

# HKEC Symposium on Community Engagement V

## Family - The Key to a Healthy Community

### 9. "FAMILY: Harmony @ home" Project

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#### **Introduction:**

HKFWS worked in partnership with researchers at HKU's School of Public Health to conduct a randomized controlled trial of a preventive parenting intervention, for parents of children aged 10 – 13, with three arms of 50 parents each. The interventions were designed to enhance parent-child relationships and improve family happiness, harmony and health.

#### **Purpose of the Project:**

The Project is to help parents with pre-adolescent children enhance parent-child relationships, and to improve family happiness and harmony. Research shows that parent-adolescent conflict increases generally during early adolescence. Although some degree of disagreement appears to be normal, excessive parent-adolescent conflict might harm family relationship, and create a negative chain effect within the whole family; it might even result in family violence.

#### **Material & Methods:**

This abstract focuses on Arm A, which was a conflict resolution experiential program. The intervention, based on a public health approach, was short, group-based, facilitated by social workers and had three assessments over 4 months.

#### **Results:**

The intervention had good results for acceptability, feasibility and evidence of benefit, with statistically significant enhanced Harmony and Happiness self-report compared to control. The intervention also increased participants' perception of changes in positive behavior, such as expressing self peacefully, thinking before reacting to a conflict situation and seeking peaceful resolution.

#### **Conclusions:**

The intervention, as a primary preventive model for family violence, could effectively help parents to solve conflict in a peaceful way and hence enhance the family harmony and functioning. It was also proven to be cost effective, and can be disseminated widely at low costs and low burden to the participants.

This study was a part of the project "FAMILY: a Jockey Club Initiative for a Harmonious Society" funded by The Hong Kong Jockey Club Charities Trust.

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