



**Service Priorities and Programmes**  
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**Effectiveness of Five Ways to Well-being Program in Occupational Therapy for Patients in Adult Psychiatric In-patient Unit**

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**Introduction**

Five ways to well-being consists of five sessions adopted from Occupational Therapy Coordinating Committee Psychoeducation Working Group, 2011 on introducing 5 evidence-based actions on promoting mental well-being of people with mental illness: "Connect", "Be active", "Take notice", "Keep learning" and "Give". Structural program with theory and newly developed tailor-made practical sessions adopts psychoeducational approach and behavioral approach. It aimed on promoting experiential learning and well-being through meaningful activities, also provided opportunity for participants to transfer theory into practice; thus promoting the level of effective functioning.

**Objectives**

To evaluate the effectiveness on Structured Five Ways to Well-being Program in Occupational Therapy (OT Dept.) for Client in Adult Psychiatric In-patient Unit

**Methodology**

A pilot program with total 53 participants was recruited. Pre-test & post-test with convenient sampling was conducted at OT Department in Adult Psychiatric in-patient Unit of Shatin Hospital in 2017. In view of the short average length of hospital stay in informal psychiatric ward setting, each participant was arranged to attend the program within 15 days. Chinese Short Warwick-Edinburgh Mental Well-being Scale (C-SWEMWBS), Hope Scale, Chinese Life Orientation Test (CLOT-R) and Satisfaction Survey on Five Ways to Well-being Program were used to assess the well-being before and after the group.

**Result**

There were 53 participants (41.5% of female, 58.5% of male) recruited in this pilot program with mean age 42. 51% of participants were suffered from mood disorder and 49% suffered from psychotic disorder. After attending the Program, patients had statistically significant improvement on well-being in all assessment scales: C-SWEMWBS score ( $t=-2.575$ ,  $p=0.013$ ), total score of Hope Scale ( $t=-3.069$ ,  $p=0.003$ ) and CLOT-R ( $t=-2.559$ ,  $p=0.013$ ). Participants were highly motivated and

felt very satisfied with the program. Mean of the overall satisfaction to the program was 7.75 /9 (SD=1.25).

Five Ways to Well-being Program improved mental well-being of people with mental illness significantly in this pilot program. A longitudinal study could be implemented to explore the long-lasting effect of program to maximize patient's effective functioning with enhanced well-being in the community after discharge.