

## Developing and Evaluating a Resilience Intervention in New Immigrants

**Date of Submission**

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**Department**

Applied Social Sciences

**Principal Investigator**

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**Project duration**

01 June 2011 - 30 June 2013

**Source of funding**

The Hong Kong Jockey Club Charities Trust

**Link**

Nil

**Description**

The "FAMILY: Boosting Positive Energy Program" received HK\$ 2.9 million from the Hong Kong Jockey Club Charities Trust. This program aimed to develop a cost-effective intervention promoting resilience in new immigrants from mainland China. Promising research findings have shown that the resilience intervention is effective in reducing adaptation difficulties and enhancing resilience in new immigrants. The contributions of this program include:

- 1) A positive psychology approach. We used the resilience framework to promote the strengths and growth in adversities instead of focusing on weakness and psychological disorders. Our program effectively enhanced a few positive components including self-efficacy, positive thinking, altruism, and goal setting in new immigrants.
- 2) A demonstration of the community-based participatory research model. The research team has worked closely with social workers in the International Social Service Hong Kong Branch. We co-designed a resilience intervention manual, which standardized the four sessions of group activities. This manual is the collective wisdom of psychological theories and social work practices. The involvement of the research staff in this program made it possible to obtain empirical evidence from the community practices. In addition, the involvement of social workers enhanced the sustainability of effective social services in the community after the completion of this research program.
- 3) An evidence-based approach. We utilized a randomized controlled trial to compare the resilience intervention with the intervention of information provision and the control group. By using the gold standard in clinical trial, we obtained robust evidence on effectiveness of the resilience intervention. In addition, the social service agency evaluated their service of information provision for the first time. The results are valuable in identifying their service gap and polishing their existing community services.

**Expected outcomes**

1. Four issues of the newsletter organized by the social service agency to describe the progress of this program were released to 40,000 immigrants in Hong Kong.
2. We wrote a project brief with the main research findings in layperson's language to inform immigrants, stakeholders, and the public about our results.
3. A workshop for knowledge transfer has been planned for June 2013. Researchers and social workers will work together again to share our successful experiences. We will provide training on the guidelines of the developing intervention manual, experiencing group activities, conducting experimental studies in community projects, and evaluating effectiveness of social services.
4. A resilience model, which has been demonstrated as effective in new immigrants, will be developed. We will also provide suggestions for social workers to modify the model for better service to their target clients.
5. Two manuscripts will be submitted for publication in peer-reviewed journals to disseminate our impressive research findings. These papers will inform international readers about our successful experiences of collaboration between researchers and practitioners in Hong Kong.