



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

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**Application of positive psychology intervention (PPI) program enhances wellbeing of community living people with mental illness (MI)**

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**Introduction**

In community psychiatric service (CPS), occupational therapist provides service life skill training in order to help people with MI to integrate into community. Studies showed people with MI experienced almost negligible engagement in daily life, limited social contacts even living in a supported environment. Negative symptoms and side effect of medication also lead to a feeling of drained of energy and low motivation which limited participation in meaningful activities and obtaining happiness in life. Research has found structured PPI program, including elements of savoring, forgiveness, gratitude, forgiveness and identification of positive aspect, promoted well-being. The sense of happiness, hope, life satisfaction, social support in people with MI could be improved. In view of lack of standardized program administrated in local context, a structured PPI program is designed and implemented in Half-way House (HWH) where the patients are mentally stable but the quality of life are not yet optimized.

**Objectives**

To study if PPI useful to enhance wellbeing in term of happiness, life satisfaction and sense of hope in people with MI in community.

**Methodology**

7 people with MI were recruited by convenience sampling from HWH. Participants attended a 12 week structured PPI program. Each session lasted for 1.5 hours. 3 outcome measures: Subjective Happiness Scale (SHS), Satisfaction with Life Scale (SWLS) and the Hope Scale were used to assess change in wellbeing before and after the group.

**Result**

There is no statistically significant change in outcomes measures, it potentially limited by small sample size. Yet the mean scores of SHS, SWLS and Hope Scale increased by 26%, 11% and 10% which showed positive trend. It was suggested that further study on the effectiveness of PPI with larger sample size should be conducted. Over 70% of participants perceived relaxation exercise, happy daily, savouring and forgiveness were most useful to improve wellbeing. 43% and 29% participants found

identification of strengths and strength-based activities were useful to motivate exploration and involvement in social relationship and meaningful activities. These evidence supported that wellbeing could be promoted by PPI which led to positive thinking and emotion, increased engagement, and sense of hope towards recovery. Due to positive effect of PPI, its components should be integrated in CPS, hospital and different community service in order to promote better wellbeing in people with mental illness.