

College of Liberal Arts and Social Sciences - One Health Seminar

The Impacts of the COVID-19 Pandemic on Formal and Informal Caregivers

Date: 8 April 2022 (Friday)

Time: 4:00 pm – 6:00pm (HKT)

Moderator: Dr Dannii Yeung, Associate Professor, Department of Social and Behavioural Sciences, City University of Hong Kong

Topic	Speaker
Challenges of Delivering Psychoeducation Programme for Family Caregivers of Community Dwelling Senior in Pandemic Time	Professor Marcus Yu Lung CHIU, PhD. Visiting Professor, School of Health & Wellbeing, University of Bolton, UK
<p>Abstract</p> <p>The benefits of psychoeducation for family caregivers has been well-documented, yet physical in-attendance is often impossible during pandemic time when social distancing, closure of service centres are enforced. An online psychoeducation support programme has been implemented with centre-based assignment and control group design. Data collection over pre-intervention, post-intervention and 3 months after, on more than 200 family caregivers showed that although online psychoeducation programme might not be as powerful as what we witnessed in physical in-attendant programmes, some improvements are still observed in the intervention group in the aspect of <i>wellbeing</i>, and <i>meaning making of one's own role</i>, <i>better efficacy of access to community resources</i>, and <i>willingness to offer help to others</i> while the control group participants are evidently worsened off in most aspects over three time points. The findings, together with the use and limitations of online psychoeducation group for family caregivers are discussed.</p> <p>Biography</p> <p>Professor Marcus Yu Lung CHIU</p> <p>Professor Chiu prides himself as a pioneer in the mental health field of carer advocacy. The Family Link mental health psychoeducation program he launched has benefited several thousands of carers in different Asian countries/cities (i.e., Hong Kong, Malaysia, Taiwan, South Korea, Thailand, and Philippines). He was the former Chief Editor of the Hong Kong Journal of Social Work, and the Asia Pacific Journal of Social Work and Development. Currently he is the Co-editor for Social Work & Social Sciences Review, and formerly had been the Chief Editor of the Hong Kong Journal of Social Work, and the Asia Pacific Journal of Social Work and Development. Before joining Bolton, he worked for National University of Singapore and City University of Hong Kong.</p>	

Topic	Speaker
The Role of Emotion Regulation in Managing Paid Work and Informal Eldercare	Ms. Winnie Wing Yee LAM, BEcon&Fin, MSocSc Doctoral researcher, Institute of Work Psychology, Sheffield University Management School, UK

Abstract

Research on working informal caregivers has mainly focused on how various workplace support affects work or wellbeing-related outcomes. Few studies have focused on the individual resources that enable working informal caregivers to juggle these demands. We aim to fill the knowledge gap in individual resources of working informal caregivers in the area of emotion regulation. Focusing on the cognitive elements of emotional regulation our work can potentially contribute to intervention development by establishing the link between work, care and emotion regulation.

A shortitudinal survey study (2 surveys, 2 weeks apart) was conducted. One hundred and seventy-seven working informal caregivers of people aged 65 or above completed both surveys. Our analyses suggested that emotion regulation strategies were associated with informal caregivers in terms of various well-being variables cross-sectionally and over time. Theoretical and practical implications will be discussed.

Biography

Ms. Winnie Wing Yee LAM

Winnie Lam is a Ph.D. student at the Institute of Psychology, Sheffield University Management School, UK. She is an alumna of the City University of Hong Kong, graduated from the Master of Applied Psychology program. Her research interests include employees’ wellbeing, informal carers, and work-life interface.

Topic	Speaker
How Formal Caregiver’s Behavioral and Psychological Symptoms of Dementia (BPSD) Knowledge Influences Positive Aspects of Caregiving: A Moderated Mediation Model	Dr. ZHANG Fan, PhD. Assistant Professor, Department of Public Health and Preventive Medicine, School of Medicine, Jinan University, China

Abstract

Our study investigated the relationship between formal caregiver's behavioural and psychological symptoms of dementia (BPSD) knowledge and positive experiences of caregiving (PAC), and how their attitude and self-efficacy mediate or moderate this relationship. With a cross-sectional survey, structural questionnaires were implemented to evaluate 229 formal caregivers' BPSD knowledge, attitude, self-efficacy and PAC. With a 13-item self-developed questionnaire measuring BPSD knowledge, it was found that greater BPSD knowledge was associated with increased PAC, and this relationship was fully mediated by increased friendly attitude toward people with dementia. Moreover, only among those with high self-efficacy, the indirect effect of BPSD knowledge via attitude was found on promoting PAC. By elucidating the knowledge-

attitude-practice pathway in handling patient's BPSD, the current study extends existing literature and provides insights for developing psychoeducation programs among formal caregivers.

Biography

Dr. ZHANG Fan

Dr. Zhang Fan is currently working at the Department of Public Health and Preventive Medicine, School of Medicine, Jinan University. Her research interest has broadly focused on the health promotion for the older population, particularly on how to activate self-care and promote healthy lifestyle among the older adults in the post-pandemic era.