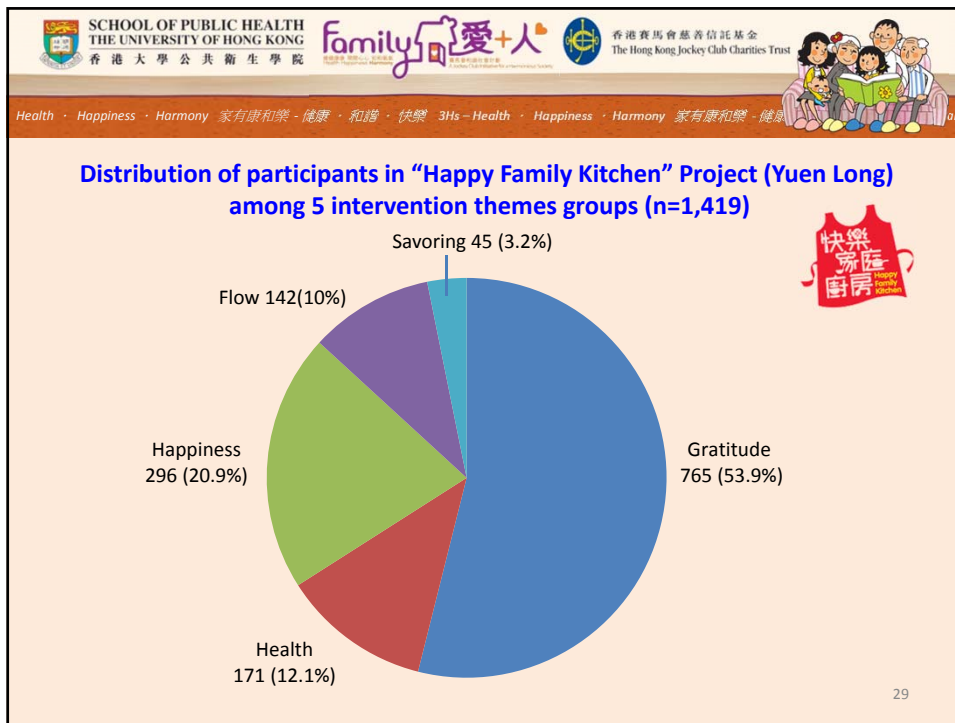


Yuen Long, Tsuen Wan and Kwai Tsing “Happy Family Kitchen” Project



26





SCHOOL OF PUBLIC HEALTH THE UNIVERSITY OF HONG KONG 香港大學公共衛生學院

Family 愛+人

香港賽馬會慈善信託基金 The Hong Kong Jockey Club Charities Trust

Health · Happiness · Harmony 家有康和樂 · 健康 · 和諧 · 快樂 3Hs - Health · Happiness · Harmony 家有康和樂 · 健康

"Happy Family Kitchen" Project (Yuen Long)

Involving 21 projects from 23 units of 19 NGOs

香港社會服務聯會 The Hong Kong Council of Social Service

元朗大會堂 YUEN LONG TOWN HALL

社會福利署 Social Welfare Department

博愛醫院 Pok Oi Hospital

香港明愛 Caritas HONG KONG

保良局 PO LEUNG KUK

New Life Psychiatric Rehabilitation Association 新生精神康復會

香港基督教女青年會 Hong Kong Young Women's Christian Association

International Social Service HONG KONG BRANCH 香港國際社會服務社

善仁愛堂 YAN OI TONG

基督教協基會 The Church of United Brethren in China

YMCA 香港中華基督教青年會 Chinese YMCA of Hong Kong

SAHK* 香港耀能協會

香港聖公會福利協會 Hong Kong Sheng Kung Hui Welfare Council

鄭舍輔導會 THE NEIGHBOURHOOD ACTION ACTION COUNCIL

救世軍 THE SALVATION ARMY

基督教香港信義會 The Evangelical Lutheran Church of Hong Kong

聖雅各福群會 St. James' Settlement

東華三院 Tung Wah Group of Hospitals

仁濟醫院 Yan Chai Hospital

30



Community-based Interventions



31

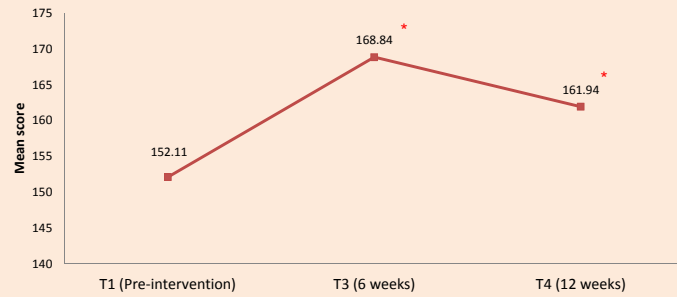


32



Family Communication Time Increased

- In the past 7 days, how much time (minutes) did you communicate / chat with your family members on average per day? (No measurement at T2)



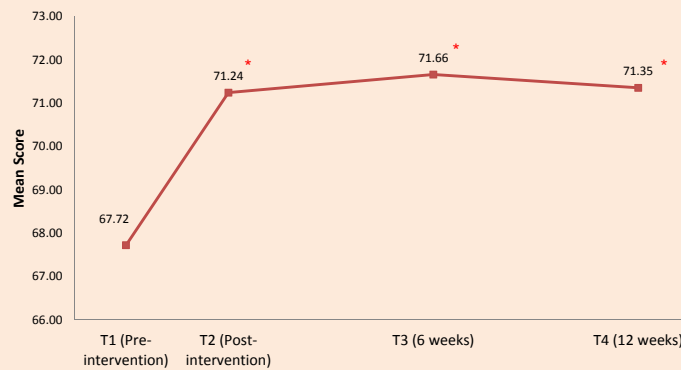
* Statistically significant at $p < 0.05$
Note: Comparison with T1

33



Family Communication Score Increased

- Family communication scale (10 items, 0-100)



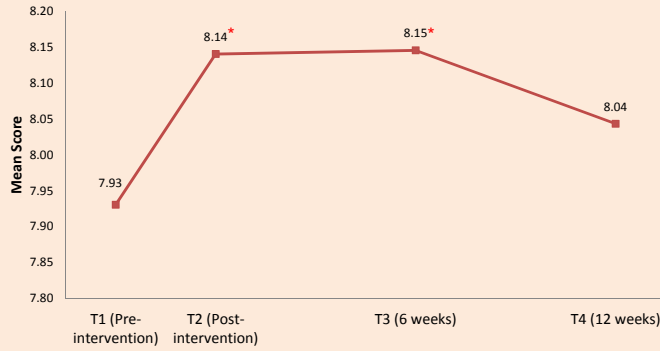
* Statistically significant at $p < 0.05$
Note: Comparison with T1

34



Self-rated Family Harmony Score Increased

- Do you think your family is harmonious? (based on a 0-10 score · 0 is NOT AT ALL HARMONIOUS, 10 is VERY HARMONIOUS)

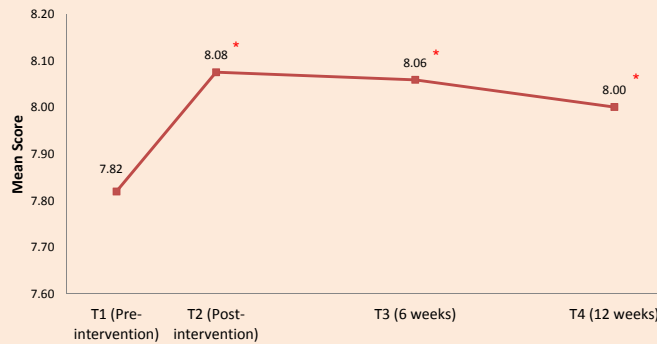


* Statistically significant at p<0.05
Note: Comparison with T1



Self-rated Family Happiness Score Increased

- Do you think your family is happy? (based on a 0-10 score · 0 is NOT HAPPY, 10 is VERY HAPPY)

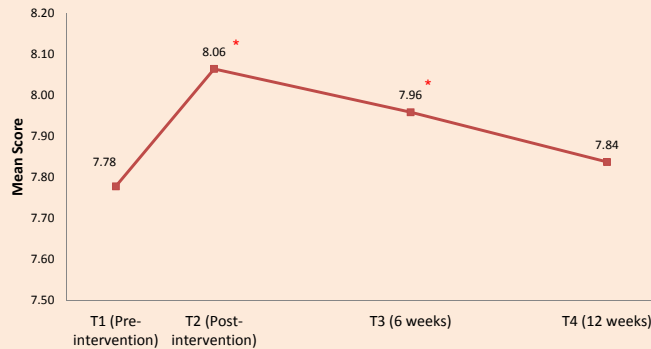


* Statistically significant at p<0.05
Note: Comparison with T1



Self-rated Family Health Score Increased

- Do you think your family is healthy? (based on a 0-10 score, 0 is NOT HEALTHY, 10 is VERY HEALTHY)



* Statistically significant at $p < 0.05$
Note: Comparison with T1

37



Summary of results

	T2: Post-intervention	T3: 6 weeks after post-intervention	T4: 12 weeks after post-intervention
Family Communication Time (minute)		↑↑	↑↑
Family Communication Score (0-100)	↑↑	↑↑	↑↑
Self-rated Family Harmony Score (0-10)	↑↑	↑↑	↑
Self-rated Family Happiness Score (0-10)	↑↑	↑↑	↑
Self-rated Family Health Score (0-10)	↑↑	↑↑	↑

Note: all comparison between Pre-intervention (T1) and different time points

↑ : increased when compared with T1

↑↑: significantly increased when compared with T1 ($p < 0.05$)



“Happy Family Kitchen” Project successfully enhanced the frequency and quality of time spent on family communication which can facilitate better family support.

38



Qualitative study: Focus groups Quotes from the participants (1)



“I have three kids, usually the three of them chat, while I chat with my husband (at dinner, before the intervention)...Now (after intervention),...I’d...sometimes interrupt their discussions to talk about IQ questions and jokes...” (A mother, U21 7A)

“I appreciated them (my children) more (after the intervention)...I felt uneasy when I praised them at the beginning but when I did more often, I found it to be quite natural to do so.”

(A mother, U18 12A)

“...I found my kid has had great changes after it (the intervention)...I used to do everything on my own...However, it’s different now... (my daughter) would say ‘you’re tired, Mummy!...I can help with the dishes. You go back (to the living room and take a rest).’. I felt very grateful, (and would say) thank you so much... She (my daughter) assists me (in doing housework), and it has never happened before!” (A mother, U21 23A)

39



Qualitative study: Focus groups Quotes from the participants (2)



“(My husband said) ‘Let me cook for you...You are my beloved wife!’...of course, I felt so sweet... I kept laughing...And I sometimes called him Fu Go Chai (a nickname)... (I) haven’t called (him) that for a long time...(it was) over twenty years ago...very happy...” (An elderly, U13 2A)

“My children had focused on TV programmes at dinner...(now) I let them watch TV for half an hour first, then we have dinner (with the TV switched off). We chatted with each other at dinner, shared our happy moments of the day!” (A mother, U8 34A)

“...the most impressive time was when we were making dumplings...when we fed our family members...I had never expected that my family members were so touched...” (A mentally challenged person, U15 13A)

40



Project Impact

Individual Level

• Individual members of the family reflected on their daily communication practices with family members, and experienced positive interactions with family members after the intervention .

Family Level

• Family communication, relationship with different family members, and family 3Hs were enhanced after integrating positive psychology into the day to day cooking and eating

Community Level

• Messages on “family”, “positive psychology”, “communication” and “support” were conveyed influence more families and the community at large.



Video Sharing



Q & A



FAMILY Case sharing session:

Case: TANG Family

Interviewer: Mr. Moses MUI, Chief Officer,
Family and Community Service,
Hong Kong Council of Social Service



Group Photo