



# Positive Family ~ Happy Life

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# Study on Stress of Parents of Autistic Spectrum Disorder (ASD) Children in Hong Kong

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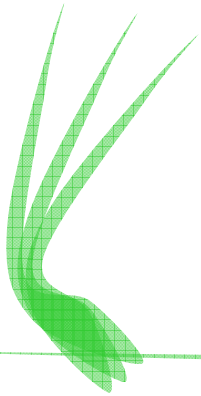
## Target:

260 parents with pre-school children with ASD

## Results:

1. Significant high level of stress in parents  
**(PSI-SF: 111)**
2. Significant depressive symptoms in parents  
**(CESD-10: 11.45)**
3. Strong relationship between stress and depression among parents with ASD children.  
**(Pearson correlation: 0.719\*\*High, positive P<0.0005)**

(Heep Hong Society & The Chinese University of Hong Kong, 2011)



# Major Findings

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## Parental Stress Index-Short Form (PSI-SF)

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Mean (SD)

Normal range

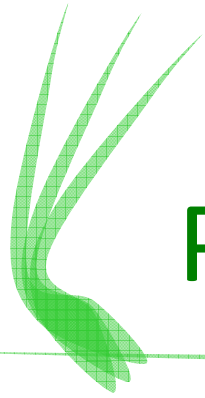
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111 (12)

55-82

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**\*88.5% parents above the normal range**



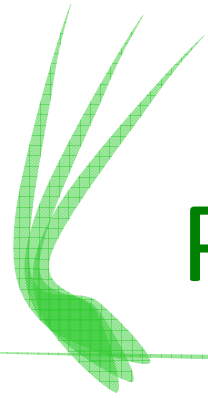
# Positive Psychology

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- Positive psychology interventions do
  - significantly enhance well-being (mean  $r=.29$ )
  - ↓ depressive symptoms (mean  $r=.31$ )

(Sin & Lyubomirsky, 2009)
- Parents reported many positives changes in their lives as a result of parenting a child with a disability.

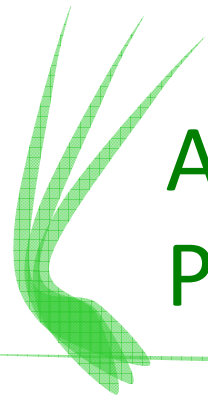
(Scorgie & Sobsey, 2000)



# Positive Psychology

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- When child behaviour problems were high, mothers who were **more optimistic reported higher scores** on measures of well-being than mothers who were less optimistic. (Baker, Blacher & Olsson, 2005)
- Helping individuals develop **subjective self-satisfaction** should be the goal in any treatment program. (Szymanski, 2000)



# Asian's Characteristics MATCH with Positive Psychology & Family Approach

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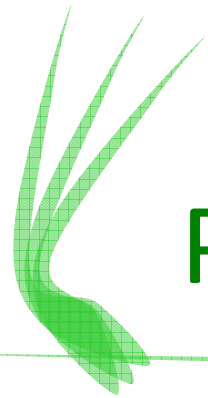
## Confucianism

- “Yen” (仁) : benevolence, kindness
- “Yi” (義) : “shu” (恕) (forgiveness)

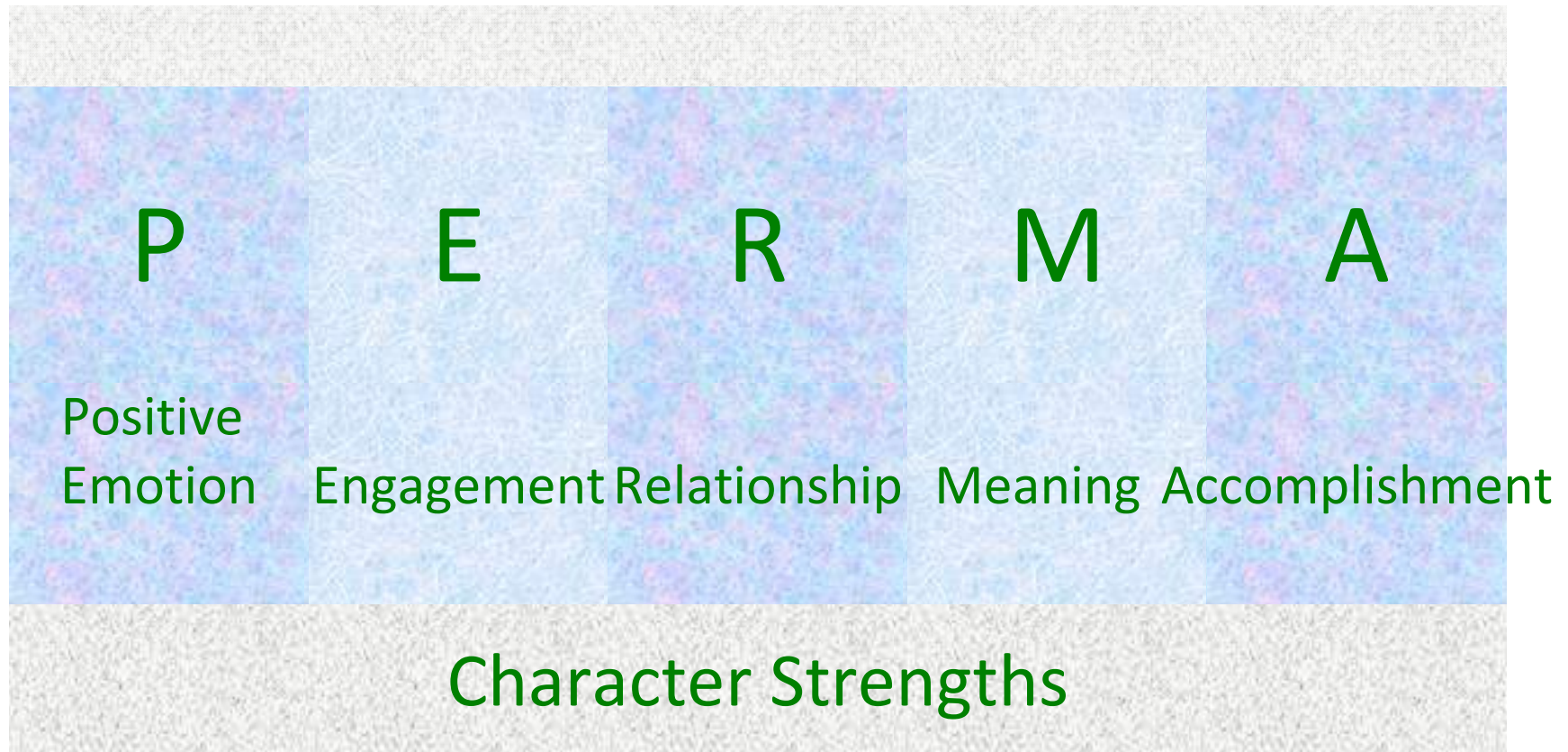
## Collectivism

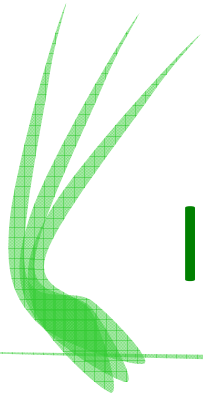
- Value importance of family
- Group interests > Self-interests

(Wong, 2007)



# Positive Psychology





# Intervention Model

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## A Paradigm Shift



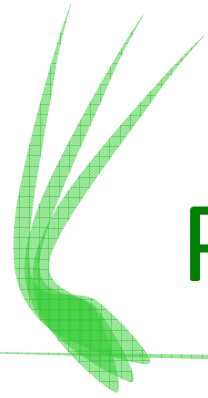
### Clinical Model

- Problem focused
- Parents as Service recipient
- Professionalism

### Positive Psychology

- Strengths focused
- Parents as Strategic Partner
- Social Capitalism



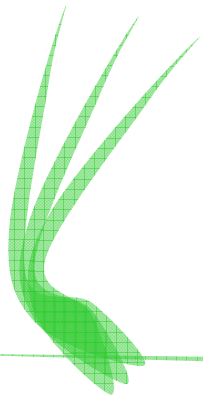


# Positive Family ~ Happy Life

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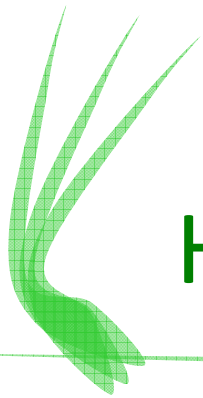
Sponsored by Eu Yan Sang Charitable Foundation



# Hope Stories Book

- Based on Hope Theory (Snyder, 2000)
- Illustrate the core elements of Hope Theory through real life stories of families with special needs children
- A self help parent education book





# Hope Stories Book

- Guided reading of each story
- Attractive design
- Sustainable for further development



# The publication of the Book

**Planning  
Stage**

Staff training on Hope Theory



Identification of  
30 real life stories

Parents' interview



Final selection of 13 stories

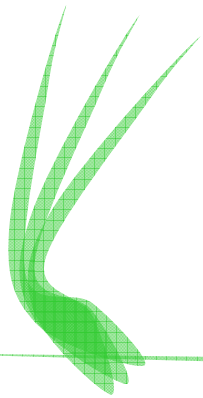
# Production Stage

The core theme and key messages of each story

Story writing

Photo shooting





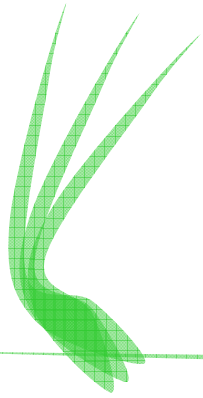
# Hope Theory

- Hope is “goal-directed thinking” (Snyder, 2002)

- Three trilogy of Hope:

- Goals
- Pathways (planning to meet goals)
- Agency (goal-directed determination)





# Hopefulness Thinking

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- Predict Resilience (Ho, 2010)
- Decrease the symptoms of depression and anxiety under adverse situations (Rajandram, 2011)
- Enhance posttraumatic growth (Ho, 2011)
- prevent burnout in work setting (Ho, 2012)



# Hope Theory----Goal

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- The cognitive anchor of hopeful thinking
- Contains degree of uncertainty but must be attainable
- Covers different domains: family, work, leisure...







# Sub-goaling and Regoaling

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- Each goal can be separated into several small goals
- Upwards / downwards adjustment



# Hope Theory----Pathways

- To produce at least one or more usable routes to the desired goals
- May need to alter routes or generate alternative routes

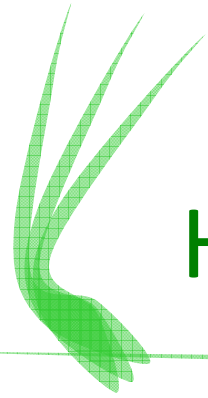


Goal

Agency

Pathways

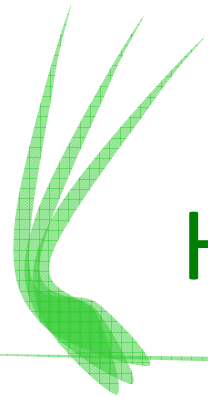
Loser



# Hope Theory----Agency

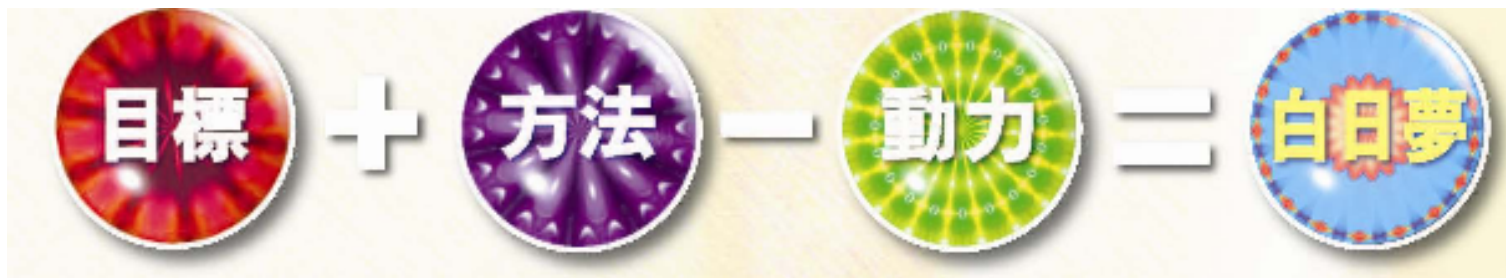
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- Motivational component
- The perceived capacity to use one's pathways to reach desired goals
- The mental energy and resources to keep moving
- Significant during goal blockages



# Hope Theory----Agency

- Using various willpower (agency thinking) including self-talk, encouragement, positive statement, positive self-instructions to motivate oneself for goal pursuit

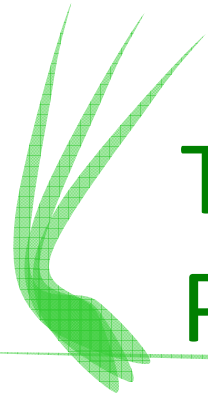


Goal

Agency

Pathways

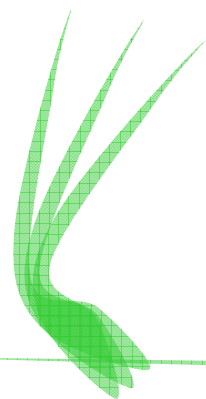
Daydreamer



# The Characteristic of High Hope People

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- Able to imagine what is likely to happen and to consider this when planning for the future
- Able to keep moving forwards even facing different views
- Able to handle negative emotions



# Hopeful thinking can be learnt

本章的四個故事旨在表達高希望思維模式是可以傳播和傳承。高希望思維模式不但可以從學習得來，而且更能互相影響，產生更大的效果。「高希望」除了能代代相傳，還能散播給你身邊的親友。

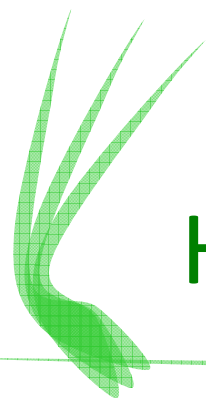
## 「一加一大於二」

樂樂的父親十分年邁夫婦關係，他們在二年前上訓練或應變及解決問題能力高的人。當樂樂被診斷為自閉症時，於使他們兩個都不是極「高希望」的人，但他們互相鼓勵，一同訂立訓練兒子的目標。同時又各自發展應用自己擅長的方法，如媽媽以「記者求知」的方法，而爸爸則採取循循善誘的方式，相輔相成，大大提升了這個家庭的動力和正能量。

## 高希望家庭分享快樂

高希望的爸爸得知家中誕下唐寶寶後，便使用不同方法去互動，以宗教信仰作動力，目標是好好照顧寶兒，給這個家庭新開始的機會。諾恩爸爸的高希望感不知不覺感染了媽媽。日子過去了，諾恩媽媽漸漸被轉化成高希望的人，能運用不同方法教導寶兒和子女兒，並把自己的經歷寫下來自我鼓勵，達成欣賞孩子去適應我的目標。

## 第三章 道守讀



# Hope-based intervention

- The hope level of individuals can be enhanced through systematic hope-based intervention

Familial Cancer (2012) 11:545–551  
DOI 10.1007/s10689-012-9545-3

ORIGINAL ARTICLE

## Hope-based intervention for individuals susceptible to colorectal cancer: a pilot study

Samuel Mun-yin Ho · Judy Wai-chu Ho ·  
Barbara Ka-yan Pau · Bryant Pui-hung Hui ·  
Rosa Sze-mun Wong · Annie Tsz-wai Chu

Published online: 30 June 2012  
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**Abstract** Individuals undergoing genetic testing for hereditary colorectal cancer (HCRC) are prone to develop psychological problems. This study investigated the short-term effects of a hope-based intervention program in

effective in enhancing hope in HCRC genetic testing recipients. The program may also be more effective in alleviating anxiety than depression in these individuals.