

Efficacy of Clinical Psychology Treatment Groups at GOPCs in HKEC (11/2012 - 10/2013)

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Referred no. of Pts (unique headcount, UH) : 732

Age: 31-40 (8%), 41-50 (19%), 51-60 (33%), 61-70 (25%), 71-80 (9%)

Education: No (3%), Primary (22%), F.1-3 (17%), F.4-5 (28%), F.6+ (30%)

Low Intensity Group Types

Stress Mx (SB) : 498

Relaxation (RB) : 144

Better Sleep (BB) : 82

Pain Mx (IB) : 8

Referral Issue (%)

Anxiety: 39
Stress: 17
Anx-dep: 8
Depressed: 9
Insomnia: 27

Medical Conditions (%)

No: 62
DM: 7
HT: 15
DM & HT: 5
Cardiac: 2
Others: 9

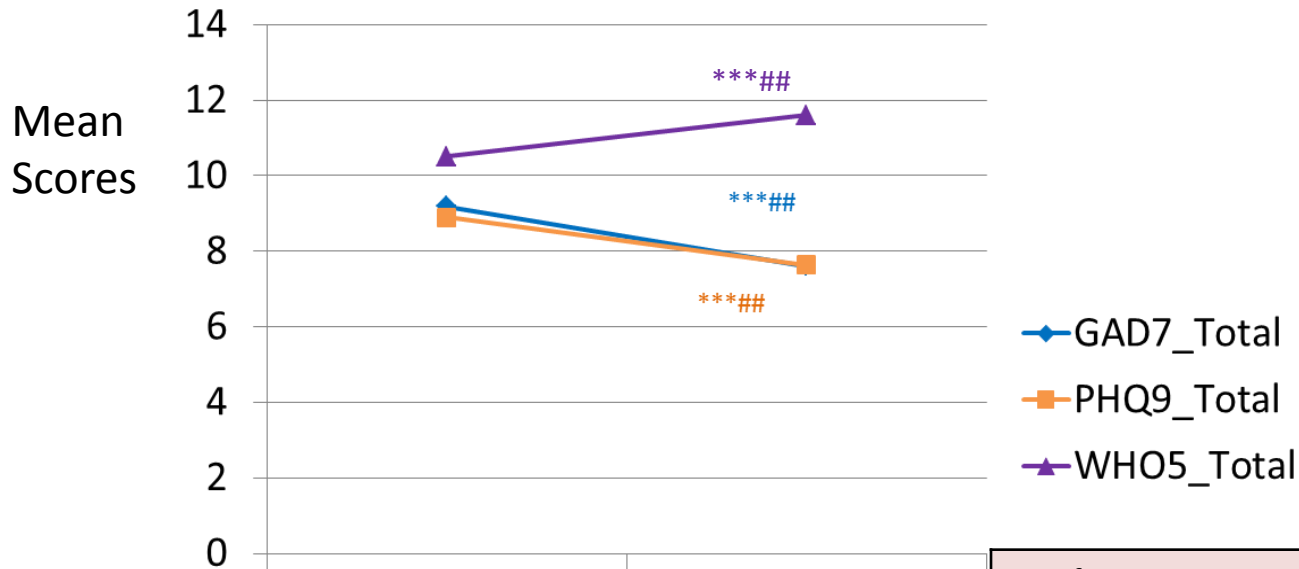
Known to Integrated Mental Health Programme : 29%

CP
indi
Ax
&
Tx

Note: 1) Total enrolled headcount: 938

2) Total enrolled & attend at least 1 session: 748 (Pt can attend more than 1 group type)

Anxiety (GAD7) and Depressive (PHQ9) Symptoms Reduced & Wellbeing (WHO5) Improved Significantly (Assessed in all 4 Groups, both sessions)



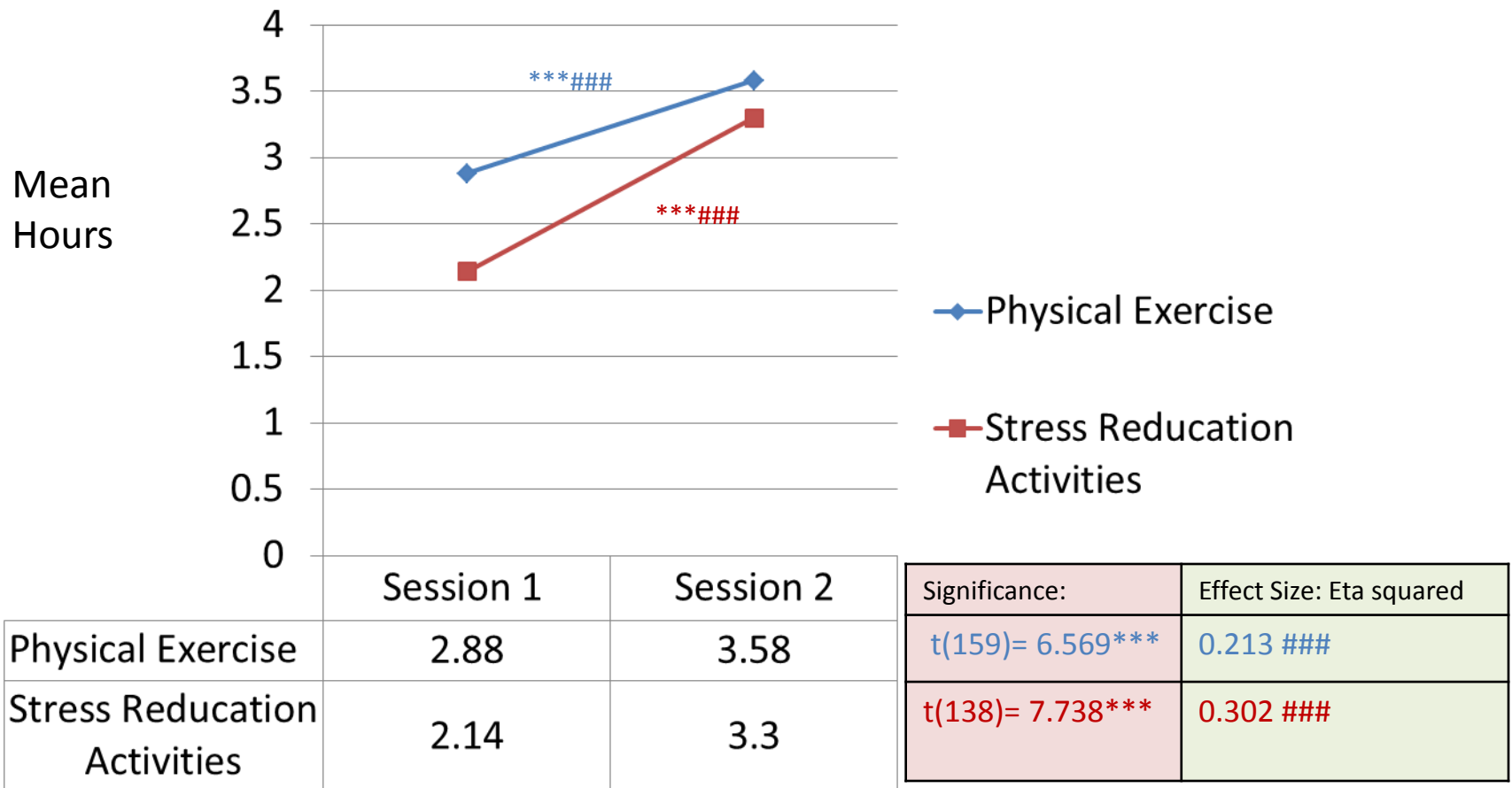
	Session 1	Session 2	Significance:	Effect Size: Eta squared
GAD7_Total	9.18	7.6	$t(409) = 7.919^{***}$	0.133##
PHQ9_Total	8.9	7.64	$t(412) = 6.622^{***}$	0.09 ##
WHO5_Total	10.5	11.6	$t(413) = -5.449^{***}$	0.067##

Significance: $p < .05$ (*); $p < .01$ (**); $p < .001$ (***)

Effect Size: Small = 0.01 (#); Medium = 0.06 (##); Large = 0.138 (###)

Significantly More Average Hours Per Week on Health Promoting Behaviors

(Assessed in SB only, reported in session 2)



Significantly Longer Average Hours of Sleep Per Week (Assessed in 3 groups only, reported in session 2)

