

RGC Ref. No.:

UGC/FDS15/M01/15

(please insert ref. above)

**RESEARCH GRANTS COUNCIL  
COMPETITIVE RESEARCH FUNDING SCHEMES FOR  
THE LOCAL SELF-FINANCING DEGREE SECTOR**

**FACULTY DEVELOPMENT SCHEME (FDS)**

**Completion Report**

*(for completed projects only)*

**Submission Deadlines:** 1. Auditor's report with unspent balance, if any: within **six** months of the approved project completion date.  
2. Completion report: within **12** months of the approved project completion date.

**Part A: The Project and Investigator(s)**

**1. Project Title**

Empowering Caregivers of People with Schizophrenia: Comparing Intervention Effectiveness

of Family Link Education Programme (FLEP), Collective Narrative Practice Group (CNPG) and Integrative Peer Support Growth Group (IPSGG)

**2. Investigator(s) And Academic Department(s) / Unit(s) Involved**

Research Team	Name / Post	Unit / Department / Institution
Principal Investigator	Dr. ZHOU Ruth Dehui /Associate Professor	Department of Counselling and Psychology/ Hong Kong Shue Yan University
Co-Investigator(s)	Dr. CHIU, Marcus Yu-lung / Associate Professor	<b>Affiliation when writing the proposal:</b> Department of Social Work, National University of Singapore (NUS)  <b>Current affiliation:</b> Department of Applied Social Sciences/ City University of Hong Kong

### 3. Project Duration

	<b>Original</b>	<b>Revised</b>	<b>Date of RGC / Institution Approval (must be quoted)</b>
Project Start Date	01.01. 2016	NA	NA
Project Completion Date	30.04.2018	31.10.2018	18.04.2018
Duration ( <i>in month</i> )	28	34	18.04.2018
Deadline for Submission of Completion Report	30.04.2019	31.10.2019	18.04.2018

## **Part B: The Final Report**

### **5. Project Objectives**

#### 5.1 Objectives as per original application

1. To collaborate and co-research closely with caregivers via collective narrative practice to explore, document and reconstruct their knowledge, skills and agency in caring for people with schizophrenia.
2. To explore the possibility and effectiveness of a synthetic approach for reconstructing the professional knowledge together with caregivers' knowledge-in-the-making to develop a new effective intervention approach called the Integrative Peer Support Growth Group (IPSGG).
3. To compare three empowerment approaches for caregivers of people with schizophrenia including the Family Link Education Programme (FLEP), the Collective Narrative Practice Group (CNPG) and the Integrative Peer Support Growth Group (IPSGG), which is a mixed design of the FLEP and the CNPG, to explore the effectiveness of IPSGG in reference to that of the other two approaches and investigate whether the blending of knowledge and practice of these two approaches could provide a better intervention model for supporting the caregivers of people with schizophrenia.

#### 5.2 Revised objectives

Date of approval from the RGC: N/A

Reasons for the change:

- 1.
- 2.
3. ....

#### 5.3 Realisation of the objectives

*(Maximum 1 page; please state how and to what extent the project objectives have been achieved; give reasons for under-achievements and outline attempts to overcome problems, if any)*

The first research objective is to explore, document and reconstruct knowledge, skills and agency of caregivers in caring for people with schizophrenia. The research team has accessed 199 caregivers of people with schizophrenia and managed to invite 116 participants to join the caregiver supporting groups (See Table 1). Throughout the project, we have run five groups of Family Link Education Programme (FLEP), six Collective Narrative Practice Groups (CNPG) and four Integrative Peer Support Growth Groups (IPSGG) at East Kowloon Psychiatric Center, Kwai Chung Hospital. Altogether 89 participants have completed the group intervention and 85 participants managed to complete pre-, post- and follow-up assessment. In this longitudinal study, we managed to collect valuable data and experiences from the caregivers who have acquired their unique knowledge, skill, agency in the process of supporting their family members with schizophrenia. We documented these valuable knowledge, skills and agency of the caregivers and published our findings in an article in a peer-reviewed book. Thus, we fully accomplished our first research objective.

周德慧、黃兆星(2019)。〈家屬的故事：精分劇場〉。周德慧、盧德臨、趙雨龍、盧慧芬（編），《護航復元—思覺失調的療癒》（頁207 - 229）。香港：香港城市大學出版社。

*Table 1. Statistics of numbers of participants*

	Groups	Screening-Pretest	Completed Pretest	At least one session	Completed Posttest	Follow-up
Absent		62	62	0	0	
FLEP	5 Groups	47	43	39	29	27
CNPG	6 Groups	47	46	41	34	32
IPSGG	4 Groups	43	43	36	26	26
Total	15 Groups	199	194	116	89	85

The second research objective is to develop a new effective intervention approach called the Integrative Peer Support Growth Group (IPSGG), which can synthesize the training-oriented psychoeducation groups and the knowledge-in-the-making narrative groups. The research team managed to develop eight sessions of the IPSGG groups, including unexpected visitor(不速之客), complex of medication(藥的情結), flow of water(隨機應變), dance together (攜手共舞), self-embrace (擁抱自己), morning-tea (請你飲茶), blueprint of future(創造未來)and sparkling lights (星星之火). These sessions focus on different topics of caregiving including what is schizophrenia, medication related issues, communication, self-care, unique strength and values enriched by significant others, preferred life and mutual peer support. We ran four groups to implement IPSGG and test its effectiveness in comparison to the other intervention approaches. The eight manual booklets of the IPSGG are attached in [Appendix I](#). The booklets provide the possibility for knowledge transference for mental health hospitals and the NGOs who need caregiver support programmes for people with severe mental illness.

The third research objective is to compare three empowerment approaches, including the Family Link Education Programme (FLEP), the Collective Narrative Practice Group (CNPG) and the Integrative Peer Support Growth Group (IPSGG). We have completed the data analyses and the statistical results were summarized in the part 6 research outcome of this report. More details can refer to two manuscripts submitted to refereed journals (See [Appendices II and III](#)) and the statistic tables (See [Appendix IV](#))

#### 5.4 Summary of objectives addressed to date

<b>Objectives</b> (as per 5.1/5.2 above)	<b>Addressed</b> (please tick)	<b>Percentage Achieved</b> (please estimate)
1. To collaborate and co-research closely with caregivers via collective narrative practice to explore, document and reconstruct their	<input checked="" type="checkbox"/> We have completed altogether six eight-session narrative groups, in which we have collected abundant knowledge and skills from primary caregivers of	We have achieved 100% of this objective.

<p>knowledge, skills and agency in caring for people with schizophrenia.</p>	<p>schizophrenia outpatients. We published our findings in: 周德慧、黃兆星(2019)。〈家屬的故事：精分劇場〉。周德慧、盧德臨、趙雨龍、盧慧芬(編)，《護航復元—思覺失調的療癒》(頁207 - 229)。香港：香港城市大學出版社。</p>	
<p>2. To explore the possibility and effectiveness of a synthetic approach for reconstructing the professional knowledge together with caregivers' knowledge-in-the-making to develop a new effective intervention approach called the Integrative Peer Support Growth Group (IPSGG).</p>	<p><input checked="" type="checkbox"/> We have integrated our experiences from narrative groups and psychoeducational groups into designing and implementing the Integrative Peer Support Growth Group (IPSGG). We have compiling session plans to enable knowledge transfer and encourage local practitioners to use the intervention design. The eight manual booklets of the IPSGG are attached in <u>Appendix I</u>.</p>	<p>We have achieved 100% of this objective.</p>
<p>3. To compare three empowerment approaches for caregivers of people with schizophrenia including the Family Link Education Programme (FLEP), the Collective Narrative Practice Group (CNPNG) and the Integrative Peer Support Growth Group (IPSGG), which is a mixed design of the FLEP and the CNPNG, to explore the effectiveness of IPSGG in reference to that of the other two approaches and investigate whether the blending of knowledge and practice of these two approaches could provide a better intervention model for supporting the caregivers of people with schizophrenia.</p>	<p><input checked="" type="checkbox"/> By 31<sup>st</sup>, Dec. 2017, we have completed providing six CNPNG groups, five FLEP groups and three IPSGG groups to primary caregivers of schizophrenia outpatients in Kwai Chung hospital. We have managed to complete the data collection and data analyses of the pre-test, post-test and follow-up tests. The major data results are summarized in 6.1 and 6.2. More details can be found in our manuscripts submitted to international academic journals (<u>Appendix II</u> and <u>Appendix III</u>) and statistic tables (<u>Appendix IV</u>).</p>	<p>We have achieved 100% of this objective.</p>

## 6. Research Outcome

### 6.1 Major findings and research outcome

*(Maximum 1 page; please make reference to Part C where necessary)*

The data results of the randomized control trials with pre-test before the intervention, the post-test after it and the follow-up test after the three-month\* of the intervention showed that participants of the Family Link Education Programme (FLEP) group, the Collective Narrative Practice Group (CNPNG) and the Integrative Peer Support Growth Group (IPSGG) made progress in different psychosocial domains. The IPSGG showed a synthetic strength of both the FLEP and the CNPNG.

In comparison to the control group after eight group sessions, The FLEP showed statistically better scoring at family cohesion ( $t(57) = 2.031, p < .05$ ), expressiveness ( $t(57) = 2.097, p < .05$ ), and conflict ( $t(58) = 2.298, p < .05$ ), while the participants in the CNPNG showed significantly better scoring of conflict ( $t(63) = 2.007, p < .05$ ) and cohesion ( $t(20) = -4.481, p < .05$ ) and the participants in the IPSGG reported the significant improvement on family cohesion ( $t(20) = -4.481, p < .001$ ). The CNPNG ( $t(63) = 2.382, p < .05$ ) and the FLEP ( $t(58) = 2.188, p < .05$ ) showed more significant statistically positive caregiving experiences than control group while IPSGG did not reveal the significant improvement on this regard. As to the negative caregiving experiences, the caregivers in the CNPNG had reported less need to backup ( $t(62) = -2.045, p < .05$ ), dependence ( $t(62) = -2.805, p < .05$ ), and loss ( $t(60) = -2.620, p < .05$ ) and the FLEP group showed less dependence ( $t(23) = 4.329, p < .05$ ), loss ( $t(21) = 3.288, p < .05$ ) and total negative experiences ( $t(19) = 3.534, p < .05$ ) than the control group. In comparison to the control group, the scoring of family coping skills (FCQ) was significantly better in the CNPNG (social interest,  $t(62) = 2.686, p < .05$ ) and IPSGG (positive communication  $t(58) = 2.492, p < .05$ ; coercion,  $t(58) = 2.164, p < .05$ ). Caregivers' inner resources (IRS) was better in both the CNPNG ( $t(58) = 3.574, p < .05$ ) and the IPSGG ( $t(20) = -3.544, p < .05$ ). The caregivers in the CNPNG reported better perceived control score ( $t(63) = -2.007, p < .05$ ). The FLEP did not show statistically better inner resource or less negative caregiving experience than the control group.

\* In this voluntary longitudinal study, eight participants completed only two-month follow-up measure due to their personal intention.

## 6.2 Potential for further development of the research and the proposed course of action (Maximum half a page)

First, one of the research objectives of this study is to develop and test the effectiveness of the integrative Peer Support Growth Group (IPSGG). We found the group was effective in improving the family cohesion, family expressiveness, mental health, inner resource, positive care giving experience and reducing negative care giving experience. However, our study also showed that not only the IPSGG and also the other two intervention groups could not reduce stigma in a statistically significant way. In our group work caregivers revealed that they were very much disturbed by the social stigma. Some caregivers even showed family stigma against their family members with schizophrenia. The phenomenon of family stigma alerted the research team. In 2017 and 2018, the research team Dr. Marcus Chiu and Dr. Zhou Ruth have submitted research proposal entitled “Tackling Family Stigma From Within: A Randomised Controlled intervention study with family caregivers on stigma against own family members with psychoses” to the RGC. We will continue to revise and resubmit the research proposal in 2019.

Second, the focus group interviews and the three intervention groups all show that the major concern of parent caregivers is the future of their adult children with schizophrenia. They pointed out that these young people were not mentally retarded, but they needed support for their life plan and career development. Psychiatrists and occupational therapists realized the lack and the need of career counselling for young people with psychosis. In 2018 and 2019, we submitted an interdisciplinary research proposal entitled “An Effectiveness Study of a Narrative Life-design Vocational Counselling Paradigm for High-functioning Youth with Psychosis”. We have received the funding notice. This new research project (UGC/FDS15/M03/19) will start in January 2020.

Third, some caregivers expressed that they were unaware of recovery models, resource and services available in Hong Kong for people with schizophrenia or psychosis in general. We invited psychiatrists, social workers, psychotherapists, and counsellors to contribute their professional experiences in promoting recovery in an edited book: *Voyage of Recovery: The Healing of Psychosis* (in Chinese), which has passed the blind peer review and been published by Press of City University of Hong Kong in 2019. This book is available in Hong Kong major book stores and available for public access.

## 7. Layman’s Summary

(Describe in layman’s language the nature, significance and value of the research project, in no more than 200 words)

This study developed and showed the effectiveness of an Integrative Peer Support Growth Group (IPSGG) for primary family caregivers of people with schizophrenia, which synthesized the strength of an psycho-education caregiver group, the Family Link Education Programme (FLEP) and the Collective Narrative Practice Group (CNPG) that valued the knowledge and skills that caregivers developed based on their direct caring experiences. This study was a pioneering study that empirically compared three intervention approaches for caregivers of people with schizophrenia. The research findings are referential for mental health professionals in selecting the existing intervention approaches or designing new intervention programmes to support the caregivers of people with schizophrenia. As this study empirically tested components of empowerment such as new skill training in caregiving or enhancement people’s inner resource and agency, it may pave the way for us or other interested scholars to develop a valid empowerment theory that is sensitive and contextual to the Chinese culture, which can stand up to empirical scrutiny and can guide the practice of family intervention in the Hong Kong community. This project led to new knowledge transfer projects. It creates an impact by improving mental health service for caregivers of people with severe mental illness in mainland China. For example, Wuhan Mental Health Center has adopted our FLEP approach as an initial step and is considering to use the IPSGG to support their caregivers of people with severe mental illness in the long-run.

**Part C: Research Output****8. Peer-Reviewed Journal Publication(s) Arising Directly From This Research Project**

*(Please attach a copy of the publication and/or the letter of acceptance if not yet submitted in the previous progress report(s). All listed publications must acknowledge RGC's funding support by quoting the specific grant reference.)*

The Latest Status of Publications				Author(s) (denote the corresponding author with an asterisk*)	Title and Journal / Book (with the volume, pages and other necessary publishing details specified)	Submitted to RGC (indicate the year ending of the relevant progress report)	Attached to this Report (Yes or No)	Acknowledged the Support of RGC (Yes or No)	Accessible from the institutional repository (Yes or No)
Year of Publication	Year of Acceptance (For paper accepted but not yet published)	Under Review	Under Preparation (optional)						
2019	2018	N/A	N/A	<b>Editors:</b> Zhou De-Hui Ruth*, Lo Tak-Lam William, Chiu Yu-Lung Marcus, Lo Wai-Fan Alison	<b>Book Title:</b> 護航復元—思覺失調的療癒 Voyage of Recovery: The Healing of Psychosis  <b>Publisher:</b> City University of Hong Kong Press  <b>ISBN:</b> 978-962-937-371-9 295 pages	Yes 2017 Manuscript versions ready for peer review of the City University of Hong Kong Press	Yes Hardcopy	Yes	Yes
2019	2018	N/A	N/A	<b>Authors:</b> 周德慧 黃兆星	<b>家屬的故事：精分劇場</b> 護航復元—思覺失調的療癒 (207-229 页)	Yes 2017	Yes Hardcopy	Yes	Yes
2020	2020	N/A	N/A	<b>Authors:</b> Zhou De-Hui Ruth, Chiu Yu-Lung Marcus, Lo Tak-Lam William, Lo	<b>Title:</b> An unexpected visitor and sword play: A randomized controlled trial of	Yes 2017 Manuscript submitted to Psychotherapy Research	Yes See Appendix II  This version is a published copy	Yes	Yes



				Wai-Fan Alison, Wong Siu-Sing, Luk Kwok-Leung, Leung Tom C. H., Yu Chui-Kam, and Geoffrey Y. S. Chang	collective narrative therapy groups for primary carers of people with schizophrenia <b>Journal:</b> <i>Journal of Mental Health</i> <a href="https://doi.org/10.1080/09638237.2020.1793123">https://doi.org/10.1080/09638237.2020.1793123</a>				
2020	2020	N/A	N/A	<b>Authors:</b> Zhou De-Hui, Ruth, Chiu Yu-Lung, Marcus, Lo Tak-Lam, William, Lo Wai-Fan Alison, Wong Siu-Sing, Luk Kwok-Leung, Leung Tom C. H., Yu Chui-Kam, and Geoffrey Y. S. Chang	Outside-in or Inside-out? A Randomized Controlled Trial of Two Empowerment Approaches for Family Caregivers of People with Schizophrenia  This version is a published copy  <b>Journal:</b> <i>Issues in Mental Health Nursing</i> 41 (9), 761-772  <a href="https://doi.org/10.1080/09638237.2020.1793123">https://doi.org/10.1080/09638237.2020.1793123</a>	N/A	Yes See Appendix III	Yes	Yes

2020	2020	N/A	N/A	周德慧&趙雨龍。	綜合朋輩支援成長小組手冊(1-8冊)。香港：香港樹仁大學。ISBN: 978-988-14 683-0-7	Yes	Yes See Appendix I	Yes	Yes
------	------	-----	-----	----------	---	-----	-----------------------	-----	-----

### 9. Recognized International Conference(s) In Which Paper(s) Related To This Research Project Was / Were Delivered

*(Please attach a copy of each conference abstract)*

<b>Month / Year / Place</b>	<b>Title</b>	<b>Conference Name</b>	<b>Submitted to RGC</b> <i>(indicate the year ending of the relevant progress report)</i>	<b>Attached to this Report</b> <i>(Yes or No)</i>	<b>Acknowledged the Support of RGC</b> <i>(Yes or No)</i>	<b>Accessible from the institutional repository</b> <i>(Yes or No)</i>
June/2017/ Hong Kong	Cultural components of eight-session collective narrative practice to support family caregivers of people suffering schizophrenia in Hong Kong	2017 International Narrative Practice Conference: Honouring History, Weaving Hopes	Yes 2017	Yes See Appendix V	Yes	Yes

September/2017/Hamburg, Germany	Psychoeducation and narrative practice in supporting primary caregivers of schizophrenia outpatients in Hong Kong	The Fourth European Conference on Integrated Care and Assertive Outreach	Yes 2017	Yes See Appendix V	Yes	Yes
December/2017/Singapore	Collective experiential learning in carer groups of people suffering from schizophrenia	The 5th Asia Pacific Rim International Counsellors & Psychotherapists Conference	Yes 2017	Yes See Appendix V	Yes	Yes
January/2018/Hong Kong	Between structured design and personal narratives: The report of an RCT study of a hybrid design group programme for family caregivers. International Conference on Recover-oriented Services and Policy Planning in Mental Health. Successful Stories, Sustainabilities and Challenges.	International Conference on Recover-oriented Services and Policy Planning in Mental Health. Successful Stories, Sustainabilities and Challenges	No	Yes, See Appendix V	Yes	Yes
April/2018/Florence, Italy	Metaphorical Conceptualization of Schizophrenia and the caregiving process from the perspective of primary family caregivers.	The 6 <sup>th</sup> Schizophrenia International Research Society Conference. Integrated Prevention and Treatment: Shifting the Way We think.	No	Yes, See Appendix V	Yes	Yes
July/2018/Dublin, Ireland	An Evidence Based Practice of Family Support Programmes for Primary Carers of People with Schizophrenia in Hong Kong	Social Work, Education and Social Development 2018 (SWSD 2018)	No	Yes, See Appendix V	Yes	Yes
May/2018/Hong Kong	Supporting Family Carers of schizophrenia outpatients: A comparative study of three group intervention programmes at East Kowloon Psychiatric Center	Hospital Convention 2018	No	Yes, See Appendix V	Yes	Yes
May/2019/Hong Kong	Empowering Caregivers of People with Schizophrenia: Comparing the Intervention Effectiveness of the Family Link Education Programme (FLEP), the Collective Narrative Practice Group (CNP) and the Integrative Peer Support Growth Group (IPSGG)	HKSJU IDS International Conference 2019. Bridging the Gap: Translating Interdisciplinary research into evidence-based research	No	Yes, See Appendix V	Yes	Yes

## 10. Whether Research Experience And New Knowledge Has Been Transferred / Has Contributed To Teaching And Learning

*(Please elaborate)*

The PI has facilitated ten caregiver groups, accumulatively 160 group practice hours, which enabled her to integrate the precious local clinical practice experiences in enriching her teaching in the course Chinese Psychology and Psychotherapy. In teaching several topics such as Chinese emphasis of family, face issue, and filial piety, the PI was able to share vivid stories based her experiences of the group work. Student gave feedback that they found the anonymous case sharing was valuable complementary content to the textbook.

In supervising students of capstone projects and research projects, the PI used the study (UGC/FDS15/M01/15) as an example and shared with students how to do randomization, programme evaluation, repeated ANOVA test, paired-sample T-test, and APA formatted Tables.

Dr. Alex Chan, the colleague who taught Research Method and Design has invited the PI as a guest speaker to use her research as an example to share with around 40 undergraduate students about the longitudinal study and randomized control trail in a 30-minute brief talk.

## 11. Student(s) Trained

*(Please attach a copy of the title page of the thesis)*

Name	Degree Registered for	Date of Registration	Date of Thesis Submission / Graduation
N/A			

The following undergraduate student helpers were involved in the data collection, transcription and data analyses. They shared with us that the experience of participating the research extended their horizon of research and effective group work. Student collaborated with PI to produce one book chapter in *Voyage of Recovery: The Healing of Psychosis* (in Chinese).

## 12. Other Impact

*(e.g. award of patents or prizes, collaboration with other research institutions, technology transfer, teaching enhancement, etc.)*

### *Improving family relationship and facilitating the recovery of schizophrenia outpatients*

Mental health nurses and psychiatrists implemented the integrative caregiving support group intervention developed by the research team, at the East Kowloon Psychiatric Centre from January 2016 to May 2018. As many as 194 family caregivers were involved. The mental health professionals recognized not only the improved family coping skills of the caregiver participants who took part in the intervention groups, but also the positive effect on the schizophrenia outpatients whom they were taking care of. The representative from Kwai Chung Hospital reported at the International Conference on Recovery-oriented Services and Policy Planning in Mental Health at the University of Hong Kong on 12 January 2018 that an improved family relationship and a stronger determination for recovery on the part of the schizophrenia outpatients were clearly notable.

*Raising awareness among mental health professionals in Asia, and the Greater Bay Area, Hong Kong and Central China on the importance of support being given to caregivers*

- a) Psychiatrists and mental health nurses at the Hong Kong East Kowloon Psychiatric Centre cited the research results to clinical professionals at the Hospital Convention 2018 held in Hong Kong on 7-8 May and mentioned the importance of supporting family caregivers of people with mental health issues.
- b) Family caregiver groups in Taiwan, Malaysia, and Thailand indicated their interest in the idea of an integrative caregiver support group after learning of the research results of the project team, at the International Conference on Recovery-oriented Services and Policy Planning in Mental Health at the University of Hong Kong on 12 January 2018.
- c) Dr. Zhou was invited by the Wuhan Mental Health Center to give talks on her research findings to several psychiatrists and around 30 mental health nurses on 14 August 2018. She also shared findings with more than 30 social workers from different districts in the Wuhan area on 16 October 2018. These lectures were well-received and raised awareness among professionals and social workers on the importance of support being given to caregivers of mental health patients.
- d) At the invitation of the rehabilitation department of the Wuhan Mental Health Center, Dr. Zhou and two-Family Link volunteers conducted an intensive training programme for caregivers of 30 families with schizophrenia patients on 15-17 August 2018. The training was well-received and the Wuhan Evening News, a newspaper which has a daily circulation of around 230,000 copies, reported the event. On the 8th October 2018, Chutian Metropolis Daily, a newspaper with a daily circulation of around 500,000 copies, published a personal interview on Dr. Zhou and her work with family caregivers.
- e) Dr. Chiu also presented the work of this study with family caregivers and offered a short summary of the findings of this project to 80 attendees at the Symposium: Greater Bay Area Mental Health Services Development and Challenges, at Macau Polytechnic on 30 November to 1 December 2018.

*Improving the intervention programme for schizophrenia outpatients by introducing additional support to caregivers*

- a) The rehabilitation centre of the Wuhan Mental Health Hospital contacted the research team. They have already signed the contract with Dr. Chiu and adopted the FLEP in supporting family caregivers of severe mental illness. In August, 2019, Dr. Chiu, Dr. Zhou and two other peer counsellors collaborated with psychiatrists, social workers and caregiver peer volunteers and provided three-day intensive training for the FLEP programme. Wuhan Mental Health Hospital is considering to adopt the IPSGG to support family caregivers of severe mental illness in the long run.
- b) The medical officer in charge of Zhuhai Mental Health Centre contacted the research team and has plans to adopt its caregiver support education programme and to collaborate with the research team on caregiver support research.

In addition, Dr. Zhou was invited by the Mental Health Association of Hong Kong (MHAHK) to give a one-hour talk about the topic, 'On Empowering Primary Family Caregivers of People with Schizophrenia in Hong Kong' in the plenary session of the MHAHK 65th Anniversary Symposium on Mental Health on the 11<sup>th</sup> December, 2019.

We would like to express our sincere thanks to the RGC for supporting this project, not only in representation of the whole research team but also in representation of our primary family caregiver participants of schizophrenia outpatients. Most caregiver participants expressed their gratitude for the opportunity to attend the supportive groups. They told us that the eight-session groups facilitated them with new care taking skills, helped them to release a lot of stress and enabled them to understand themselves better. A lot of touching stories are still fresh among the research team. At

the start and the ending of the intervention groups, we acknowledged in front of all participants the funding support from the RGC. We are grateful for the funding of the RGC for supporting the deliverables, so that we are able to attend international conferences to share our research findings and finance proofreading of our manuscripts and the edited book. In every our publication, we are glad to acknowledge the funding of the RGC.

### 13. Public Access Of Completion Report

(Please specify the information, if any, that cannot be provided for public access and give the reasons.)

Information that Cannot Be Provided for Public Access	Reasons
<p>Only the information in Appendix II, III and IV are currently not wished to be accessed to public access</p>	<p>As the manuscripts attached in Appendix II and Appendix III have been published with copyright, the research team would like to share the references for publication for the public to retrieve the manuscripts.</p> <p>Zhou, D.H. R., Chiu, Y. L. M., Lo T. L. W., Lo, W. F. A., Wong, S. S., Luk, K. L., Leung, C. H.T., Yu C. K., &amp; Chang, Y.S. G. (2020). An unexpected visitor and a sword play: A randomized controlled trial of collective narrative therapy groups for primary carers of people with schizophrenia. <i>Journal of Mental Health</i>. Doi: 10.1080/09638237.2020.1793123</p> <p>Zhou, D.H. R., Chiu, Y. L. M., Lo T. L. W., Lo, W. F. A., Wong, S. S., Luk, K. L., Leung, C. H.T., Yu C. K., &amp; Chang, Y.S. G. (2020). Outside-in or inside-out? A randomized controlled trial of two empowerment approaches for family caregivers of people with schizophrenia. <i>Issues in Mental Health Nursing</i>. 41 (9), 761-772. SSCI Impact factor: 1.05. doi: 10.1080/01612840.2020.1734992</p> <p>The research results in Appendix IV will be used for drafting new academic papers, the research team wishes that the content in these three appendices could be temporarily excluded for public access. However, we would be glad to keep RGC informed for public access when the related articles are published.</p>

**RESEARCH GRANTS COUNCIL  
COMPETITIVE RESEARCH FUNDING SCHEMES FOR  
THE LOCAL SELF-FINANCING DEGREE SECTOR**

**FACULTY DEVELOPMENT SCHEME (FDS)**

**Completion Report - Attachment**

*(for completed projects only)*

**RGC Ref. No.:** UGC/FDS15/M01/15

**Principal Investigator:** Dr. ZHOU Ruth Dehui

**Project Title:** Empowering Caregivers of People with Schizophrenia: Comparing Intervention Effectiveness of Family Link Education Programme (FLEP), Collective Narrative Practice Group (CNPNG) and Integrative Peer Support Growth Group (IPSGG)

**Statistics on Research Outputs**

	Peer-reviewed Journal Publications	Conference Papers	Scholarly Books, Monographs and Chapters	Patents Awarded	Other Research Outputs (Please specify)
No. of outputs arising directly from this research project [or conference]	2 manuscripts under review	8	2	Nil	Knowledge transfer project: The rehabilitation centre of the Wuhan Mental Health Hospital adopted the FLEP, one intervention approach in this study to support their family caregivers of severe mental illness. In the long run, they are considering to adopt the IPSGG, the research team developed in this project.