

FAMILY: Effective Parenting Programme Research Findings Press Conference

8th May, 2010

Part I.

Opening Remarks

Mr Douglas So
Executive Director, Charities, Legal &
Corporate Secretariat
The Hong Kong Jockey Club



Part II. FAMILY Project: Intervention Overview

Professor T. H. Lam

Principal Investigator, FAMILY Project Team
Sir Robert Kotewall Professor in Public Health
Director, School of Public Health
The University of Hong Kong

3



FAMILY Project: Intervention Overview

- Promote Family Health, Happiness, and Harmony
- Target key transition points in family life cycle
- Develop evidence-based programmes
- Use randomized controlled trials (RCT)
- Apply public health approach
 - Preventive
 - Efficient
 - Sustainable

4



Part III. Caritas Family Service

Ms. Angie Lai
Head of Family Service
Caritas – Hong Kong

5



Caritas Family Service – Fifty years in Family Education

- Started with providing welfare and counseling service for families in Hong Kong in the 60's
- Pioneered family life education in the 70's
- Developed premarital counseling and ante-natal courses and groups in the 80's .
- Established Personal Growth Centres for Men to encourage their active participation in building harmonious family relationships
- In the New Millennium, started Caritas Parent Education Institute to promote life-long learning for parents

6

Consolidating Experience in Parent Education

Publication of programme manuals and reference books



7

Consolidating Experience in Parent Education

- Has made attempts in outcome evaluation and users satisfaction survey
- Due to resource limitation, there is a lack of systematic and scientific outcome study

8



Participation in the FAMILY Project

- This study will adopt an RCT, the best scientific way to study the effectiveness of the intervention
- Large scale group intervention can be carried out for a significant number of parents
- With the support of The Hong Kong Jockey Club Charities Trust, project social workers can concentrate their efforts on the research project

9



Partnership with the HKU Team

- Social workers of Caritas and research team of HKU worked closely together throughout the process, integrating frontline experience with academic considerations
- Strong scientific support of the HKU team supplemented Caritas
- Successfully built Caritas' capability to implement intervention studies in the community
- Caritas has a better understanding about how to apply scientific research to implementation of social work services

10



Part IV. FAMILY: Effective Parenting Programme Development

Ms. Irene Pang
Project Officer
Caritas – Hong Kong

11



Description

- **Needs assessment:**
 - **Field Observation:**
 - Too much emphasis on study performance of children in P1-3 will result in negative emotions of parents
 - **Discussion Group:**
 - Parents need a parenting programme to help them improve their emotion regulation skills
- **Aim:**
 - To improve parents' emotion management
 - To enhance Health, Happiness, and Harmony
- **Participants:**
 - Parents with children in Primary 1-3, living in Tin Shui Wai and Yuen Long

12



Study Design

- **Randomized controlled trial (RCT)**
 - Intervention group (n=42)
 - Control group (n=44)

- **Assessments**
 - Before the intervention (T1)
 - Immediately after the intervention (T2)
 - At three months after the intervention (T3)

13



Intervention

- **4 weekly sessions, each lasting two hours**

- **Content:**
 - Enhancing parents' awareness of their emotions
 - Understanding and practicing emotion management skills
 - Regulating mood with therapeutic activities
 - Fostering social support and positive thinking

- **Strategies:**
 - Group discussions, experiential games, role-plays and homework

14

Intervention Activities



Participants preparing for the role-play

15

Intervention Activities: Two ways of regulating mood



Doing breathing exercise



Walking slowly on the beach

16

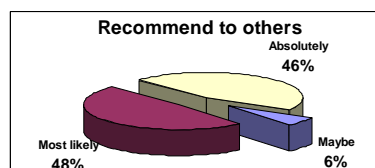
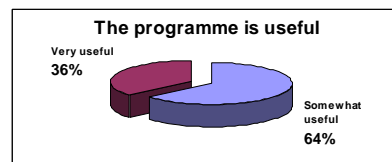
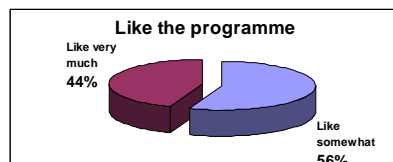
Part V. Results

Dr. Xiaonan Yu
Principal Investigator, FAMILY: Effective Parenting Programme
School of Public Health
The University of Hong Kong

17

I. Acceptability to the Community

Satisfaction of the participants
(Intervention group, n=36)



18

I. Acceptability to the Community

Parents' Feedback

Participants reported improved emotional control and enhanced family relationships:

- *"I am calmer, less irritated, and know how to control my (anger) emotion." - Ms. Sun*
- *"My husband became more involved in family life. In the past, my husband ignored my conflict with the children. Now, the atmosphere in the family has turned more harmonious and happier." - Ms. Lau*

19

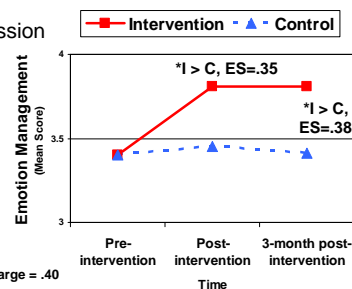
II. Evidence of Benefit: Emotion Management

Participants in the intervention group reported increases in emotion management behaviors immediately after the intervention (T2) and three months after the intervention (T3) compared to those in the control group after controlling for baseline scores on emotion management

Emotion management:

The efforts to regulate feeling and control expression

- Dealing with difficult situations calmly
- Managing anger
- Talking to others when one felt stressed
- Finding ways to relax



* Statistically significant at $p < .05$

Note 1: All comparisons controlled for baseline values

Note 2: ES = Effect Size (Cohen's f), small = .10, medium = .25, and large = .40

20

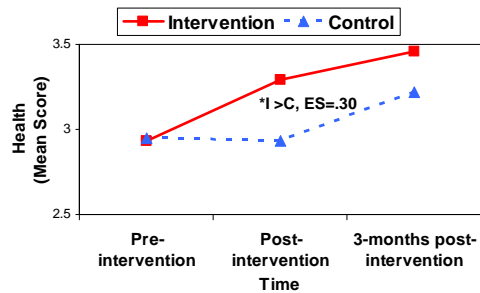


II. Evidence of Benefit: Health

Participants in the intervention group reported greater enhancement in **Health** immediately after intervention (T2) compared to those in the control group after controlling for baseline scores on Health

In general, your health is:

- ① Poor
- ② Fair
- ③ Good
- ④ Very good
- ⑤ Excellent



* Statistically significant at $p < .05$

Note 1: All comparisons controlled for baseline values

Note 2: ES = Effect Size (Cohen's f), small = .10, medium = .25, and large = .40

21

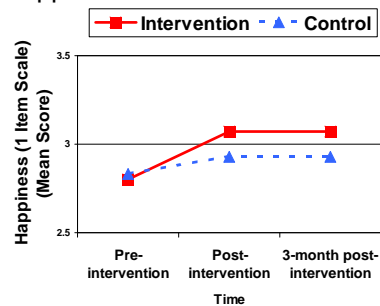


II. Evidence of Benefit: Happiness

Participants in the intervention group did not report significantly greater increases in **Happiness** compared to those in the control group after controlling for baseline scores on Happiness

All things considered, you are:

- ① Not happy at all
- ② Not very happy
- ③ Happy
- ④ Very happy



Note: All comparisons controlled for baseline values

22

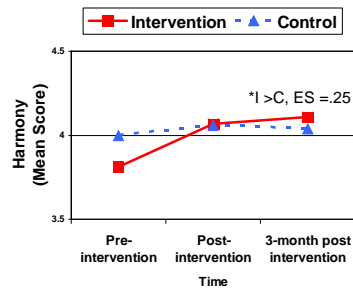


II. Evidence of Benefit: Harmony

Participants in the intervention group reported greater enhancement in **Harmony** at three months after intervention (T3) compared to those in the control group after controlling for baseline scores on Harmony

Item examples

- My family is harmonious
- My family gets along well
- Family members are happy to live together
- Compared with other families, we are very close to each other



* Statistically significant at $p < .05$

Note 1: All comparisons controlled for baseline values

Note 2: ES = Effect Size (Cohen's f), small = .10, medium = .25, and large = .40

23



IV. Conclusion

- Strong acceptability to the community
- The pilot Parenting Intervention was effective in increasing
 - ✓ Emotion Management
 - ✓ Perceived Health
 - ✓ Family Harmony

24



**Part VI .
Participants Sharing**

25



**Part VII .
Future Plans**

Ms. Irene Pang
Project Officer
Caritas – Hong Kong

26



Future Plans

- Plan to conduct a Main Study
 - Improve the intervention
 - Larger sample size
 - More districts
 - Extend to Putonghua speakers
 - Test the long-term effects

27



Part VIII . Questions and Answers

28



FAMILY: Effective Parenting Programme Research Findings Press Conference

8th May, 2010

贊助機構
Funded by:  香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust