

# Outcome of the Self-care Stress Management Program

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## Introduction

Stress is a dynamic process of interaction between a person and his or her life. The influence of stress on physical, mental and psychological is well documented. A Self-care Stress Management Program was developed and aimed at facilitating clients in coping stress and its deleterious effects. A Triple-E model was designed and adopted in this health promotion approach. It was utilized to address Early prevention, Early detection and Early intervention of stress-related disorders and to promote positive mental and psychological health.

## Purpose of the Project

The purpose of this project was to provide a standard occupational therapy program in an out-patient clinic for ensuring the service quality and a pilot investigation was conducted to identify the effectiveness of this program.

## Materials and Methods

Participants were recruited by purposive sampling from an out-patient clinic. Assessments were conducted before and after the 4 sessions of Self-care Stress Management Program. Clinical response was evaluated using the Social Readjustment Scale (SRS) and the Chinese Beck Depression Inventory-I (CBDI-I).

## Result

14 participants were recruited. The median of SRS at post-program (Mdn 86.5) was significantly lower than that at pre-program (Mdn 122.5) ( $z=-2.578$ ,  $p<0.05$ ,  $r=0.49$ ); while the median of CBDI-I was also significantly lower at post-program (Mdn 7) than pre-program (Mdn 14.5) ( $z=-2.942$ ,  $p<0.01$ ,  $r=-0.56$ ).

## Conclusions

The purpose of this program is to facilitate Early prevention, Early detection and Early intervention of stress-related mood problems through educational activities and onsite comprehensive assessment. With the promising result of this pilot investigation, Self-care Stress Management Program is effective and beneficial to our clients. The findings could serve as a pioneer for future RCT studies to achieve more influential results.

