



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

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**Psychological therapy provided by occupational therapist in a Common Mental Disorders Clinic**

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**Introduction**

To enhance service to the increasing volume of patients with common mental disorders, Common Mental Disorders Clinics were established in different clusters of the Hospital Authority. In addition to psychiatric consultation, a competence-based, protocol driven and time-limited out-patient psychological therapy program was provided to the patients. The aims of the latter were for the self-management of symptoms and emotions. Lifestyle redesign and relapse prevention were also put focus in the program.

**Objectives**

To review the psychological therapy program provided by occupational therapist in a Common Mental Disorders Clinic

**Methodology**

The program outcome data of 209 patients attending the Common Mental Disorders Clinic were reviewed, using the Chinese Depression Anxiety Stress Scale-21, WHO-5 Well-Being Index, Dysfunctional Attitude Scale-24 and a survey on the patient's satisfaction.

**Result**

The results of paired samples t-test showed that patients had significant reduction in depression ( $p < .000$ ), anxiety ( $p < .000$ ), stress ( $p < .000$ ) and dysfunctional thoughts ( $p = .05$ ) as well as improvement in general well-being ( $p < .000$ ). To the psychological therapy service in general, the patients were satisfied to extremely satisfied. They also agreed to extremely agreed that the service helped or had beneficial effects to their mental health, relief of stress and development of healthy lifestyle. The results indicated that the psychological therapy program was effective in enhancing the self-management skills of the patients with common mental disorders, and the psychological therapy program was an effective one for outpatient psychiatric service.