



Service Priorities and Programmes
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Submitting author: Dr Amy Kwok

Post title: Clinical Psychologist, Shatin Hospital,

Dissemination of cognitive behaviour therapy for insomnia in psychiatric setting

Kwok APL(1), Kwok AWY(1), Lam JSP(2), Wing YK(2)

(1)Department of Clinical Psychology, NTEC, (2) Department of Psychiatry, Prince of Wales Hospital

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Introduction

Insomnia is the most prevalent sleep disorders across different countries. Cognitive behavioural therapy for insomnia (CBT-I) was shown to be an efficacious treatment for insomnia. Nowadays in Hong Kong, pharmacological treatment remained the mainstream treatment of insomnia in clinical practice. A lack of qualified practitioner contributed a significant barrier to wide dissemination of CBT-I. Despite growing attention towards the need to disseminate evidence based psychological treatment in clinical practice, limited research on the efficacy of the dissemination effort was available.

Objectives

The current pilot study aims to develop a protocol for dissemination of CBT-I and evaluate the effectiveness of CBT-I dissemination protocol in a local psychiatric setting. It is hypothesized that participants, by undergoing an 2 half-day didactic training on CBT-I, it would serve to improve their own knowledge about sleep, change their distorted cognition about sleep, improve their own sleep problem, their self efficacy and motivation to implement CBT-I, when compared to experience-matched control.

Methodology

Two half day didactic training would be delivered to health care professionals enrolled in the project. Pre-post and 3-month post assessment would be done to assess their sleep knowledge, dysfunctional beliefs about sleep and insomnia symptoms

Result

Participants improved significantly on their knowledge and dysfunctional beliefs about sleep immediately after the didactic training. 3-month follow up is pending.