



**Service Priorities and Programmes**  
**Electronic Presentations**

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**Development of Treatment Program to Enhance the Effectiveness of Assertiveness Training in Psychiatric In-patient Occupational Therapy (OT) Service**

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**Introduction**

Assertiveness training is one of the important domains in social skills training for psychiatric patients. In Occupational Therapy Department of Shatin Hospital, an assertiveness training program was delivered based on an 8 session standardized program of cognitive behavioral & psychoeducational approach developed by Patterson (2000). The program has been modified from eight session to three session program, simplified pencil and paper homework plus an interactive computerized software for patients to practicing assertiveness skills related to daily living.

**Objectives**

- (1) Enhance social skills of psychiatric in-patient in terms of reducing social anxiety, improving self-understanding and assertiveness
- (2) Deliver a standardized program with a culturally relevant basis

**Methodology**

Psychiatric in-patients in SH aged 18-60 with assertiveness problem were recruited in the program. Consecutive sampling was applied. Patients with inadequate assertiveness skills were referred and screened by mini mental state examination (MMSE). The program consisted of 3 components including 1) group, self-learn or mixed (group & self-learn) treatment, 2) interactive assertive software and 3) homework. Patients were assigned to either group, self-learn or mixed treatment based on patient's mental state, discharge plan and personal preferences. Pre and post outcome measures included the Rathus Assertiveness Scale (RAS), Rosenberg Self Esteem Scale (RSES) and Liebowitz Social Anxiety Scale (LSAS) were adopted.

**Result**

Apr 2015 - Dec 2016, total 78 patients (61.5% female, mean age: 34.8) had completed the program. Among the subjects, 38 patients (48.8%) were diagnosed schizophrenia, 37 (47.5%) were mood disorder, 3 (3.7%) were others. Due to short

average length of hospital, 56 (41.8%) patients were unable to complete the 3 session program. In group program (N=38), there were 5.5% and 12% of improvement in RSES and LSAS respectively (p