Jockey Club Men's Space
賽馬會「再闖男天」計劃

Utilizing Acceptance Committment Group Therapy with the male population in Hong Kong

Dr. Lee K.Y. Catherine

The Mental Health Association of Hong Kong

Introduction

The Jockey Club Men's Space is a 3-year mental health project funded by The Hong Kong Jockey Club Charities Trust, organized by The Mental Health Association of Hong Kong. The project aims to provide prevention, early intervention, and advocacy for men with mental health issues in Hong Kong. The mental health services provided follow a stepped-care model (Fig. 1), which provides corresponding services based on the risk levels and needs and are categorized into online self-learning, Acceptance and Commitment Therapy treatment groups, and Cognitive-Behavioral Therapy individual counseling. This paper reports an analysis of the data collected for the Acceptance and Commitment Therapy groups. It evaluates its effectiveness among men struggling with mild to moderate levels of mental health issues.

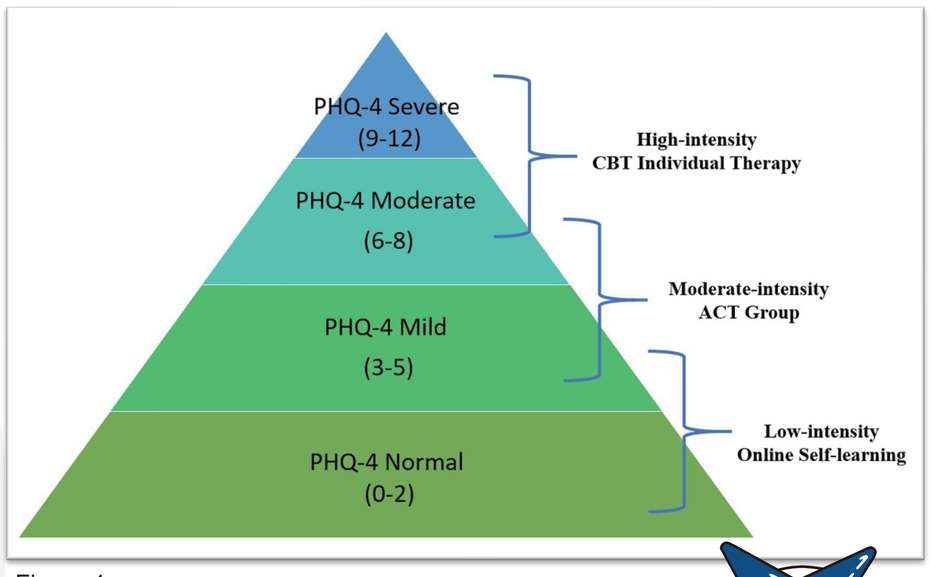
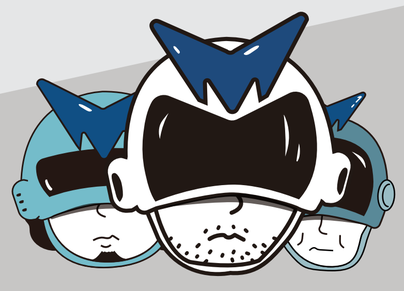


Figure 1
Stepped-care Model of JCMS

Methods

Over 300 men attended the 4-week face-to-face Acceptance and Commitment Therapy (ACT) groups with a trained mental health professional to target their psychological distress and disturbances. Each round of the ACT groups consisted of six to eight men and one facilitator who met on a weekly basis for the 4-week intervention. The Patient Health Questionnaire-4 Chinese version (PHQ-4) was used during enrollment for initial screening. Each participant also went through a brief phone screening with the facilitator before the group. The Depression, Anxiety, and Stress Scale Chinese version (DASS-21) was administered to all participants before starting the treatment group and after completing the treatment group. Both demographic and statistical results were also analyzed.



Findings

Based on the findings, the majority of the participants were middle-aged men (35-54) struggling from mild to moderate levels of emotional distress (PHQ-4 scores 3-5). The overall mean score of the DASS-21 was 44.55 before treatment and 35.23 after treatment, showing a statistically significant difference ($p < 0.001$ under the t-test) (Fig. 2). All three subscales also showed a statistically significant difference ($p < 0.001$) when comparing mean scores before and after treatment (depression: M = 13.61 pre-test, M = 10.70 post-test; anxiety: M = 11.96 pre-test, M = 9.27 post-test; stress: M = 18.96 pre-test, M = 15.25 post-test) (Fig. 3).

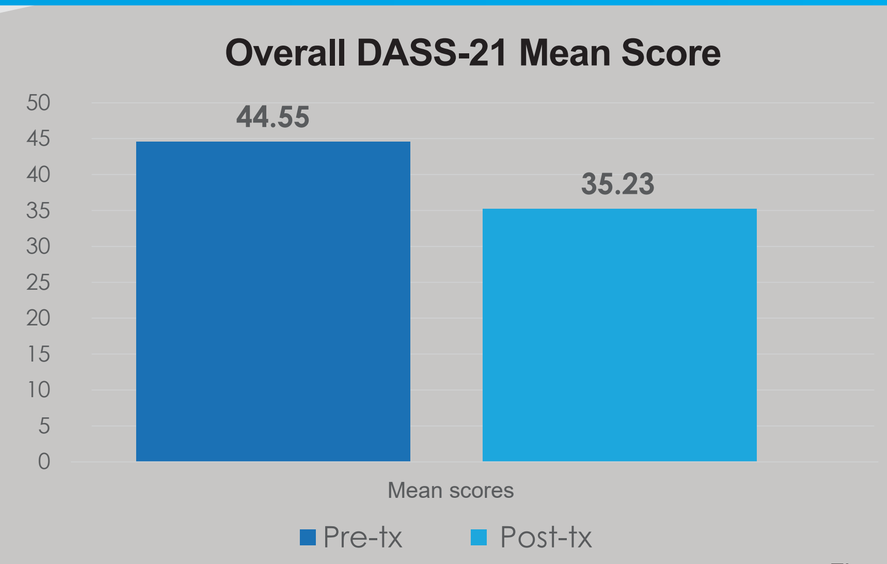


Figure 2
Comparing overall DASS-21 mean scores pre-test/post-test

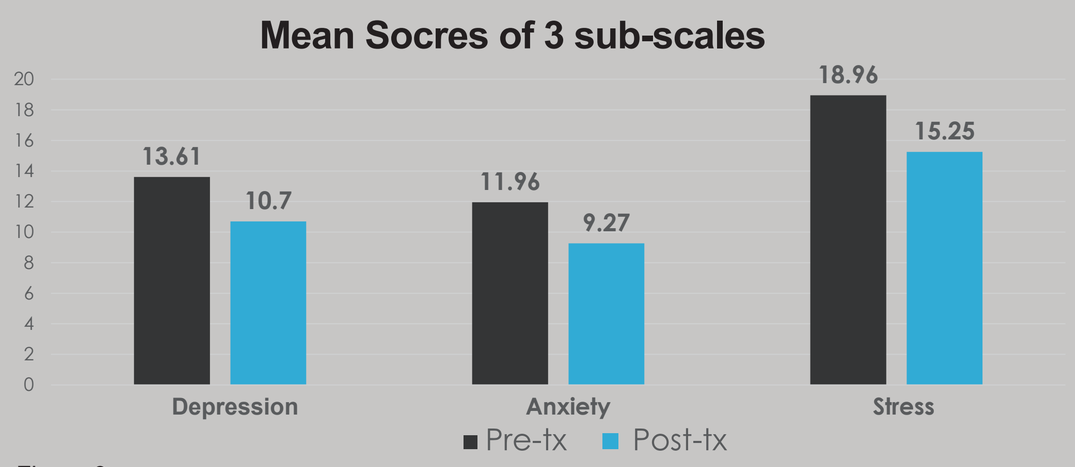


Figure 3
Comparing DASS-21 sub-scales mean scores pre-test/post-test

Conclusions

The findings shed light on the utilization of Acceptance and Commitment Therapy in a face-to-face group model, to treat men struggling with mild to moderate levels of psychosocial distress as well as advocating for public awareness on mental wellness.

Organised by
香港心理衛生會
The Mental Health Association of Hong Kong

Funded by
香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust