IMPLEMENTING THE SOCIAL COMPETENCE TRAINING IN CHILD & ADOLESCENT MENTAL HEALTH

In Child Psychiatric Nurse Clinic of Kwai Chung Hospital (KCH) : An evaluation Study

16 May 2017

The past:

**Behavioural training**
: social skill training

- Focused on steps & skills learning to improve social behaviors for ASD
- Presented as odd, unnatural & affecting interpersonal relationship
- In terms of inflexibility & rigidity in following social rules with poor perspective taking

Recent time:

**Social competence training**
: with +ve result (parent-assistant)

- Becomes one of the core treatments for person with ASD.

**Definition:**

Using one's skills & knowledge in behavior, emotion and thinking to achieve optimum functioning in different social situations (Stichter et al., 2010),
Newly developed training manual: Two cartoons characters

白豆性格:
- 变通
- 考虑别人感受和需要
- 留意别人身体语言
- 对人有礼貌
- 做恰当行为

黑豆性格:
- 固执
- 不理会别人感受和需要
- 不留意别人
- 对别人没有礼貌
- 做不恰当行为

Personality:
- Rigid
- Ignore other’s feelings & needs
- Impolite
- Doing inappropriate behaviours
SOCIAL COMPETENCE: INTEGRATIVE APPROACH FOR

1. Improve mind blindness
   (Cognitive Training)
   - Awareness training
   - Perspective taking
   - Problem solving

2. Emotion
   - Recognition of facial expression
   - Recognition of own emotion
   - Response to other’s emotion

3. Social skills
   (Behavior Training)
   - Communication skills
   - Conversational skills
   - Self-protection

Social context
practices in real life social situations e.g. home, gathering, party

Parent involvement – to mobilize parents to become co-trainers for supporting learning & generalization

Video & visual learning, role play & modeling, feedback on performance

Slogans
說話有禮好重要, 聲線語調要適中, 別人聽了會心動
RESULT & OUTCOME:

1. Social Responsiveness Scale (SRS)

<table>
<thead>
<tr>
<th>Sub-scale</th>
<th>Change</th>
<th>Statistical Test</th>
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</thead>
<tbody>
<tr>
<td>Total SRS score</td>
<td>significantly decreased by 9.85</td>
<td>(paired t-test, p=0.001, 95%, C.I.=4.47 to 15.22)</td>
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<tr>
<td>Cognition sub-scale</td>
<td>significantly decreased by 2.17</td>
<td>(paired t-test, p&lt;0.001, 95%, C.I.=1.02 to 3.32)</td>
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<tr>
<td>Communication sub-scale</td>
<td>Significantly decreased by 3.71</td>
<td>(paired t-test, p&lt;0.001, 95%, C.I.=1.70 to 5.73)</td>
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<tr>
<td>Mannerisms sub-scale</td>
<td>significantly decreased by 2.56</td>
<td>(paired t-test, p=0.005, 95%, C.I.=0.82 to 4.30)</td>
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</table>

2. self-developed satisfactory questionnaire

76% of respondents found it was useful.