



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

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**Soccer 2.0: A recovery-oriented program to promote self-efficacy, self-esteem and connection with others for patients with mental illness**

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self-efficacy

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Sense of belongings

**Introduction**

Soccer program has been used for people with mental illness to promote self-efficacy and self-esteem which facilitate their recovery. Since 2011, the Occupational Therapy department of Kowloon Hospital has used soccer program as a treatment media for patients with mental illness with the support of a local soccer school\*. After 6 years of positive experience concluded from the program, we seek to further improve our service by reinforcing some key recovery elements. Starting from September 2017, Soccer 2.0 project was launched in which more elements on self-efficacy, self-esteem and connection with others and the community of one's person was introduced, and offered our patients with the rights to be represented by a soccer union of sustainable Recovery (\* Chelsea Soccer School, HK)

**Objectives**

To study the effect of Soccer 2.0 program for patients with mental illness on their mental health recovery, using a qualitative approach.

**Methodology**

Soccer 2.0 program was conducted twice per week for 1.5 hours for those patients with mental illness referred for OT training. A focus group was formed by those patients who had joined the soccer program for at least 2 months from September to November 2017. Open-ended questions were raised to guide the flow of discussion. Questions were designed with reference to the objectives of this investigation. Using thematic analysis, data collected in the focus group was transcribed, coded and categorized into different themes step-by-step.

**Result**

A total of 3 inpatients and 2 Out-patients (50% of the union's members) of our newly founded soccer union joined the focus group for qualitative feedback. Six themes were identified from the data: 1.) Increased sense of belonging, accomplishment and responsibility, 2.) Enriched social interaction and Expanded social supporting network,

3.) Appreciation of unity and strengthen, 4.) Reduction of stigma and mutual trust building, 5.) Increased motivation by sense of connectedness, 6.) Enhanced self-efficacy, psychological and physical well-being.

Soccer 2.0 program was welcomed by patients with mental illness as it enhanced their self-efficacy, self-esteem and connection with others with the newly implemented of Recovery elements. As supported by this study, future investigation can focus on the effect of the above identified themes related to their recovery process.