



Service Priorities and Programmes
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HAPPY 365 Program- Promoting Mindfulness and Positive Psychology to Psychiatric Day-patients

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Introduction

Mindfulness, originated from Buddhism but now widely used in secular practice, is theoretically and empirically associated with psychological well-being. Positive Psychology (PP) is a relatively new domain in psychology that emphasizes on happiness, well-being and positivity. According to recent literature reviews and meta-analysis studies, both mindfulness and PP were effective in enhancing well-being as well as reducing psychological symptoms in clinical and non-clinical samples. Therefore, promoting mindfulness and PP was believed to help patients enhance their well-being so that their optimal functioning in daily lives could be achieved. This program involved (1) psychoeducation and (2) mindfulness exercise and PP interventions incorporated in daily routines of Psychiatric Day Hospital.

Objectives

(1)To enhance patients' knowledge on Mindfulness and PP, (2)to enhance patients' participation in mindfulness and PP activities in daily lives, and (3)to promote wellbeing of patients' through mindfulness and PP activities.

Methodology

A "Pre-test" vs. "Post-test" design was employed. All adult psychiatric day-patients in Tai Po Hospital were invited to join the program. Outcome measures were categorized as: (1) parameters for knowledge and participation of mindfulness and PP activities, (2) parameters for wellbeing, and (3) satisfaction survey.

Result

Pre-post comparison showed a significant increase in knowledge of mindfulness and PP of patients. A significant increase was also shown in participation of mindfulness (all participants) and PP activities (higher education groups). Patients with younger age, patients with less number of years of mental illness and non-severely mentally ill patients tended to be more hopeful after the program. In the satisfaction survey, 74% of the participants were satisfied with the program. They felt that the program helped them become less distressed by stress and negative emotions, become more hopeful,

and achieve a better mental health. To conclude, Happy 365 program successfully promoted patients' knowledge and participation of mindfulness and PP activities. Further generalization and habituation of these activities as patients' lifestyle to promote their functioning is recommended in future programs.