



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

**Convention ID:** 812

**Submitting author:** Miss MEI FUN MARY WONG

**Post title:** Clinical Psychologist, Pamela Youde Nethersole Eastern Hospital, HKEC

**Service Review of Relaxation Skills-Basic Module in Reducing Anxiety In Outpatients With Mood Disorders**

*Wong Mary FM (1)(2)*

*(1) Department of Clinical Psychology, (2) Pamela Youde Nethersole Eastern Hospital*

**Keywords:**

Service Review

Relaxation Skills

Anxiety and Mood Disorders

DASS21

WHO5

CQI

**Introduction**

Outpatients diagnosed with adjustment, anxiety disorders, and depressive disorders (mood disorders) were often referred to our department for treatment. After intake by case clinical psychologists (CP), patients who would benefit from applying relaxation skills, as part of their mood management regime, were enrolled in Relaxation Skills-Basic Modules. Treatment in the form of group was used to enhance efficiency.

**Objectives**

(1) To evaluate clinical outcomes of patients having attended 2-session Relaxation Skills-Basic Modules; (2) To evaluate Pt's satisfaction of the Modules.

**Methodology**

A pre-post design was used. Subjects were outpatients referred to Department of Clinical Psychology presenting with anxiety depression signs and symptoms. Main clinical outcome measures were Depression Anxiety and Stress Scale-short form (DASS21) and World Health Organization Wellness Scale (WHO5). A Group Satisfaction Survey was also used.

**Result**

From Nov 2010 to Jul 2012, a total of 13 Relaxation Skills-Basic Module were held, with 331 patients attended. Eighty-one percent were females. Seventy-one percent had Form 4-5 or above education level. Mean age was 49 (standard deviation (SD)=10.4, ranging from 17 to 76). The main psychiatric diagnoses were Major Depressive Episode (43%), Anxiety Disorders (29%, including Panic Disorders, Generalized Anxiety Disorders, Social Anxiety Disorder), Mixed Anxiety Depressive Disorder (13%). Patients were known to PYNEH CP services for an average of 2 years (SD=2; with 66% less than one year). These patients were known to PYNEH Psychiatric services for an average of 3 years (SD=2.5; with 39% less than one year). Treatment effectiveness was demonstrated by statistically significant decrease in

DASS\_Anxiety and DASS\_Stress ( $t(1,95)=3.07$ ,  $p < .01$ ) and  $t(1,106)=2.97$ ,  $p < .01$ , respectively) and statistically significant increase in WHO5 ( $t(1,91)= -2.24$ ,  $p < .05$ ). There was no significant decrease in DASS\_Dep ( $t(1,104)=.393$ , non-significant). Patients were satisfied with the group format and appreciated the skills taught. Patients who have practised relaxation skills for one week could reduce their anxiety and stress symptoms, and improve their overall mental wellness. However, practicing such skills for one week only could not be sufficient for alleviating depressive mood. These results were compatible to a published paper on a ten-years systematic review with meta-analysis on using relaxation training for anxiety. Basic skills could be taught in group format to improve efficiency of service.