

RGC Ref. No.: UGC/FDS15/M03/19 <p>(please insert ref. above)</p>
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**RESEARCH GRANTS COUNCIL  
COMPETITIVE RESEARCH FUNDING SCHEMES FOR  
THE LOCAL SELF-FINANCING DEGREE SECTOR**

**FACULTY DEVELOPMENT SCHEME (FDS)**

**Completion Report**  
(for completed projects only)

<p><b><u>Submission Deadlines:</u></b></p> <ol style="list-style-type: none"> <li>1. Auditor's report with unspent balance, if any: within <b><u>six</u></b> months of the approved project completion date.</li> <li>2. Completion report: within <b><u>12</u></b> months of the approved project completion date.</li> </ol>
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**Part A: The Project and Investigator(s)**

**1. Project Title**

An Effectiveness Study of a Narrative Life-design Vocational Counselling Paradigm for  
High-functioning Youth with Psychosis

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

Research Team	Name / Post	Unit / Department / Institution
Principal Investigator	Dr. Zhou Dehui Ruth, Associate Professor, Associate Head of the Department of Counselling and Psychology	Department of Counselling & Psychology, HKSYU
Co-Investigator(s)	Prof. Chui Yat Hung, Head of Department of Applied Social Science	HKCT Institute of Higher Education
Co-Investigator(s)	Dr. Chiu Yu Lung Marcus, Associate Professor	Department of Social and Behavioural Sciences, City University of Hong Kong
Co-Investigator(s)	Dr CHOI, Yan Yin, Psychiatrist, Associate Consultant	Early Intervention Team, Department of Psychiatry, Kwai Chung Hospital
Co-Investigator(s)	Mr. Lau Ka-shing, Occupational Therapist I	Occupational Therapy Department, Kwai Chung Hospital
Co-Investigator(s)	Ms. Lau Bien Shuk-yin, Occupational Therapist I	Occupational Therapy Department, Kwai Chung Hospital

### 3. Project Duration

	<b>Original</b>	<b>Revised</b>	<b>Date of RGC / Institution Approval</b> <i>(must be quoted)</i>
Project Start Date	1/1/2020	1/1/2020	N/A
Project Completion Date	30/4/2022	30/06/2023	31/10/2022
Duration <i>(in month)</i>	28	42	31/10/2022
Deadline for Submission of Completion Report	30/6/2023	30/4/2024	31/10/2022

4.4 Please attach photo(s) of acknowledgement of RGC-funded facilities / equipment.

N/A

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

### 5. Project Objectives

5.1 Objectives as per original application

1. To design a narrative life-design vocational counselling paradigm for high-functioning young people with psychosis;
2. To develop an applicable vocational recovery service programme for high-functioning young people with psychosis guided by the proposed vocational counselling paradigm;
3. To implement this vocational recovery programme and provide narrative vocational counselling services to the youth with the foundation of an interdisciplinary collaboration of vocational counsellors, counselling psychologists, psychiatrists, and occupational therapists;
4. To explore, document and reconstruct the life portraits and life design of high functional youth with psychosis recruited in the proposed project; and
5. To examine empirically the effectiveness of the proposed intervention paradigm to high-functioning youth with psychosis.

5.2 Revised objectives

Date of approval from the RGC: N/A

Reasons or the change: N/A

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)*

Objective 1: The research team designed a narrative life-design vocational counselling paradigm based on Savickas's model (Savickas, 2015) for high-functioning youth with psychosis. Please refer to the Narrative Life Design Manual (See Appendix I) for life design counsellors/occupational therapists with detailed session plans to run the 3+2+1 narrative life design individual and group sessions.

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Objective 2: The design of all intervention materials has been completed including a narrative life design manual (See Appendix I), a handbook (See Appendix I) to accompany individual participants in their journey of life planning, a set of narrative life design cards for the session 1 of group work (Appendix II), a poster and a pamphlet for recruiting youth participants for this project.

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Objective 3: The team have conducted a total of 30 training hours of narrative life-design vocational counselling, and 20-hour supervision sessions to four occupational therapists at Kwai Chung Hospital involved in this programme. A service agreement between the occupational therapists and the research team has been signed. The research team has contacted and recruited 150 high-functioning youth with psychosis, among which 99 participants have joined the project. We have provided narrative life design 208 individual sessions and 30 expressive arts group sessions to 52 high functioning youth with psychosis.

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Objective 4: The narrative life design counsellors have completed narrative vocational counselling with 52 participants. The narrative life design handbooks were delivered to the participants to give them an opportunity to record their life design and the process of self-understanding as therapeutic documents. One participant's completed handbook was provided in Appendix III as a sample.

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Objective 5: A randomized controlled trial was conducted to test the effectiveness of the narrative life design intervention.

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## 5.4 Summary of objectives addressed to date

<b>Objectives</b> <i>(as per 5.1/5.2 above)</i>	<b>Addressed</b> <i>(please tick)</i>	<b>Percentage Achieved</b> <i>(please estimate)</i>
1. To design a narrative life-design vocational counselling paradigm for high-functioning young people with psychosis	<input checked="" type="checkbox"/> We have designed and refined the narrative life-design vocational counselling paradigm for high functioning youth with psychosis.	100% achieved
2.To develop an applicable vocational recovery service programme for high-functioning young people with psychosis guided by the proposed vocational counselling paradigm	<input checked="" type="checkbox"/> Guided by the narrative life-design paradigm, we developed an intervention program entitled 321迎風啟航 (3I+2G+1I ; three 60-minute individual sessions plus two 120-minute group sessions, and plus one more 90-minute individual session) for this study and completed all intervention materials including narrative life-design intervention manuals (See Appendix I)	100% achieved

<p>3. To implement this vocational recovery programme and provide narrative vocational counselling services to the youth with the foundation of an interdisciplinary collaboration of vocational counsellors, counselling psychologists, psychiatrists, and occupational therapists.</p>	<p><input checked="" type="checkbox"/> The team have completed all narrative vocational counselling training and clinical supervision to the occupational therapists in Kwai Chung hospital, who were involved in this programme.</p> <p><input checked="" type="checkbox"/> The research team has contacted more than 150 high-functioning youth with psychosis, among which 99 joined the project. We have provided narrative life design 208 individual sessions and 30 expressive arts group sessions to 52 high functioning youth with psychosis.</p>	<p>100% achieved.</p>
<p>4. To explore, document and reconstruct the life portraits and life design of high functional youth with psychosis recruited in the proposed project.</p>	<p><input checked="" type="checkbox"/> narrative vocational counsellors explored, documented, and reconstructed the unique life design of high functional youth with psychosis recruited in the project.</p> <p><input checked="" type="checkbox"/> The narrative vocational counsellors have facilitated participants to complete their narrative life design and co-write their vocational life-design handbooks with their own personal narration in the counselling session. The individualized handbooks were given to participants in the intervention group as therapeutic documents, which will continue to remind them about their strength, their life goal and plan even after the narrative vocational counselling sessions. (see a sample provided in Appendix III as an</p>	<p>100% achieved</p>

	<p>example).</p> <p><input checked="" type="checkbox"/>A book chapter has been written based on narrative vocational counselling and the reconstructed life design of the participants (See Chapter 6 in Appendix IV).</p>	
<p>5. To examine empirically the effectiveness of the proposed intervention paradigm to high-functioning youth with psychosis.</p>	<p><input checked="" type="checkbox"/>A randomized controlled trial with pre-test, post-test, three month follow up and six month follow up, was conducted to test the effectiveness of the narrative life design intervention. The research results (see 6.1) confirmed the effectiveness of the narrative life design for high-functioning youth with psychosis.</p>	<p>100% achieved</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 controlled trial with a pre-test, a post-test, the 1st three-month follow-up test and the 2<sup>nd</sup> six-month follow-up test all show that narrative life design is effective to enhance meaning-making, employment readiness, career adaptability, functions of identity and recovery-related outcomes of the participants in the intervention group significantly with a sustaining effect.

In the pretest, no statistically significant difference was found between the narrative life design group and the control group in scoring the major standardized psychometrical scales, which suggests that the two groups are comparable at the baseline as the result of an effective randomization. In comparison to the control group, the intervention group after the narrative life design programme, showed statistically better scoring at Work and Meaning Inventory ( $t(84) = 3.36$ , Cohen's  $d = .73$ ,  $p < .01$ ; Intervention group:  $M = 40.75$ ,  $SD = 5.87$ ; control group:  $M = 36.02$ ,  $SD = 5.87$ ), indicating their enhanced meaning in work. In evaluating employment readiness stages with the Lam Assessment, the intervention group scored higher in action stage ( $t(84) = 2.28$ , Cohen's  $d = .49$ ,  $p < .05$ ; Intervention group:  $M = 14.45$ ,  $SD = 3.34$ ; control group:  $M = 12.59$ ,  $SD = 4.14$ ), which shows that narrative life design group demonstrates more enhanced readiness for taking actions for their career. In the Career Adapt-abilities Scale, the intervention group scored higher than the control group in their career concern, ( $t(84) = 3.55$ ,  $p < .01$ , Cohen's  $d = .77$ ), career curiosity ( $t(84) = 3.09$ ,  $p < .01$ , Cohen's  $d = .67$ ), and the career confidence ( $t(84) = 2.56$ ,  $p < .01$ , Cohen's  $d = .55$ ). In the assessment of functions of Identity Scale (FIS), the intervention group significantly outperformed the control group in scoring their structure of identity ( $t(84) = 2.81$ ,  $p < .01$ , Cohen's  $d = .61$ ), their inner harmony with their preferred identity ( $t(84) = 2.48$ ,  $p < .05$ ,  $d = .54$ ), identity goal ( $t(84) = 3.11$ ,  $p < .01$ , Cohen's  $d = .67$ ), future identity ( $t(84) = 3.31$ ,  $p < .01$ , Cohen's  $d = .72$ ) and future identity ( $t(84) = 3.32$ ,  $p < .01$ , Cohen's  $d = .72$ ). Regarding Recovery Assessment, the intervention group scored higher than the control group in the personal confidence and hope subscale ( $t(84) = 2.41$ ,  $p < .05$ , Cohen's  $d = .52$ ), the goal and success orientation subscale ( $t(84) = 2.75$ ,  $p < .01$ , Cohen's  $d = .60$ ) and the total recovery score ( $t(84) = 2.30$ ,  $p < .05$ ,  $d = .50$ ), indicating overall enhanced recovery outcomes in the intervention group in the post test.

ANOVA tests of repeated measures were conducted to evaluate the scores of the intervention group over four distinct phases. Significant improvements were noted in the Work and Meaning Inventory-Total (WAMI) scores across the four phases ( $F(1,34) = 7.87$ ,  $p < .001$ ,  $\eta^2 = .28$ ). The Lam assessment focusing on stages of employment readiness indicated significant changes for the contemplation stage ( $F(1,34) = 2.78$ ,  $p < .05$ ,  $\eta^2 = .09$ ) suggesting participants' progression in employment readiness for career contemplation. The Career Adapt-abilities Scale (CAAS) also exhibited significant enhancements across different phases in career concern ( $F(1,34) = 7.48$ ,  $p < .001$ ,  $\eta^2 = .27$ ), self-control ( $F(1,34) = 7.66$ ,  $p < .001$ ,  $\eta^2 = .26$ ), career curiosity ( $F(1,34) = 9.64$ ,  $p < .001$ ,  $\eta^2 = .28$ ) and career confidence ( $F(1,34) = 10.72$ ,  $p < .001$ ,  $\eta^2 = .32$ ). The Inner Resource Scale (SAS) illustrated significant improvements from the pre-test to the post-test to the second follow up ( $F(1,34) = 13.04$ ,  $p < .001$ ,  $\eta^2 = .39$ ). The intervention groups scoring at the Functions of Identity Scale (FIS) revealed significant increases from the pre-test to the post-test in the structure of identity ( $F(1,34) = 10.12$ ,  $p < .001$ ,  $\eta^2 = .30$ ), the harmony with identity ( $F(1,34) = 6.33$ ,  $p < .01$ ,  $\eta^2 = .22$ ), the goals subscale ( $F(1,34) = 4.84$ ,  $p < .01$ ,  $\eta^2 = .15$ ). The intervention groups' scoring of Recovery Assessment Scale (RAS) shows an statistically significant increasing of the Personal Confidence and Hope dimension ( $F(1,34) = 5.43$ ,  $p < .05$ ,  $\eta^2 = .19$ ), the Goal and Success Orientation dimension ( $F(1,34) = 9.97$ ,  $p < .001$ ,  $\eta^2 = .31$ ). Detailed statistics in Tables and graphics are available in a manuscript submitted to *Journal of Mental Health* under peer review (see Appendix VII). The elaboration of the narrative life design with a case study is available in a published article and two book chapters to be published (see Appendix IV, VI and VIII)

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

First of all, our research findings show that narrative life design is effective to enhance vocational recovery of high-functioning youth with psychosis. The research team regard it as meaningful to go a step further to test whether this evidence-based practice is effective to enhance career aspiration and recovery for people with other severe mental illness (SMI) and apply for Health and Medical Research Fund specified for Mental Health area.

Second, the funded research was carried out after the social unrest during pandemics. Our young participants with psychosis, especially those who were secondary school and college students expressed their psychological disturbance and suffering in the focus group interviews. The research team recognized the urgent needs and endangered psychological wellbeing of students and youth. Thus, they proposed a series of youth related research projects to focus on their wellbeing. In 2020, Dr. Zhou, the PI of this funded research, integrated her practical experiences acquired in this research into the implementation of a funded youth project, “Intercultural Education and Reconciliation between Local Students and Mainland Chinese Students in Higher Education Campuses in Hong Kong” (RGC Public Policy Research (PPR) Funding) in collaboration with Dr. Yuen Yuet Mui (the PI). Dr. Zhou enthusiastically collaborated with Dr. Cho, Yin Nei (PI) in proposing a research study, “Adapting Student Wellbeing Framework to an Asian Context and Prioritizing the Wellbeing of Schoolchildren in Hong Kong” and received the RGC funding HKD \$ 737,184. Dr. Zhou collaborated with Dr. Yuen Yuet Mui (PI) in submitting another Public Policy Research Funding 2020/21 project, “Trajectories of Engagement, Wellbeing and Future Aspirations of Hong Kong Youth from Diverse Cultures”. She also collaborated with Dr. Leung Sik Yee (PI) in submitting an FDS project entitled “A study on promoting diversity awareness through sensitivity training to health and social sciences undergraduate students in Hong Kong”. In 2024, Dr. Zhou collaborated with Dr. Wang, Yi-Zhou (PI) and submitted another youth related FDS project “The Effectiveness of Virtual Reality Intervention for Social-Anxiety-Driven Depression among Youths: A Randomized Controlled Trial”.

Third, the implementation of expressive arts group sessions to youth with psychosis in this project reveals young people’s great need of self-compassion and the healing power of expressive arts therapy. In 2021, the PI of this funded research submitted an FDS proposal entitled “From “Me” to “We”: An expressive arts-based preventive approach to strengthen the resilience of Hong Kong college students by fostering their self-compassion and compassion (UGC/FDS15/M03/21)”.

## 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 tested the effectiveness of a narrative life design programme developed for high-functioning youth with psychosis. It was a pioneering study of evidence-based practice that empirically confirmed the effectiveness of the narrative vocational counselling approach for high-functioning youth with psychosis in enhancing their career aspiration and mental health recovery with sustaining effect. The research findings and clinical practice are referential for mental health professionals, such as occupational therapists and counsellors in providing effective career counselling for youth with mental health issues. The narrative life design practice developed and tested in this study uncovers a new evidence-based approach for vocational rehabilitation, which aims at facilitating youth with mental health issues to explore their career aspiration and live a life that is consistent with their own unique strength, life meaning and preferred identity. This may add new vigor to the current vocational rehabilitation services focused on supported employment and job retention training and consultation. This project can lead to new knowledge transfer projects. The 3+2+1 narrative life design programme was manualized and is ready to be shared with departments of occupational therapy in Hospital Authority and NGOs with mental health recovery services in Hong Kong and mainland China.



**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)						
2023	N/A	N/A	N/A	Zhou, D. H. R., Tang, L. K., Chui, Y. H., Chiu, Y. L. M., Choi, Y. Y., Lau B. S., Lau K. C., Lo, T. L. W., Siu, M. W. C., Choi, Y. Y., Poon, Y. M., Chu, H. W., Choi, W. S., Wong, S., Chan, J., & Au S. L. A.	Narrative Life Design Project for High functioning Youth with Psychosis in Hong Kong <i>Hong Kong Journal of Mental Health</i> , 49, 36-45	No	Yes (Appendix VI)	Yes	Yes
N/A	2024	N/A	N/A	Cheung, R., Zhou, D. H. R. & Tong, K. H.	Book Chapter: Narrative Career Counseling for Chinese Clients in Hong Kong: Cultural Inclusive	No	Yes (See Appendix VIII)	Yes	Yes

					ness and Practice Development In M. McMahon & P. Abkhezr (Eds). Narrative Career Counselling: From Theory to Practice in Diverse Cultures and Contexts				
N/A	N/A	Yes	N/A	Zhou, D. H. R., Au S. L. A Chui, Y. H. , Chiu, Y. L. M. , Choi, Y. Y. , Lau B. S. , Lau K. C. , Lo, T. L. W., Siu, M. W. C., Choi, Y. Y., Poon, Y. M., Chu, H. W. , Choi, W. S.	Journal of Mental Health.	No	Yes (See Appendix VII)	Yes	Yes
N/A	2024	N/A	N/A	周德慧、崔日雄 & 趙雨龍	Book: Vocation and Recovery 復元與生涯: 復元人士職業發展與生涯輔導 Hong Kong Shue Yan University	No	Yes (See Appendix IV)	Yes	Yes
N/A	2024	N/A	N/A	蔡穎霜 & 周德慧	Book Chapter: 生涯與復元 / 復元與生	No	Yes (See Appendix IV)	Yes	Yes

					涯：復元人士職業發展與生涯輔導				
N/A	2024	N/A	N/A	周德慧&歐碩倫	Book Chapter: 321 迎風啟航 / 復元與生涯：復元人士職業發展與生涯輔導	No	Yes (See Appendix IV)	Yes	Yes
N/A	2024	N/A	N/A	歐碩倫、鄭仲仁、周德慧	Book Chapter: 我的理想·我們的理想 / 復元與生涯：復元人士職業發展與生涯輔導	No	Yes (See Appendix IV)	Yes	Yes
N/A	2024	Yes	N/A	歐碩倫、浩天、寶珊、周德慧	Book Chapter: 天珊一對的夢想 / 復元與生涯：復元人士職業發展與生涯輔導	No	Yes (See Appendix IV)	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)*

Month / Year / Place	Title	Conference Name	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)
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June / 2021/ Virtual conference*	Case Studies of Narrative Vocational Counselling service to High Functioning Youth with Psychosis	2021 22 <sup>nd</sup> International Mental Health Conference	2021	Yes (See Appendix V)	Yes	Yes
Dec / 2021 / Virtual Conference	On Vocation and Recovery for Youth with Mental Health Issues in Hong Kong	HKERA-APERA International Conference 2021	2022	Yes (See Appendix V)	Yes	Yes
July/2022 Virtual Conference	Application of Narrative Life Design in Vocational Recovery of High Functioning Youth with Psychosis: From Case Studies to Evidence-based Intervention Studies.	The Ninth Counselling Psychology Academic Forum of Mainland China, Taiwan, Hong Kong and Macau: Growth and Development in Pandemics	2022	Yes (See Appendix V)	Yes	Yes
July/2022 Virtual Conference	Expression of Resilience of Youth in Expressive Arts Therapy during Covid 19	The Ninth Counselling Psychology Academic Forum of Mainland China, Taiwan, Hong Kong and Macau: Growth and Development in Pandemics	2022	Yes (See Appendix V)	Yes	Yes
July/2023 Beijing	Narrative life design for youth with psychosis: Innovative Integration of narrative life design and expressive arts	The Tenth Counselling Psychology Academic Forum of Mainland China, Taiwan, Hong Kong and Macau: Health, Integration, Innovation and Peace	2023	Yes (See Appendix V)	Yes	Yes

March/2024 Wuhan	Empowering Youth with Psychosis through Narrative Career Counselling: Role of Career in a Recovery Journey/ Wuhan	2024 International Nursing Conference at Wuhan University	2024	Yes (See Appendix V)	Yes	Yes
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#### 10. Whether Research Experience and New Knowledge Has Been Transferred / Has Contributed to Teaching and Learning

*(Please elaborate)*

This research project has involved a research study of evidence-based practice of a narrative life design approach. Dr. Zhou, Dehui Ruth, the PI of the project has taught both in 2022 and 2023 the topic “research of evidence-based practice” to students of Doctor of Psychology in Counselling Psychology programme in the course *CP 605 Advanced Skills in Research Methods in Counselling Psychology*. She has shared with the doctoral students her own insights in designing and implementing the evidence-based practice research experiences gained from this funded research in the hope of inspiring new doctoral dissertation research.


Dr. Zhou Dehui Ruth is the supervisor of undergraduate students in their final year project, including Psy 371 research project for students in BSocSc Counselling psychology programme, as well as Psy 401 Research Thesis and PSY 411 Honors research project. The research experience in this project has helped her facilitate the students to design and complete their own research projects, especially those who choose to study youth or mental health related projects.

In supervising PSY 311-2 research internship, Dr. Zhou has mentored research interns to work with the data collected in this funded research to enrich their research experiences in the field of mental health.

The edited book, handbook and practice manuals generated in the research project are related to youth mental health, which can be used as teaching materials or references for students in Master of Social Sciences in Counselling Psychology of the C&P department in Hong Kong Shue Yan University.

#### 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
	MPhil in Psychology	01/09/2022	N/A

	Master of Social Sciences in Counselling Psychology	01/09/2022	N/A
	Bachelor of Social Sciences (Hons) in Psychology	01/09/2020	01/2022
	Bachelor of Social Sciences (Hons) in Psychology	01/09/2021	04/2023

Notes: [REDACTED], who are currently studying at master level programme at Hong Kong Shue Yan University, were employed as research assistants of this funded project. They will graduate in this academic year in 2024. They have been involved in conference presentations and book chapter writing in this project. Especially [REDACTED] current 6-hour weekly research duty of her MPhil study is assigned to participate this research project. She claimed that her MPhil thesis focused on studying the perceived Hope for Hong Kong perspective graduates was inspired by the interaction with young participants in this research project. This Mphil study is supervised by Dr. ZHOU, Dehui Ruth, the PI of this funded project. [REDACTED] were two research interns of Dr. ZHOU. The funded project gave them an opportunity to learn data analysis. Both have created their own posters based on the analyses of part of the data collected from this funded research. Students feedbacked that the project enriched their learning in research and understanding of youth with psychosis in Hong Kong. (See Appendix X)

## 12. Other Impact

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

First, during the implementation of this project, a total of 30 training hours of narrative life-design vocational counselling, and 20-hour supervision sessions have been provided to the team of occupational therapists at Kwai Chung Hospital involved in this programme. Even after the completion of the project, they have the capability to continue to use this approach to support youth with mental health issues to facilitate their career development and vocational rehabilitation.

Second, the evidence-based practice narrative life design has been manualized with a handbook and a practice manual, which is ready for new knowledge transference projects. Dr. Zhou was invited to give a talk about the project at Shen Zhen University in April 2024. The research team was invited to deliver systematic narrative life design training to the counsellors of the Student Counselling Center of Wuhan University during 12<sup>th</sup> May-14<sup>th</sup> May 2024. The team also received an invitation from Kwai Chung hospital to give a talk about 321 Narrative life design projects in of the event of Recovery Chapter 2024 entitled “Way forward on Recovery-oriented practice”.

Third, the research team has drawn public attention for their contribution to the recovery work of youth with mental health issues. Dr. Zhou Dehui Ruth, the PI was entrusted to become the issue editor for a special issue focused on “Mental Health of children and Youth” of *Hong Kong Journal of Mental health* in 2024. This special issue, with a collection of papers about children and youth mental health related practice and research in Hong Kong, mainland China and Australia, is to be published in June 2024.

Fourth, the vision and the mission of the research team have attracted further partnership, the

PI of the project was invited to join the organization committee in establishing a Mental Health Hub of Children and Youth in Wuhan with clinicians and psychiatrists from Wuhan University, Hong Kong Shue Yan University and Chicago University in May 2024.

Fifth, the significance of the successful clinical practice of narrative life design will be recognized at an international level. By invitation, the PI, in collaboration with Dr. Raysen Cheung (first author) and Dr. Andrian Tong, contributed a book chapter entitled “*Narrative Career Counseling for Chinese Clients in Hong Kong: Cultural Inclusiveness and Practice Development*” in an international book “*Narrative Career Counselling: From Theory to Practice in Diverse Cultures and Contexts*” edited by M. McMahon & P. Abkhezr. This book chapter is scheduled to be published in 2024 and includes narrative career counselling in different countries. The book chapter provides an overview of narrative career counselling in Hong Kong and the funded research project is provided as a successful example.

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 young participants with psychosis in this project. They expressed their gratitude for the opportunity to explore their strength, meaning in life, preferred identity, and career plans for their future. The research team has been touched by their recovery stories, resilience, and career aspiration. We acknowledged in front of all participants the funding support from the RGC. We are also grateful for the funding of the RGC for supporting the deliverables including financing the conference attendance and proofreading of our manuscripts and the edited book. In every of our deliverables, we are glad to acknowledge the funding of the RGC.

### 13. 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	2	6	1 book and 5 book chapters	N/A	Type	No.
					Invited talks and workshops	3
					Practice manual	1
					Handbook	1

### 14. 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
Only the information in Appendixes I, IV, VI, VII and VIII are currently not wished to be accessed to public access	As the manuscripts attached in Appendixes I, IV, VI, VII and VIII are either under review or in press. Thus, the research team wishes that the content in the above-mentioned appendices could be temporarily excluded for public access. However, we would be glad to keep RGC informed for public access when the related deliverables are published.