



## Service Priorities and Programmes Electronic Presentations

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### **Effectiveness of Five Ways to Well-being Program in Occupational Therapy for Elderly with Mood Disorder : A Pilot Study**

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#### **Introduction**

Five Ways to Well-being Program in Hong Kong was developed by HK OTCOC in 2010. Five Ways to Well-being Program is a mental health promotion program, aiming at promoting five evidence-based actions including “Connect”, “Be active”, “Take notice”, “Keep learning” and “Give” on promoting well-being in daily living, accompanied with the activities on experiencing the advantages of applying these actions in group content. This study on Five Ways to Well-being Program has been organized as a pilot study to see the effectiveness of the program on their mood and mental well-being among elderly with mood disorder in psychiatric in-patient unit of Occupational Therapy at Shatin Hospital

#### **Objectives**

To evaluate the effectiveness of Five Ways to Well-being Program on improving elderly’s mood and mental well-being in Occupational Therapy for elderly with Mood disorder

#### **Methodology**

A pilot study – single group pre-test post-test design and convenient sampling, was performed at Occupational Therapy Department of Shatin Hospital. Five ways to well-being consists of five sessions on introducing 5 evidence based actions. Total 9 participants were recruited. Each was arranged to attend within 1-2 weeks (2 to 3 sessions per week). Geriatric Depression Scale (GDS), Chinese Short Warwick-Edinburgh Mental Well-being Scale (C-SWEMWBS), Hope Scale, Chinese Life Orientation Test (CLOT-R) and Satisfaction Survey on Five Ways to Well-being Program were used to assess the mood and well-being before and after the group

#### **Result**

#### Result:

There were 9 participants recruited in this pilot study. The mean age of the participants was 63.78. There were 77.8% of female and 22.2% of male. 44.4% of participants were suffered from depression, 33.3% with bipolar disorder (depressive state) and 22.2% suffered from adjustment disorder. After attending five sessions of Five Ways to Well-being Program, patients had statistically significant improvement on mood and well-being in all assessment scales. There were statistically significant differences in the GDS score ( $t=3.969$ ,  $p=0.007$ ), C-SWEMWBS score ( $t=-4.115$ ,  $p=0.003$ ), total score of Hope Scale ( $t=-3.881$ ,  $p=0.005$ ) and CLOT-R ( $t=-4.82$ ,  $p=0.004$ ). Participants were highly motivated and felt very satisfied with program. Mean of the overall satisfaction to the program was 8.44 /9 (SD=0.882)

#### Conclusion:

In this pilot study of Five Ways to Well-being Program, patients' mood and well-being improved significantly. Study with larger sample size, control group and measure of long-lasting effect of the program could be implemented to further explore the effectiveness of the program and to explore ways to extend the effect of the program