



Service Priorities and Programmes
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THE RELATIONSHIP BETWEEN PSYCHOLOGICAL DISTRESS AND SOCIAL SUPPORT IN CHINESE PATIENTS WITH ANTERIOR CRUCIATE LIGAMENT (ACL) INJURIES (SPORT INJURIES) AND ACL RECONSTRUCTION ORTHOPAEDIC SUGERY IN HONG

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Introduction

Prominent psychological distress was found in patients with ACL injuries and ACL reconstruction. People with better social support might have lower level of psychological distress. There is no study examining the relationship between social support and psychological distress of patients with ACL injuries and ACL reconstruction in Chinese population.

Objectives

The objectives of the study were to describe the level of psychological distress of Chinese patients with ACL injuries and ACL reconstruction in Hong Kong; to examine the relationship between psychological distress and patients' socio-demographic characteristics and also clinical characteristics; and to explore the relationship between patients' psychological distress and social support.

Methodology

A descriptive, cross-sectional and correlation design was employed. A convenience sample of 31 participants with ACL sport injuries and consequential ACL reconstruction orthopaedic surgery done were recruited from two orthopaedic wards of Prince of Wales Hospital. Data were collected by structured face-to-face interview using the Chinese version of Impact of Event Scale (IES) and the Chinese version of Social Support Questionnaire Short- Form (SSQ6).

Result

More than two-third of the participants (n=25, f=80.6%) had medium to high level of psychological distress. The majority of participants were fairly satisfied with their social support and they had an average three to four support persons. Higher level of

psychological distress was significantly associated with younger age ($p=0.006$), female ($p=0.018$), professional sport players ($p=0.007$), participants with lower satisfaction to social support ($p=0.005$) and with lower monthly income ($p=0.041$). This study contributes to the understanding of psychological distress and social support of Chinese patients with ACL injuries and ACL reconstruction, and factors associated with high level of psychological distress.