



MRS DOROTHY KOO &
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CIEBPR
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顧鐵華費華芬抗壓跨學科循証實踐及研究中心



抗逆力・生活逆境・生活適應研究

Resilience • Life Adversity
• Adjustment to Life Transitions

Hong Kong Shue Yan University 香港樹仁大學

UGC/IDS(C)15/H02/22

International Conference on Human Resilience: Navigating Life Changes & Challenges **HRCONF2026**

27-30 May 2026

Venue : Hong Kong Shue Yan University

<https://ichs.hksyu.edu>

Conference Proceeding

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HRCONF Organisation

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Programme Schedule

27 May 2026 (Wednesday)		Pre-conference workshop
INTEGRATIVE PATHWAYS: DESIGNING DUAL COACHING–COUNSELLING FRAMEWORKS FOR BROADER CLIENT SUPPORT Venue: Research Complex Low Block RLB303		
Time		
9:30–10:00 AM	Registration	
10:00–11:15 AM	Session 1 – Setting the Scene: Why Integrative Pathways Now? Session 2 – Hope as the Hinge Between Healing and Growth	
11:15–11:30 AM	Break	
11:30–12:30 PM	Session 3 – Ethics, Contracting, and Role Clarity	
12:30–2:00 PM	Lunch Venue: Research Complex Low Block 2/F	
2:00–5:00 PM	Session 4 – Hope Across Cultures: Designing Locally True Frameworks Session 5 – Skills Lab: Applying the Three Lenses of Hope Session 6 – Designing Your Dual Framework Session 7 – Close, Reflection, and Next Steps	
2:00–5:00 PM	EARLY REGISTRATION FOR THE MAIN CONFERENCE (28–30 MAY 2026)	

28 May 2026 (Thursday)		Day 1
Time	Programme Highlights	
8:30–9:00 AM	Registration Venue: Mrs. Dorothy Koo and Dr Ti Hua Koo Plaza	
9:00–9:30 AM	Opening Ceremony & Photo-Taking Venue: Jockey Club Multimedia Theatre (Research Complex RLG208)	
9:30–10:30 AM	Keynote Speech #1 Title: Making the Transition to Adulthood in Times of Social Change: Risks and Opportunities Venue: Jockey Club Multimedia Theatre (Research Complex RLG208)	
10:30–11:00 AM	Coffee Break	
11:00–12:30 PM	Oral Presentation #1 Theme: Nurturing Child and Adolescent Resilience Venue: Research Complex Low Block RLB303	
	Oral Presentation #2 Theme: Thriving in Collective Adversity and Trauma Venue: Research Complex Low Block RLB502	
12:30–2:00 PM	Lunch Venue: Research Complex Low Block 1/F & 2/F	
2:00–3:30 PM	Oral Presentation #3 Theme: Building Resilience to Life Adversity Venue: Research Complex Low Block RLB303	
	Oral Presentation #4 Theme: Recovery across Health Challenges Venue: Research Complex Low Block RLB502	
3:30–4:00 PM	Coffee Break	
4:00–5:30 PM	Oral Presentation #5 Theme: Community and System Level Resilience in Different Countries Venue: Research Complex Low Block RLB303	
	Panel Discussion Theme: Unveiling Resilience: The Strength of Cancer Patients, Survivors and Oncology Nurses Venue: Research Complex Low Block RLB502	
11:00AM – 4:00 PM	Poster Presentation #1 Venue: Mrs. Dorothy Koo and Dr Ti Hua Koo Plaza	

29 May 2026 (Friday)		Day 2
Time	Programme Highlights	
9:00–9:30 AM	Registration Venue: Mrs. Dorothy Koo and Dr Ti Hua Koo Plaza	
9:30-10:30 AM	Keynote Speech #2 Title: Implications of Resilience Training and Research to Mental Health Policies Venue: Jockey Club Multimedia Theatre (Research Complex RLG208)	
10:30-11:00 AM	Coffee Break	
11:00–12:30 PM	Oral Presentation #6 Theme: Thriving through Adverse Childhood Experiences Venue: Research Complex Low Block RLB303	
	Oral Presentation #7 Theme: The Resilience Process Venue: Research Complex Low Block RLB502	
12:30–2:00 PM	Lunch Venue: Research Complex Low Block 1/F & 2/F	
2:00–3:30 PM	Oral Presentation #8 Theme: Resilience Across Diverse Populations I Venue: Research Complex Low Block RLB303	
	Symposium #1 Theme: Employee Mental Health and Well-being: Challenges and Opportunities in the Modern Workplace Venue: Research Complex Low Block RLB502	
3:30-4:00 PM	Coffee Break	
4:00-5:30 PM	Oral Presentation #9 Theme: Resilience and Positive Psychology among Transitional Youths and Students Venue: Research Complex Low Block RLB303	
	Symposium #2 Theme: Restorative Justice, Human Resilience and AI Technology in Smart Cities Venue: Research Complex Low Block RLB502	
11:00AM – 4:00 PM	Poster Presentation #2 Venue: Mrs. Dorothy Koo and Dr Ti Hua Koo Plaza	

30 May 2026 (Saturday)		Day 3
Time	Programme Highlights	
9:00–9:30 AM	Registration Venue: Mrs. Dorothy Koo and Dr Ti Hua Koo Plaza	
9:30-10:30 AM	Keynote Speech #3 Title: Generations in Transition and Adversity: Mapping Resilience and Mental Health Functioning among Chinese in Hong Kong from Generation Alpha to Baby Boomers Venue: Jockey Club Multimedia Theatre (Research Complex RLG208)	
10:30-11:00 AM	Coffee Break	
11:00–12:30 PM	Oral Presentation #10 Theme: Family and Generational Dynamics in Resilience to Change Venue: Jockey Club Multimedia Theatre (Research Complex RLG208)	
	Oral Presentation #11 Theme: Cultivating Resilience Through Holistic Interventions Venue: Main Building LG120	
12:30–2:00 PM	Lunch Venue: Research Complex Low Block 1/F & 2/F	
2:00–3:30 PM	Oral Presentation #12 Theme: Family and Support Network In Building Resilience Venue: Main Building LG120	
	Symposium #3 Theme: Resilience in the Workplace Venue: Jockey Club Multimedia Theatre (Research Complex RLG208)	
3:30-4:00 PM	Coffee Break	
4:00-5:30 PM	Oral Presentation #13 Theme: Resilience Across Diverse Population II Venue: Jockey Club Multimedia Theatre (Research Complex RLG208)	
	Symposium #4 Theme: Neurodiverse Resilience: The Metamodern Approach Venue: Main Building LG120	
11:00AM – 4:00 PM	Poster Presentation #3 Venue: Mrs. Dorothy Koo and Dr Ti Hua Koo Plaza	

Keynote Speech #1

**Making the Transition to Adulthood in Times of Social Change:
Risks and Opportunities**

Venue: Jockey Club Multimedia Theatre (Research Complex RLG208)



Professor Ingrid Schoon

*Professor of Social Policy; Chair of Social Policy, University College London
Social Research Institute*

Abstract

The transition to adulthood is a pivotal developmental period in which young people are understood to move from education into employment, establish independent living, and begin to form long term relationships. These steps rarely unfold in isolation: each transition shapes the next, creating either smooth pathways toward stable adult roles or fragmented, turbulent trajectories reflecting the uneven challenges that young people encounter, including prevailing socio-economic conditions and cultural norms. Globally, nearly one in five children and adolescents today live in extreme poverty (UNDP, 2024) which, in turn, can affect their education participation. In addition, they are facing economic uncertainty, pandemics, technological shifts, political instability, and widening inequalities that can transmit disadvantage across generations. This presentation examines the risks and opportunities shaping young people's routes into adulthood and considers how societies can better support them. A socio-ecological developmental systems (SEDS) framework for studying resilience under conditions of socio-economic adversity is introduced. This approach integrates individual characteristics, features of the wider social environment, and the dynamic processes through which young people engage with their contexts over time. It offers a multi-systemic lens for understanding why some young people find themselves on distinct pathways and contextualizes young people's experiences in historical and socio-economic circumstances.

Biography

Ingrid Schoon is a Professor of Social Policy at University College London, Social Research Institute. She is a Fellow of the British Academy of Social Sciences (FACSS) and the Social Science Centre (WZB) in Berlin. Her research focuses on the study of risk and resilience in the transition to adulthood, social inequalities in skill development, attainment and wellbeing. As an educational researcher she combines perspectives from social, developmental and educational psychology as well as sociology within evidence synthesis and longitudinal quantitative data analysis. She has published widely, including a monograph on 'Risk and Resilience' (2006); co-edited books on "Young People's Development and the Great Recession: Uncertain Transitions and Precarious Futures" (2017) with John Bynner; and "Gender differences in aspirations and attainment: A longitudinal perspective" (2014) with Jacquelynne Eccles; "Transitions from School to Work: Globalisation, Individualisation, and Patterns of Diversity" (2009) with Rainer Silbereisen; all published by Cambridge University Press. Schoon has served as advisor to government departments and is a member of the OECD 2030 Competencies Framework Working Group and the UNESCO Inclusive Social Policy Lab.

Oral Presentations: Day 1

Oral Presentations #1
Theme: Nurturing Child and Adolescent Resilience

Venue: Research Complex Low Block RLB303

AS4

School Leadership for Building Students' Resilience and Wellbeing: Hong Kong and Taiwan Cases

Kalina Ke WANG, *The Education University of Hong Kong, HKSAR, China*

Linnie Koon Lin WONG, *The Education University of Hong Kong, HKSAR, China*

Abstract

Leading a supportive school environment can improve students' sense of belonging, helping them be more well-prepared to navigate contemporary challenges. Previous studies have primarily examined the influence of teacher-student relationships on student well-being and how to cultivate students' resilience through curriculum adaptations, as students have direct contact with teachers most of the time at school. However, the role of school leadership in establishing the rules that shape the climate of civic learning remains underexplored. We surveyed and interviewed key stakeholders from secondary schools across Hong Kong and Taiwan. For the quantitative data collection, we received valid responses from 833 students, 216 teachers, and 53 principals in Hong Kong and 1160 students, 291 teachers, and 29 principals in Taiwan. In terms of qualitative data, we conducted interviews with 30 students, 30 teachers, and 10 principals from 10 secondary schools both in Hong Kong and Taiwan, respectively. Our preliminary analysis highlights that students are facing various challenges, including academic pressures, future studies, and interpersonal relationships, underscoring the urgent need to prioritize their well-being. It is important to note that leadership perceptions of the school climate may differ from those of students. Concurrently, the extent of leadership accountability and their trust can influence the school's climate of citizenship education. It has been demonstrated that students generally derive great satisfaction from activities that facilitate high participation. Therefore, we advocate for integrating more participatory activities into the curriculum to bolster students' resilience and sense of well-being. Furthermore, it has been established that a positive correlation exists between resilience and a sense of well-being in certain domains. This study contributes to a deeper understanding of the interplay between school leadership and students, emphasizing the necessity for leadership strategies that prioritize the holistic development of students in the civic context.

Keywords: *resilience, wellbeing, citizenship education, leadership, school climate*

A122 Multilevel Environmental Influences on Resilience to Stressful Life Events in Youth: The Mediating Role of Brain Maturation

Ting Yat WONG, *The Education University of Hong Kong, HKSAR, China*

Abstract

Objectives: Early stressful life events (SLEs) contribute to later-life psychopathology, while environmental factors play a crucial role in resilience. However, prior research has often examined environmental influences in isolation, failing to account for their cumulative and interactive effects. Additionally, the extent to which brain development mediates the relationship between environmental exposures and resilience remains unclear. This study examines how multilevel environmental factors shape resilience and explores the mediating role of brain maturation in this process.

Methodology: We analyzed neuroimaging data from the ABCD study (n = 11,875) involving children aged 9–10 years. Resilient outcomes at follow-ups were quantified using a residual-based approach, adjusting CBCL total problem scores for stressful life events reported by parents and children. Stressor reactivity scores (SRS) were derived, with higher scores indicating greater susceptibility and lower scores reflecting higher resilience. Linear mixed-effects models assessed the impact of baseline environmental factors on resilience at follow-ups, while gray matter maturation trajectories were examined in relation to age and SRS. Causal mediation analyses tested whether neurodevelopment mediates the link between environmental exposures and resilience.

Results: Higher SRS was associated with greater exposure to adverse environmental conditions, particularly in family and school settings. Additionally, higher resilience was linked to greater gray matter volume (GMV) in cortical and subcortical regions. Mediation analyses suggested that family factors—such as parental psychopathology, substance use regulation, and parental monitoring—shape gray matter development, which in turn influences resilient outcomes.

Conclusions: While both family and school contribute to resilience, family plays a particularly critical role in shaping brain maturation. Future studies should explore the long-term impact of family environments, examine how school-based interventions complement family influences, and investigate structural and functional brain interactions in resilience. Integrating multi-level environmental data with neuroimaging will be essential for developing targeted interventions that promote adaptive neurodevelopment and long-term mental well-being.

Keywords: *exposome; neurodevelopment; resilience; stressful life events; gray matter development.*

A145 The Other Side of the Story: Lived Experiences of Adolescent Siblings of People with Anxiety and/or Mood Disorders

Janille MATAWARAN, University of the Philippines Diliman, Philippines

Bea Lucille DEL ROSARIO, University of the Philippines Diliman, Philippines

Abstract

Adolescence is a crucial stage of development, and for those with siblings diagnosed with anxiety and/or mood disorders, this period presents unique challenges. This study investigated the lived experiences of Filipino adolescents aged 17-25 who have siblings diagnosed with anxiety and/or mood disorders. It aimed to understand how these adolescents perceive their roles within the family, their emotional and psychological needs, and the sacrifices they made while navigating their siblings' mental health challenges. It also sought to shed light on the triumphs the well-siblings have made despite the challenges they experienced. Using a qualitative phenomenological approach, semi-structured interviews through Zoom and Google Forms were conducted to gather in-depth narratives from participants. Data were analyzed through reflexive thematic analysis to identify patterns and extract meaningful insights. The data from the findings showed that culture significantly influences their experience. Although they underwent the same experience with their Western counterparts, the influence of culture affects parenting, which in turn affects the experience of the child. Ingrained cultural expectations affect how the participants view their situation. In essence, despite the unique experience in their period of development, the study found that well-siblings perceived their experiences as contributing to their personal growth and development, operationalized through adaptive coping. The findings are expected to contribute to the limited literature on the familial impact of mental health disorders, with a particular focus on the experiences of the well-siblings in the Filipino context, a population often overlooked in writing.

Keywords: *Glass children, mental disorders, sibling relationship, personal growth, culture.*

A149 Cultivating Resilience through Social Connection: A Qualitative Study of Youth Mental Health in Singapore and a Cross-system Model

XiangDong SONG, Shanghai University, China

DaXuan NG, James Cook University, Singapore campus

Frederick Poi Kee LOW, James Cook University, Singapore campus

Abstract

Youth navigating life transitions face complex challenges that test their adaptability and resilience. While youth mental health services play a critical role in supporting at-risk individuals, the ways in which these services foster resilience through social connections remain underexplored. This study examines Singaporean youth's mental health problems through the lens of social connection theory, identifying pathways for cultivating resilience through strengthened bonding. In particular, it highlights how mental health professionals implement approaches to cultivate resilience among youth by leveraging on social connections. Eleven practitioners (youth workers, social workers, counsellors, psychologists) across school, community, and clinical settings were recruited and interviewed. Data was analyzed using reflexive thematic analysis to identify patterns of change and protective factors for resilience within the context of social connection. Weakened social connections contributed towards poor adaptability and consists of four themes: attachment dimension manifests through family-peer estrangement; involvement shows diminished group engagement as online interaction supplants face-to-face connection; commitment demonstrates negativity toward relationships and futures; belief exhibits values detached from universal principles. Conversely, high-quality connections within any of these four identified themes buffer stress and enhance resilience, providing grounding for targeted interventions. Extending from these results, a social reconnection model is proposed encompassing four strategic domains: family attachment restoration through intergenerational dialogue strengthens foundational resilience; school-based peer networks enhance belonging and coping capacity; community participation mechanisms integrate online-offline modalities to strengthen engage-

ment; cultural values exploration facilitates meaning-making and belief reconstruction. This evidence-based framework offers actionable strategies for mental health professionals supporting youth confronting globalization and digitalization pressures, demonstrating cultural appropriateness with substantial implications for youth mental health services across Asian urban contexts.

Keywords: *resilience, social connection, youth mental health, Singapore, qualitative research*

A184 Perfectionism and Coping with Stress in Gifted Students

Thu Huong TRAN, Vietnam National University, Vietnam

Hanh Dung PHAM, Lumiere Institute of Research and Practical Psychology, Vietnam

Abstract

Perfectionism has been increasingly recognized as a salient psychological characteristic among gifted students, with important implications for their stress regulation and well-being. This cross-sectional study examined the relationship between perfectionism and coping strategies among 158 gifted high school students in Vietnam. Participants completed the Child-Adolescent Perfectionism Scale (CAPS) to assess self-oriented and socially prescribed perfectionism, and the Brief-COPE to evaluate coping strategies in response to academic stress. Correlational and regression analyses revealed significant associations between dimensions of perfectionism and students' preferred coping strategies. Notably, socially prescribed perfectionism emerged as a significant predictor of emotion-focused coping and avoidant coping strategies. These findings suggest that socially prescribed perfectionism may function as a psychological risk factor, increasing vulnerability to maladaptive coping patterns among gifted adolescents. In Vietnamese educational context, characterized by high academic demands, competitive schooling environments, and strong sociocultural emphasis on achievement, these results highlight the need for school-based mental health interventions that address maladaptive perfectionism and promote adaptive coping skills. The study contributes empirical evidence to the limited literature on perfectionism and coping in gifted students in Vietnam, and underscores the importance of psychological support within gifted high school settings.

Keywords: *perfectionism, coping strategies, gifted students*

Oral Presentations #2
Theme: Thriving in Collective Adversity and Trauma

Venue: Research Complex Low Block RLB502

A52 Title: Socio-environmental Factors, Daily Routine Disruptions, and Post-traumatic Stress Disorder Among People with and without Bereavement Following the Turkey-Syria Earthquake

Jingru LI, The Education University of Hong Kong, HKSAR, China

Abstract

The current study aims to investigate the associations between socioeconomic and environmental factors and probable post-traumatic stress disorder (PTSD), as well as the mediating effect of daily routine disruptions in the associations among bereaved and non-bereaved survivors of the Turkey-Syria earthquake in 2023. A nationally representative sample (N=7,585) in Turkey was recruited using online survey between September and October 2023. Economic indicators were assessed using education level, employment, monthly household income, marital status, and refugee status. Earthquake intensity was quantified using the Modified Mercalli Intensity (MMI) Scale and Peak Ground Acceleration (PGA) to represent objective measures of environmental indicators. Daily routine disruptions were assessed using the Sustainability of Living Inventory (SOLI). PTSD symptoms were assessed using the 6-item PTSD Checklist (PCL-6). Stratified by interpersonal loss due to the earthquake, logistic regression was conducted to examine the association between socioeconomic and environmental indicators and the odds of PTSD. Socioeconomic and environmental indicators correlated with PTSD in the logistic regression were used in the stratified path analysis of probable PTSD with daily routine disruptions as the mediator. Logistic regression showed that housing destruction and district-level MMI were significantly associated with probable PTSD in both groups. Path analysis showed that among non-bereaved respondents, the associations of secondary education and very strong earthquake intensity (MMI level 7) with probable PTSD were significantly mediated by daily routine disruptions. Among the bereaved respondents, the associations of non-Turkish and housing destruction with probable PTSD were significantly mediated by daily routine disruptions. This is one of the first studies that examined the

associations between socio-environmental factors and probable PTSD, and the mediating effect of daily routine disruptions stratified by bereavement. Our findings suggest potential different mechanisms through which socio-environmental factors influence probable PTSD risks among bereaved and non-bereaved survivors.

Keywords: *post-traumatic stress disorder, earthquake, bereavement, daily routine disruption, socio-environmental factors*

A66 Community Resilience in The Face of Collective Trauma: A Qualitative Study of Post-cyclone Recovery in Coastal Odisha

Nazia ARIF, XIM University, India

Abstract

This study explored the complex processes of community resilience following Cyclone Fani, a devastating tropical cyclone that struck coastal Odisha in May 2019. While government and humanitarian responses prioritized restoring infrastructure and basic needs, this research investigated how communities made sense of their experiences, rebuilt their lives, and restored collective well-being through culturally grounded practices. Drawing on in-depth interviews with twenty participants from three cyclone-affected villages—Satapada, Ersama, and Nimapara—the study examined how trauma was processed, resilience enacted, and social networks reconstituted in the aftermath of the disaster. Participants included survivors, community elders, grassroots leaders, and local volunteers who provided invaluable insights into post-disaster adaptation. The findings revealed that recovery was not merely a technical process but an emotionally and socially complex journey involving shared rituals, cultural storytelling, and everyday practices. Informal leadership, particularly among youth and women, played a critical role in organizing relief efforts, distributing resources, and restoring a sense of agency. Temples, religious gatherings, and festivals became key spaces for healing and solidarity. Indigenous knowledge, such as the use of cyclone-resistant building materials and traditional medicinal practices, was actively mobilized to address practical and emotional challenges. This study emphasized that resilience is not a static trait but a dynamic, context-sensitive process shaped by social relationships, cultural meanings, and ecological realities. It offered important implications for future disaster planning and mental health support, advocating for locally informed strategies that center the voices, beliefs, and strengths of affected communities.

Keywords: *community resilience, cultural recovery, social support, coastal disaster, indigenous knowledge*

A155 Social Support and Career Adaptability in Young Adults with Autism Spectrum Disorder (ASD) and Specific Learning Difficulties (SpLD) in Hong Kong: The Role of Social Competence

Vivienne Pui Yi LEUNG, Hong Kong Shue Yan University, HKSAR, China

Raysen Wai-leung CHEUNG, Hong Kong Shue Yan University, HKSAR, China

Abstract

The prevalence of young adults with Special Educational Needs (SEN) entering the workforce has risen significantly. Despite global calls for Diversity, Equity, and Inclusion (DEI), young adults with SEN who are unemployed or underpaid after graduation have raised concerns worldwide. This study aimed to investigate the mediating role of social competence in the relationship between social support and career adaptability among young adults with Autism Spectrum Disorder (ASD) and Specific Learning Difficulties (SpLD) in Hong Kong. A total of 303 young adults (aged 18-30) voluntarily completed an online self-reported questionnaire with three validated scales. After excluding invalid data, comparative analyses were conducted within two groups (ASD: N=115; SpLD: N=81) to examine differences in the interrelationships among variables through moderation and mediation analyses. Noteworthy results aligned with the hypotheses, except for the moderating effect, which showed no statistically significant difference in either group concerning the positive link between social competence and career adaptability. As hypothesised, the moderated regression analyses highlighted significant positive associations between social support and both career adaptability and social competence, with weaker effects observed in the ASD group. Mediation analyses demonstrated that social competence fully mediated the relationship between social support and career adaptability in the ASD group, while partial mediation was revealed in the SpLD group. This study demonstrates the mediating role of social competence in the relationship between social support and career adaptability among young adults with ASD and SpLD in Hong Kong. The findings enhance understanding of resilience-building in vocational contexts for these specific groups, while providing practical insights for tailored interventions that strengthen social competence and support in navigating the adjustment challenges among young adults with different SEN during

vocational transitions.

Keywords: *career adaptability, neurodiversity, social competence, social support, transitions*

A185 Climate Change Hope and Sustainable Behaviours among Filipino Young Adults: The Mediating Roles of Meaning in Life and Existential Nihilism

Jerome Visperas CLEOFAS, De La Salle University, Philippines

Abstract

Climate Change Hope and Sustainable Behaviors among Filipino Young Adults: The Mediating Roles of Meaning in Life and Existential Nihilism Climate change poses escalating threats that test young people's capacity for resilience, not only in coping with eco-related stressors but also in sustaining everyday actions that protect communities and ecosystems. This study examined whether climate change hope—conceptualized across personal willpower, collective willpower, and lack of hope—is associated with sustainable behaviors (environmental, social, and economic), and whether this link operates through two existential pathways relevant to resilience: meaning in life and existential nihilism. A convenience sample of 1,518 Filipino young adults residing in the Greater Manila Area ($M_{age} = 20.24$; range = 18–27; 61.8% female) completed an online survey distributed via social media and email correspondences. Using JAMOV (GLM mediation modeling and path analysis) with bias-corrected bootstrapping (5,000 resamples), parallel mediation tests were employed while controlling for age, sex, and household income (low, middle, high). Results showed that climate change hope was positively associated with sustainable behaviors both directly ($\beta = 0.446$, $p < .001$) and indirectly via meaning in life (indirect effect = 0.033, $p < .001$). Specifically, hope predicted higher meaning in life ($\beta = 0.299$, $p < .001$), which in turn predicted greater sustainable behavior engagement ($\beta = 0.196$, $p < .001$). Although hope was linked to lower existential nihilism ($\beta = -0.333$, $p < .001$), nihilism did not significantly predict sustainable behaviors ($p = .217$), yielding a non-significant indirect pathway. Among covariates, sex showed significant associations with sustainable behaviors and meaning in life. Findings suggest that meaning-making is a key resilience mechanism translating climate hope into concrete sustainable action. Interventions aiming to strengthen climate resilience among Filipino young adults may be most effective when they cultivate hopeful, collective efficacy.

Keywords: *climate change; hope; meaning in life; nihilism; sustainability*

A199 Hong Kong Super Typhoon and Heavy Rainfall Natural Hazards and Extreme Weather: How Citizens Cope with Issues by Dealing with the Natural Disaster Management Cycle

Tsun Hin LAW, The University of Hong Kong, HKSAR, China

Abstract

The wide trend of natural hazards, disasters, and extreme weather rises due to climate changes and global warming. Hong Kong recently experienced few super typhoons, and heavy rainfall. Recently, two super typhoons issued Hurricane Signal 10 in Hong Kong (i.e., Wipha and Ragasa), and there were times of black rainstorm signal closely. Although we can't prevent any consequences, and economic loss, it is essential for social worker and some non-governmental organizations (like the Red Cross and other CarbonCare InnoLab organizations) to formulate community education and advocacy to prepare how to prevent natural disasters at the individual level, plan volunteer coordination, and know how to handle disaster victim's psychosocial emotions and feelings. This research used extensive news media coverage, articles, literatures ($n=44$), and interviews with Hong Kong Observatory Prior senior staff and folk weather forest organizations representatives ($n=3$) to learn more about the formulation of relevant natural hazards and recommend strategies to address them. A consolidated suggestion of cooperating with diverse stakeholders and arousing awareness of handling any extreme weather conditions. To consolidate discussion between young adult coping with weather conditions (i.e., climate weather resilience) and community resilience. Regarding individual-level community resilience, we will provide diverse workshops to instruct different students on becoming ambassadors to promote some key findings and information and advocate for different global citizens and participate in some advanced courses about extreme weather and natural disasters. Regarding community resilience, apart from suggesting altering emergencies, infrastructure (like drainage/flood-ing tunnels and monitoring and warning systems), and collaboration between government departments, transportation agencies, companies involved. External organizations can reference the natural disaster cycle for the purpose of mitigation (like Sponge City), preparedness, response, and recovery. To consider more climate changes resilience, it is essential to use this topic to advocate combating extreme weather infrastructure (SDG9) climate action (SDG13).

Keywords: *Climate Changes, Climate Action, Community Resilience Extreme Weather, Natural Disaster Management*

Cycle

- A241** **Climate Resilient Development in Times of Conflict and Pandemic: The Case of Isabela, Basilan**
Diana Therese VELOSO, De La Salle University, Philippines

Abstract

This paper examines the experiences of stakeholders in promoting climate-resilient development in the aftermath of the pandemic and historic armed conflict in Isabela de Basilan, located in the southern Philippines. The city has been visible in launching multiple projects to boost development and tourism and to eradicate armed conflict in recent years. For context, the researcher also provides an overview of the armed conflict in Mindanao and its impacts on Basilan, which has historically lagged behind in terms of development in the Philippines. Through key informant interviews and focus group discussions, the researcher delves into the programs and interventions of the local government unit (LGU) and ethnic and religious minority communities to promote climate-resilient development in a post-conflict zone and in the post-pandemic era. This study also examines the challenges brought about by armed conflict and the COVID-19 pandemic in collective efforts to promote sustainable, climate-resilient development and income-generating activities. The researcher analyzes how the intersectionality of stakeholders' social positions on account of their race/ethnicity, religion, social class, and gender, and structural and political issues could either impede or mitigate the challenges encountered. This research also identifies best practices and lessons learned in the efforts of the local government to promote climate resilient development benefitting ethnic and religious minority groups in Isabela de Basilan.

Keywords: *climate-resilient development, post-conflict, post-pandemic*

Oral Presentations #3
Theme: Building Resilience to Life Adversity

Venue: Research Complex Low Block RLB303

- A60** **Who Stays Strong? Exploring Resilience under Discrimination through Shame, Identity, and Socioeconomic Factors**
Salman SHERIN, Women's Christian College, Chennai, India
D. PRIYA, Women's Christian College, Chennai, India

Abstract

Discrimination remains a pervasive social determinant that influences well being and resilience. Though there are studies on the negative effects of discrimination not much light has been shed into understanding the buffers that could minimize the discrimination an individual undergoes on a daily basis. Drawing from identity theories we build a model that suggests internalized shame mediates the relationship between discrimination and resilience and that this mediation is influenced by nested moderators and a mediator namely self esteem, identity, socio economic status and education. Specifically, through moderated regression and conditional process analysis we would examine 1) Whether Internalized Shame moderates the relationship between Discrimination and Resilience, 2) Whether Socio economic status, Self esteem and Education moderates the relationship between Group Identity and Internalized shame. The sample of this study (n=450) would encompass individuals belonging to minority and marginalized communities and would employ established psychological scales to assess Group Identity, Internalized shame, Self Esteem and Resilience. The findings will be discussed following the conclusion of the research.

Keywords: *Discrimination, Resilience, Internalised Shame, Group Identity and Self-esteem*

- A142** **Resilient Coping and the Dynamics of Academic Emotions: Longitudinal Evidence from University Students**
Yu Jing GAO, Fu Jen Catholic University, Taiwan

Abstract

This study examined the role of resilient coping in shaping eight academic emotions among university students and explored whether these emotional experiences changed across the semester. Using a three-wave longitudinal design, 125 undergraduates completed the Brief Resilient Coping Scale (BRCS) together with measures of eight academic emotions at three time points. The assessed emotions included three positive emotions—enjoyment, hope, and pride—and five negative emotions—anger, anxiety, shame, hopelessness, and boredom. Linear Mixed Models (LMMs) were applied to evaluate the main effects of resilient coping and

time, as well as their interaction.

Findings revealed that resilient coping was a consistent and robust predictor across all eight emotions. Students with higher BRCS scores reported elevated levels of positive emotions, especially hope and pride, and significantly lower levels of negative emotions, including anger, anxiety, shame, hopelessness, and boredom. Among the negative emotions, anxiety, shame, and hopelessness showed the strongest inverse associations with resilient coping, underscoring its protective influence against stress-related and self-evaluative emotional distress.

With regard to temporal patterns, only enjoyment demonstrated a significant time effect, indicating variability across the semester that may relate to shifts in academic context or workload. Anxiety exhibited a marginal trend over time, whereas the other emotions remained notably stable across all measurement points. Additionally, the interaction between resilient coping and time reached significance exclusively for enjoyment, suggesting that resilient coping shapes both the level and temporal trajectory of this specific positive emotion. For the remaining emotions, resilient coping affected overall intensity but did not modify their temporal stability.

Overall, the results highlight resilient coping as a key psychological resource that promotes emotional well-being in higher education. By enhancing positive emotional experiences and mitigating negative emotional responses, resilient coping offers valuable implications for resilience-building programs, mental health interventions, and supportive pedagogical practices in university settings.

Keywords: *resilience, academic emotions, coping, longitudinal design, mixed models*

A175 Multisystemic Resilience and Bullying Among Chinese Youth: A Latent Class Analysis

Xiaolu DAI, Xingguang Social Work Agency, China

Shuang LU, University of Central Florida, United States

Abstract

Background: Bullying represents a critical global public health concern. In China, rapid urbanization and migration create distinct social identities—urban, rural, and migrant youth—each shaped by unique sociocultural and economic contexts. The multisystemic resilience framework posits that individual, relational, and institutional resources collectively mitigate adversity. Yet, the application of this framework to bullying across these identity groups remains underexplored.

Objective: This study employs LCA to (1) identify latent classes of resilience factors among urban, rural, and migrant Chinese youth and (2) examine their associations with bullying perpetration and victimization. **Methods:** Data were drawn from the 2018 “Survey on Vulnerable Populations” (N=3,322 households, 29 provinces), employing multistage, stratified, random-cluster sampling. Bullying status (perpetrator, victim, both, or neither) was self-reported. Resilience was assessed across intrapersonal (i.e., self-esteem, hope), interpersonal (i.e., caregiver resilience, peer relationships), and institutional (i.e., neighborhood safety, family income) domains. LCA identified resilience classes for each subgroup, and multinomial logistic regression evaluated their associations with bullying outcomes, adjusting for age, sex, household income, and parental marital status.

Results: Figure 1 shows the share of youth having the given protective factor for each of the 8 classes. While migrant youth only had two classes (high and low resilience), urban and rural youth each had three classes (high, medium, and low resilience). Figure 2 illustrates the relationship between resilience classes and bullying status. Urban high-resilience youth had the highest likelihood of avoiding bullying or perpetration, while rural low-resilience youth had the lowest. Generally, higher protective factors correlated with lower bullying likelihood, though this effect was minimal for migrant youth. Our findings highlight the significant influence of the “urban/rural/migrant” social identity on Chinese youths’ bullying involvement, emphasizing the role of social context in shaping resilience processes. These results underscore the need for targeted interventions to strengthen multisystemic resilience, particularly in rural and migrant youth.

Keywords: *multisystemic Resilience; bullying; latent class analysis*

A194 Emphatic Understanding and Faith Among Filipino Caregivers of Persons Living with Dementia

Sweet Marvelous RAFINIAN, De La Salle University, Philippines

Jehiel GARDUQUE, Philippine Christian University, Philippines

Abstract

This study assessed the association and predictive relationship between empathic understanding (pagkamaunawain) and faith (pananampalataya) among Filipino caregivers of persons living with dementia (PLWD) within the psychological framework of Filipino Psychology (Sikolohiyang Pilipino) shared identity (kapwa) traits. Seventy-eight caregivers who met the inclusion criteria participated through purposive sampling technique. Two culturally validated tools were utilized, the Comprehensive Measure of Personality (Masaklaw na Panukat ng Loob) (Del Pilar, 2017) to evaluate empathic understanding, and the Filipino Spirituality Scale (Yabut, 2018) to measure faith. Data were analyzed using correlation and simple regression in Statistical Package for the Social Sciences (SPSS). Results indicated a significant moderate positive correlation between empathic understanding and faith, ($r = .387, p < .001$). Regression analysis further revealed that empathic understanding significantly predicted faith, $F(1, 76) = 13.36, p < .001$. The findings concluded that empathic understanding and faith were evident shared identity traits of Filipino caregivers of PLWD. In which, the development of support for carers in response to the World Health Organization's Global Action Plan may be inclined to culturally sensitive interventions that empower profound empathy and spiritual norms. And, may be extended to community-based resilience practice of dementia care initiatives in the Philippines to reinforce the sustainable development goal of good health and well-being.

Keywords: *empathic understanding, faith, shared identity*

A239 **Unveiling Drug Abuse Trajectories Among School-going Adolescents in Malaysia: A Qualitative Exploration of Risk, Resilience, And Recovery**

Nurul Shafini Binti SHAFURDIN, National University of Malaysia, Malaysia

Abstract

Drug abuse among adolescents in Malaysia remains a significant public health concern, particularly in relation to adolescents' capacity to cope with life stressors, transitions, and psychosocial challenges. Understanding drug abuse trajectories, including initiation, continuation, cessation, and relapse, is essential for identifying both vulnerability and resilience factors that influence adaptive functioning. This study explores drug abuse trajectories among school-going adolescents in Malaysia using a qualitative, in-depth interview approach, with emphasis on challenges associated with substance use and resilience-related factors supporting cessation and recovery. The study was conducted in two phases. In Phase 1, the Alcohol, Smoking, and Substance Involvement Screening Test (ASSIST) was administered to identify adolescents at high risk of substance use within the past three months. In Phase 2, a subset of high-risk adolescents participated in three longitudinal, in-depth interviews over a three-month period using a validated interview protocol developed by experts from Universiti Kebangsaan Malaysia. Interviews explored experiences related to drug use initiation, cessation, relapse, coping strategies, and future aspirations, and were conducted in private settings to ensure confidentiality. Thematic analysis revealed that initiation of drug use was commonly associated with family conflict, peer influence, and increased accessibility to substances through part-time employment. Relapse was frequently triggered by psychological stress, cravings, and exposure to high-risk environments. In contrast, sustained abstinence was supported by resilience-enhancing factors, including strong social support, reduced substance availability during the COVID-19 pandemic, adaptive coping strategies, and future-oriented planning related to educational and career goals. These findings highlight the dynamic interplay between risk and resilience in shaping adolescents' drug abuse trajectories and underscore the importance of resilience-focused interventions to support long-term recovery amid life changes and challenges.

Keywords: *adolescent resilience, drug abuse trajectories, qualitative study, coping strategies, Malaysia*

Oral Presentations #4 Theme: Recovery across Health Challenges

Venue: Research Complex Low Block RLB502

A57 **From Treatment to Thriving: Bridging the Gap in Supportive Care for Breast Cancer Survivors**

Alice Shuk Fan YIP, Saint Francis University, HKSAR, China

Abstract

The incidence of breast cancer and the population of breast cancer survivors are increasing globally. The increasing population of breast cancer survivors presents a correspondingly rising demand for supportive care services. This study aims to understand

the impact of unmet supportive care needs on breast cancer survivors in Hong Kong. Semi-structured interviews were conducted with a purposively sampled group of twelve breast cancer survivors in Hong Kong, employing a phenomenological approach. Data analysis was performed using Colaizzi's seven-step method. Three key themes emerged (1) coping and resilience, physical activity, and health information needs; (2) emotional health and psychosocial adaptation; and (3) Maintaining relationships and intimacy. This study offers novel insights into the lived experiences of breast cancer survivors, exploring their coping mechanisms and resilience throughout various treatment phases. Findings reveal unmet needs related to their care, highlighting opportunities for enhanced support. A deeper understand of these unmet needs can inform and strengthen healthcare providers' ability to deliver comprehensive, patient-centred services that effectively address the varied needs of breast cancer survivors across the disease continuum.

Keywords: *breast cancer survivors, coping, resiliency, unmet care needs*

A126 Grief in Words: Exploring Emotional Resilience in Digital Hospice Narratives

Jenny Yau Ni WAN, Hong Kong Shue Yan University, HKSAR, China

Abstract

This study is an applied linguistic exploration of the healthcare context, exploring how carers and families of terminally ill patients express and manage anticipatory grief through digital storytelling in hospice care settings. Through analyzing first-handed personal narratives shared on hospice websites and support group forums in Hong Kong and the UK, we aim to understand how language helps individuals express and cope with the emotional challenges of end-of-life care. Using an English text corpus of 1,000 stories with a combined word count of over 600,000, we investigate how linguistic elements like verb choices, evaluative expressions, and personal pronouns influence emotional connection and resilience. Drawing on Systemic Functional Linguistics (SFL) and we analyze how different communication styles reflect interpersonal relationships, emotions and cultural values. Our initial findings suggest that the digital platform is playing an increasingly important role in helping patients, carers and communities to process grief and build emotional resilience. Hospice websites tend to use formal, structured language, whereas support forums offer more personal and emotive expressions. UK narratives frequently exhibit individual perspectives, whereas Hong Kong stories tend to emphasize family and communal support. These subtle differences reveal how carers and patients navigate grief in institutional and peer-led spaces across different cultures. This interdisciplinary research contributes to a deeper understanding of how language can support mental health and emotional adaptation during life's most challenging periods. It also offers practical insights for improving hospice communication and support services across cultures. Acknowledging the lived experience of grief, we hope to support the wider goal of promoting well-being and resilience among palliative groups.

Keywords: *anticipatory grief, terminal ill, digital narratives, resilience, hospice care*

A144 Resilience for Whom – Implications of Individual Resilience for Relationship Development

Chung-ming CHAN, The University of Hong Kong, HKSAR, China

Abstract

Nowadays in our society, most people have heightened consciousness of their health as well as mental functioning, and there is abundant information and daily discussion on health-related subjects. As indicated by Hong Kong's long life expectancy, our general knowledge and mechanism to prevent and cope with health problems has made considerable advancement over the decades. In the meantime, the number of divorces has increased significantly over the past decades, from a crude divorce rate (per 1000 population) of 1.11 in 1991 to 2.82 in 2019, with adultery and parenting conflicts being the major factors. And few would disagree that family as a support system has been disintegrating. Moreover, WHO has in 2023 declared loneliness a pressing health threat, suggesting that one in six people globally reports feeling lonely and citing irrefutable evidence that "social health – our ability to form and maintain meaningful human connections" has been ignored by our health systems. It seems that while one's individual resilience is enhanced with better health and longevity, they have at the same time become socially isolated. These conflicting and paradoxical phenomena pose some important questions for our consideration. What is the relationship between an individual's resilience and the resilience of a couple or a family in holding their bonding? Is relationship resilience an integral part of an individual's health development? Or is one's health functioning becoming decontextualized from their family and other relational systems? What are the causes and what is the remedy for this decontextualization? In this presentation, based on my clinical work and training experience,

I will provide further observation related to the above phenomena and share experiences of conducting a series of relationship workshops for the public with a view to raising people's awareness and coping of their increasingly complex and difficult emotional-cum-relational issues in modern days.

Keywords: *community resilience, urban, waste management, sustainability, and public participation*

A179 Cognitive Reserve and Psychosocial Functioning as Resilience Factors in Cerebral Small Vessel Disease in Mid- to Older-aged Adults in Singapore

Cassandra LEE, National University of Singapore, Singapore

Donald Hong Huang YEO, National University of Singapore, Singapore

Nagaendran KANDIAH, Nanyang Technological University, Singapore

Kiirtaara ARAVINDHAN, Nanyang Technological University, Singapore

Abstract

Cerebrovascular health is a key determinant of cognitive ageing, with poorer cerebrovascular profiles associated with reduced global cognition and domain-specific impairments, particularly in processing speed and executive functioning. Cerebrovascular burden, indexed using magnetic resonance imaging markers including white matter hyperintensities, lacunes, cerebral microbleeds, and enlarged perivascular spaces, is especially salient in Asian populations, where cerebral small vessel disease is highly prevalent from midlife onwards. This highlights the importance of identifying modifiable resilience factors within this demographic.

Cognitive reserve, commonly operationalised through educational attainment, occupational complexity, and engagement in cognitively stimulating activities, has been proposed as a protective factor against the cognitive impact of neural pathology. However, limited work has examined cognitive reserve as a moderator of the cerebrovascular burden-cognition relationship that also accounts for psychosocial determinants. Psychosocial factors, including depressive and anxiety symptoms, and social engagement, are increasingly recognised as contributors to cognitive trajectories and may interact with cognitive reserve to shape resilience to vascular brain pathology.

Using data from a mid- to older-aged Singaporean cohort, this study examines associations between cerebrovascular burden and global and domain-specific cognitive outcomes, and explores whether cognitive reserve and psychosocial functioning modify these relationships. Analyses are currently ongoing, and findings are preliminary. By integrating cerebrovascular risk, cognitive reserve, and psychosocial functioning within a framework, this study aims to advance a more nuanced understanding of resilience in vascular cognitive ageing and to identify potential targets for early prevention and intervention in Asian ageing populations.

Cerebrovascular health is a key determinant of cognitive ageing, with poorer cerebrovascular profiles associated with reduced global cognition and domain-specific impairments, particularly in processing speed and executive functioning. Cerebrovascular burden, indexed using magnetic resonance imaging markers including white matter hyperintensities, lacunes, cerebral microbleeds, and enlarged perivascular spaces, is especially salient in Asian populations, where cerebral small vessel disease is highly prevalent.

Keywords: *cognitive reserve, psychosocial functioning, cerebral small vessel disease, resilience, cognitive ageing*

A222 "Challenges Compounded": A Qualitative Analysis on Pandemic-Specific Challenges and Unmet Supportive Care Needs among Hong Kong Breast Cancer Survivors Diagnosed During COVID-19

Nelson Chun-yiu YEUNG, The Chinese University of Hong Kong, HKSAR, China

Stephanie Tsz Yung LAU, The Chinese University of Hong Kong, HKSAR, China

Victor Chi Wing TAM, The Chinese University of Hong Kong, HKSAR, China

Abstract

Receiving diagnosis of and living with breast cancer during COVID-19 can be particularly stressful. Western studies suggest that cancer survivors commonly report different domains of unmet supportive care needs (SCNs) during COVID-19. Given the different pandemic situations across regions, whether those findings applied to the breast cancer survivors (BCS) in Hong Kong is unclear. Using a qualitative approach, we explored the unmet SCNs and COVID-19-specific challenges among local BCS.

With purposive sampling, 30 BCS (diagnosed since 2020) recruited from the Hong Kong Breast Cancer Registry participated in semi-structured interviews in June-December 2022. The interview scripts were coded line-by-line and analyzed thematically using ATLAS.ti.

Four themes on pandemic-specific challenges were emerged, including: 1) body check delays and cancer treatment/service disruption.

tion of body check schedules prior to diagnosis, 2) treatment delays due to pandemic-control regulations; 3) frustrations towards frequent changes in hospital/clinic visits arrangements (e.g., compulsory nucleic acid testing), and 3) worries about contracting COVID-19 and its impacts on scheduled treatments and cancer prognosis. Moreover, six themes on unmet SCNs were identified, participants reported: 1) high pain disturbance and physical limitations following breast cancer surgery (physical); 2) needs to manage their emotions due to worries about future/cancer recurrence (psychological); 3) lack of information about recovery from treatments (informational); 4) long waiting time and shorter-than-expected medical consultations in public hospitals (medical care); 5) challenges in sexual life due to bodily changes; and 6) financial burdens from costly cancer treatments and check-ups (financial). Our findings highlight the multifaceted unmet supportive care needs of BCS (including physical, psychological, informational, sexual, and financial domains); comprehensive supportive care extending beyond medical treatments should be provided to address BCS' holistic well-being. The local pandemic-specific challenges also reveal unique vulnerabilities in breast cancer care during COVID-19. Healthcare systems should implement preparatory plans to address unmet needs and crisis-specific challenges, ensuring better care for BCS during future infectious disease outbreaks.

Keywords: *breast cancer survivors, pandemic-specific challenges, supportive care needs, trauma, COVID-19*

Oral Presentations #5 Theme: Community and System Level Resilience in Different Countries

Venue: Research Complex Low Block RLB303

A125 Blood and Land: Kinship-based Mental Well-being Disparities in Urban Renewal
Yuxuan HU, The Hong Kong University of Science and Technology (Guangzhou), China

Abstract

A pragmatic urban renewal policy in Guangzhou unexpectedly turned birthright into economic destiny by granting land rights to ancestral clans. Using surname-matching data ($n=3,850$) in a nested comparison design, we examined mental well-being disparities between clan members and non-members within kinship-dominated communities. Non-members showed 10–12 point lower mental well-being scores ($p<0.001$), with 28% mediated by exclusion from collective land wealth. While achieving development goals, this pragmatic policy activated hereditary boundaries in resource distribution, creating permanent health inequalities. The findings reveal how institutional recognition of ascriptive categories manufactures inequality through policy design rather than failure, suggesting governance reforms must prioritize equity alongside efficiency in urban redevelopment.

Keywords: *urban renewal, kinship organisations, mental well-being, health disparities, institutional inequality, China*

A132 Integrating Psychological Resilience into Organisational Health: A Multidisciplinary Approach
Shane WARREN, International Resilience Institute Sydney, Australia

Abstract

Today's workplaces are characterised by rapid change, rising stress and increasing demands, hence, psychological resilience has become a foundational component of sustainable organisational health. This paper explores how resilience-frameworks, traditionally developed in therapeutic and clinical settings, can be systematically integrated into corporate health strategies to enhance employee well-being, reduce burnout and drive organisational performance. Drawing on the applied experience of IRIS and SWAA consultants, this work presents real-world applications of resilience training programs, executive coaching modules and enterprise-wide implementation initiatives. The discussion highlights how embedding resilience at the individual, team and systemic levels fosters psychological safety, engagement and adaptability leading to measurable outcomes such as improved retention, increased productivity and higher job-satisfaction. Implementation challenges are also examined, including organisational culture barriers, resource constraints and sustaining change over time. Practical strategies are offered for overcoming these obstacles, emphasising the importance of leadership buy-in, ongoing reinforcement and alignment with broader health-and-wellness programmes. By bridging clinical insight with business pragmatism, this paper demonstrates that resilience is not only a personal coping capacity but also a vital organisational asset in an era of volatility and complexity. Organisations that proactively cultivate resilience are better equipped to support their people through change, reduce the risk of burnout and build more adaptive, high-performing work environments. The evidence from case-studies underscores the role of resilience training as a strategic investment in both human and organisational health.

Keywords: *resilience, organisational health, employee well-being, burnout prevention, psychological safety*

A134

Building a Resilient Mental Health System: A Broad-church Pathway to Care

Shane WARREN, Vocational Mental Health Practitioners Association Australia, Australia

Philip ARMSTRONG, Vocational Mental Health Practitioners Association Australia, Australia

Susan SANDY, Vocational Mental Health Practitioners Association Australia, Australia

Abstract

The Vocational Mental Health Practitioners Association of Australia (VMHPAA) advances a holistic, broad-church vision for a nation's mental health ecosystem one that recognises resilience not only as an individual trait but as a system quality. In this framework, resilience is cultivated through diversity, inclusion, and collaboration across all levels of practice.

VMHPAA's pathway model proposes a shift away from rigid, hierarchical "stepped care" toward an integrated, person-centred pathway where supports overlap rather than replace one another. The model identifies four "bends" in the care journey: (1) grassroots and community support; (2) vocational and psychosocial counselling; (3) specialist psychological and clinical interventions; and (4) acute or medical care. At each bend, new expertise is added while earlier connections remain active ensuring continuity, trust, and relational safety.

Grounded in evidence from the Australian Institute of Health and Welfare (2024–2025), the Black Dog Institute (2022), and the NSW Mental Health Commission's Living Well plan (2014–2024), the pathway demonstrates that early, community-based, and multidisciplinary interventions reduce crisis escalation and improve recovery outcomes. The model also strengthens workforce resilience by affirming the value of all practitioners, from lived-experience peer workers to psychiatrists, and embedding opportunities for cross-disciplinary supervision, shared language, and hybrid triage systems that blend digital tools with human connection.

This paper presents policy and implementation recommendations for embedding the pathway into mental health planning at local, regional, and national levels. By framing mental health as a pathway to care rather than a tiered system, VMHPAA argues that a resilient workforce builds a resilient service and that sustainable wellbeing emerges when no discipline stands above another, but all stand together in service of the person.

Keywords: *resilience, integrated care, workforce development, peer support, vocational counselling*

A143

Leveraging Community Resilience to Enhance Urban Solid Waste Management

Krish RUGCHATJAROEN, Mahidol University, Thailand

Abstract

Abstract

Urban solid waste management (SWM) regularly creates environmental and public health hazards, exacerbating short-term disastrous events (for example flooding) and chronic stresses on cities (for example, increasing waste volume). Much of the customary "end-pipe" approach to waste management also worsens existing inequities in waste systems and infrastructure. This article argues that one of the most important, but least appreciated, ways to achieve more sustainable and effective urban SWM systems is to foster community resilience: the capacity of local communities to collectively anticipate, prepare, reduce, adapt to, respond to, recover from and learn from waste-related shocks and stresses through self-organization and collective action.

System resilience is improved where community sustainable actions are widely integrated into the urban system, as they relieve the heavily relied-on city systems. Examples of actions to improve this resilience include meaningful participation, environmental education, and localized practice of the Reduce, Reuse, Recycle (3Rs) principles. Local programs such as organic waste composting and material recovery schemes reduce local waste and increase social capital and local self-sufficiency, which are among the principal features of community resilience.

A multi-stakeholder approach, with government enabling, business developing and citizens cooperating, will not only help ensure the short-term success of such initiatives, but will also help them to scale up. Educating citizens on how to dispose of their rubbish correctly can lead to a city transforming a waste challenge into an opportunity for sustainable urban development, urban security, and urban quality of life. This approach shifts the paradigm from simple waste disposal to a holistic, inclusive, and adaptive resource management system that can better withstand future uncertainties.

Keywords: *community resilience, urban, waste management, sustainability, and public participation*

Impact of Work Arrangement Factors on Work-life Balance via Self-Compassion

A156 *Felix Kwan Ching WONG, Hong Kong Shue Yan University, HKSAR, China*
Raysen Wai-leung CHEUNG, Hong Kong Shue Yan University, HKSAR, China

Abstract

Technological progress, dual-income households, and diversified working arrangements have prompted discussion on work flexibility (WF) and work permeability (WP) as vital factors for work-life balance (WLB). This study examines how WF and WP affect WLB and explores the roles of self-compassion (SC) and remote work (RW) enablement in Hong Kong, in order to inform empowerment of employees' attitude and company arrangement in an actionable manner in the local Hong Kong context. Survey data from 184 local employees were analysed using two parallel moderated mediation models. Results show WF has a marginally positive direct effect on WLB, while WP has a significantly stronger negative direct effect. SC fully mediates the relationship between WF and WLB, but not between WP and WLB. RW does not moderate either relationship.

The study results emphasise the malleable protective role of employees' flexible working arrangement and self-compassionate attitude in work-life balance, advocating the usefulness of relevant interventions and psychoeducation about mindfulness practices, mindset reframing and self-gratitude, etc. Employers should also note WP's detrimental impact and avoid excessive boundary penetration that employees may hardly resist. Since SC does not explain WP's effect, future research should explore other mediating mechanisms. Additional studies could also examine non-linear RW effects and other flexible arrangements to enhance employee autonomy—aspects beyond this study's scope.

Keywords: *work-life balance, self-compassion, work flexibility, work permeability*

Stage-Specific Needs of Drug Users in Compulsory Rehabilitation Centre in China: A Qualitative Study

Yajing MA, China University of Mining and Technology, China

Abstract

Background: Compulsory compulsory rehabilitation centers serves as a primary intervention approach for people who use drugs in China. While there is limited understanding of the specific needs of individuals at different stages of their rehabilitation journey.

Aim: This study aimed to examine the lived experience of individuals in a compulsory drug rehabilitation center in China, identifying their needs at different stages of rehabilitation, to inform the development of relevant resources and support services.

Methods: Semi-structured individual interviews were conducted with 33 men who use drugs at a compulsory drug rehabilitation center in Jiangsu Province of China. The interviews topics focused on their experiences, challenges, and perceived needs. Thematic analysis was used to analyze the data.

Results: Three themes emerged: (1) Navigating entry: Balancing relief with anxiety while managing withdrawal; (2) Engaging recovery: benefiting from structured support while confronting persistent psychological challenges; and (3) Anticipating reintegration: preparing for social reconstruction amid concerns about stigma and relapse.

Conclusion: This study reveals differentiated needs across rehabilitation stages, shifting from physical withdrawal and emotional adjustment at entry, to persistent psychological cravings during stay, to social reintegration and relapse prevention post-release.

Findings support a stage-specific approach that addresses psychological and social recovery beyond detoxification.

Keywords: *Needs assessment, drug rehabilitation, compulsory treatment, China, qualitative research*

Panel Discussion

Unveiling Resilience: The Strength of Cancer Patients, Survivors and Oncology Nurses

Venue: Research Complex Low Block RLB502

DO1

Factors Affecting the Resilience of Nurses in Oncology: A Scoping Review*M.T. TAM, University of Hong Kong, HKSAR, China**A.M.L. CHAN, Tung Wah College, HKSAR, China**A.C.S. CHAN, North District Hospital, HKSAR, China**Y. N. LEUNG, Kwong Wah Hospital, HKSAR, China***Abstract**

Nurses in oncology frequently encounter life-and-death situations, often caring for patients with severe and critical conditions at an early life stage. This exposure can lead to psychological distress and secondary trauma, negatively impacting their performance and increasing turnover rates. This article aims to explore the factors that influence the resilience of nurses working in oncology.

We utilized keywords such as “resilience,” “burnout,” and “compassion satisfaction” to search five databases (PubMed, CINAHL Ultimate, MEDLINE Ultimate, Academic Search Ultimate, APA PsycInfo) for relevant articles published within the last 10 years. The study team conducted a review of titles and abstracts.

Out of 203 articles, 24 were selected for inclusion. The study designs comprised twelve cross-sectional studies, alongside correlational, quasi-experimental, randomized controlled trials, and a qualitative study, involving a total of 3,965 subjects with work experience ranging from one to 29 years. Our findings revealed that oncology nurses reported high levels of burnout, emotional exhaustion, decreased satisfaction with work-life balance, and insufficient support. Resilience emerged as a key predictor of oncology nurses’ psychological well-being, influencing emotional stress, job burnout, and turnover intentions. Factors that promote resilience included positive attitudes towards death, marital status, years of experience in oncology, age, job satisfaction, reduced turnover, lower levels of workplace incivility, higher educational attainment, and receipt of death-related education.

The resilience of nurses is interrelated with various factors, including personal psychological well-being, quality of life, compassion satisfaction, burnout, and turnover intentions. This article provides evidence to inform nursing management about the importance of nurse well-being and highlights the need to promote resilience among nurses. Future research should focus on effective strategies to enhance nurse resilience.

Keywords: *oncology nurses, resilience, burnout, compassion satisfaction and fatigue*

DO2

Resilience through Community Connection and Culturally Competent Healthcare Service: Cancer Management for South Asians in Hong Kong*Flora Pui Yan LAU, Hong Kong Shue Yan University HKSAR, China***Abstract**

This presentation examines how South Asian cancer survivors enhance their resilience and overcome cancer through social connections and culturally competent healthcare service. Based on 38 in-depth interviews with cancer patients, caregivers, and healthcare professionals from April 2022 to October 2023, the study reveals two key areas for building resilience for cancer patients and improving their cancer coping process.

First, the research findings suggest that it is important to utilize healthcare, informational, and emotional resources through community networks. Aligning with Woolcock’s framework of social capital, it shows that individuals with robust bonding, linking, and bridging social capital can easily reduce complications in accessing the healthcare system and hence, enhancing cancer treatment outcomes. Ethnic minority community leaders play a crucial role, as they can mobilize resources at various societal levels and offer patients and survivors sustainable support. The findings also point out the limitations of mainstream NGOs in addressing cancer management, while highlighting the importance of grassroots NGOs in providing essential resources for the South Asian interviewees. Second, the findings reveal issues of cultural competence within Hong Kong’s healthcare delivery. While some patients and their caregivers were ignorant of the translation services and were uncomfortable to the hectic or somewhat blunt attitude of medical practitioners, some were skeptical to the western-oriented cancer treatment provided by the public hospitals in Hong Kong. The extent to which cultural competence is practiced in Hong Kong is perceived differently among individuals.

In sum, this presentation highlights that the resilience of ethnic minority cancer patients can be strengthened by empowering grassroots NGOs, enhancing interpretation services, and improving public healthcare delivery. It also addresses to the need for a more inclusive and empowering culturally competent healthcare framework that addresses the unique experiences of South Asian

cancer patients.

Keywords: *ethnic minorities, cancer management, survivors, cultural competence, NGO*

DO3 When Exercise Meets Social Support: How Professional Supervision May Shape Immunity and Recovery Pathways in Cancer Survivors

Jingyu WANG, Sungshin Women's University, Seoul, South Korea

Ziqian WANG, Sungshin Women's University, Seoul, South Korea

Yuxuan HE, Sungshin Women's University, Seoul, South Korea

Abstract

Cancer survivors often face multiple challenges during recovery, including impaired immune function, chronic inflammation, and substantial psychological distress. Drawing on three systematic reviews conducted by our team on inflammatory, metabolic, and angiogenesis-related biomarkers, we found that regular exercise is associated with meaningful improvements in circulating markers such as IL-6, TNF- α , and CRP among cancer survivors. Notably, a growing body of evidence suggests that exercise-induced immune modulation may be relevant not only for physiological recovery but also for alleviating anxiety and depressive symptoms—psychological outcomes that are themselves closely linked to social support, life stressors, and resource availability.

Importantly, our regression results further indicate that professional supervision (e.g., clinical exercise specialists, physiotherapists) may play a critical strengthening role in exercise interventions. Compared with home-based or self-directed programs, supervised interventions appear more likely to enhance adherence, reduce exercise-related risks, and improve the fidelity of exercise execution. In addition, professional supervision often provides elements of emotional support, perceived safety, feedback structures, and accountability. In certain contexts, these institutionalized and structured components may function as a form of “structured social support,” potentially reducing cognitive burden and uncertainty during rehabilitation and thereby facilitating more sustained engagement.

These findings highlight the importance of incorporating professional supervision into broader social support systems when designing exercise-based rehabilitation programs for cancer survivors, and of coordinating such supervision with family, peer, and community resources. Future interdisciplinary research may further examine how different forms of social support shape adherence to exercise prescriptions; whether diverse support sources influence inflammatory processes through psychological resilience or stress physiology; and how sustainable, socially embedded rehabilitation networks can be established in resource-limited or unequal settings. Such insights may help deepen the intersection of sociology and exercise oncology and contribute to more integrative recovery frameworks.

Keywords: *cancer survivors, exercise intervention, immune regulation, professional supervision, structured support*

DO4 The Mechanism Underlying the Influence of Multidimensional Social Support on Posttraumatic Growth in Young Male Cancer Survivors

Pengfei LYU, Hong Kong Shue Yan University HKSAR, China

Abstract

Usually, young men are the main carriers of family responsibilities and assume important family and social roles, and this group is at a critical stage of socialization. However, cancer disrupts the normal rhythm of development in young men, preventing them from taking on their original social roles. For male cancer patients, cancer also impacts their masculinity. Therefore, post-traumatic growth (PTG) in young male cancer patients (YMCS) should not only consider the problems caused by cancer, as post-traumatic growth may be moderated by gender role conflicts. This study discusses the influence mechanism of mental toughness of YMCS from three dimensions: family support, peer support, and work support, and explores the moderating role of masculinity in it. This study is a qualitative study that collects research data by interviewing a total of 14 young male cancer patients with an average age of 28.5 years and 6 months after cancer treatment.

It has been found that the social support system formed by family, peers, and work affects the development of mental resilience in YMCS, and masculine characteristic of men plays an intermediate role in regulating it. This study integrates the chain structure formed by YMCS: “social support supply - masculinity cognitive filtering - support perceptual transformation - PTG generation”, and masculinity plays a differentiated moderating role by shaping reception attitudes, screening support forms, and regulating conversion efficiency. Research confirms that non-critical care in the family, empathy from male peers, and validation at work can weaken traditional masculinity and lead to YMCS resistance to support. Therefore, this study proposes a coping strategy, “mas-

culine adaptation support,” to guide the cognitive resilience of YMCS characters and transform support into acceptable “ability support” rather than a “vulnerability label” by aligning with the expression logic of traditional masculinity, ultimately activating psychological resilience and PTG.

Keywords: *young male cancer survivors, social support, post-traumatic growth, gender role*

Poster Presentation: Day 1

Venue: Mrs. Dorothy Koo and Dr Ti Hua Koo Plaza

P127 The Relationship Between Post-Traumatic Stress Disorder (PTSD) Symptoms and Psychological Well-Being Moderated by Social Support Among Children of Refugees During COVID-19 Pandemic in Malaysia

Qistina Nur HIDAYAH, University of Cyberjaya, Malaysia

Hazlina ALIAS, University of Cyberjaya, Malaysia

Abstract

This study examined the moderating effect of social support from parents, teacher, classmates and friends on the relationship between PTSD symptoms and psychological well-being among the refugee children in Klang Valley, Malaysia during the COVID-19 pandemic. The 158 participants, aged eight to 15 were recruited using the pen and paper method. Participants answered surveys measuring PTSD symptoms (Revised Children’s Impact of Event Scale – CRIES-8); psychological well-being (Stirling’s Children Well-Being Scale); and social support (Social Support Scale). Findings showed that there was no significant relationship between PTSD symptoms and psychological well-being; however, social support by classmates and friends significantly moderate the interaction between PTSD symptoms and psychological well-being. These findings enhance the understanding of refugee children’s psychological well-being and the role of peer support in navigating through the pandemic.

Keywords: *Social support, ptsd symptoms, psychological well-being, refugee, children, covid-19 pandemic*

P152 Mitigating Maternal Anticipated Shame to Facilitate Outdoor Play for Neurodivergent Children

Suk Ching SO, Independent Scholar

Juan CHEN, The Hong Kong Polytechnic University, HKSAR, China

Abstract

The Knowledge, Attitudes, and Practices (KAP) model is often used to assess misconceptions about public health issues, as well as interventions designed for behavior change. However, its application in exploring the psychological experiences of mothers with depression has been overlooked. By examining the outdoor play between mothers with depression and their neurodivergent children, this study aims to i) expand the KAP model by focusing on the psychological distress of mothers with depression; and ii) address potential strategies for mitigating maternal psychological distress.

In this study, among the sixteen mothers with depression recruited from Hong Kong Integrated Community Centre for Mental Wellness, ten of their children had been either diagnosed as or were suspected to be neurodivergent. Semi-structured interviews were first conducted with the mothers.

Mother-child play interactions were then video-recorded and analysed using Allan’s directive speech act framework. Extending beyond the conventional KAP model, apart from experiences of maternal childhood play (knowledge), perceptions of play (attitude), mother-centred interactions (practice), our study shows that the mothers’ depressive symptoms and anticipated shame also influence their outdoor play with their children.

Mothers with depressive symptoms often anticipate shame, given their previous experiences of failing to manage their children’s behaviours and emotions. This anticipation, in turn, prompts maladaptive coping strategies—including social withdrawal, punitive parenting practices, and emotional rejection of their children. Consequently, these parenting hardships not only constrain opportunities for children’s outdoor play but also adversely influence optimal child development and weaken mother-child bonds.

Results indicate that Child-Parent Relationship Therapy (CPRT) training serves to address these issues by nurturing maternal sensitivity, fostering perspective-taking, and promoting greater acceptance. Through structured, positively reinforced play experienc-

es, CPRT can subsequently reduce the risk of maternal relapse, improve caregiving capacity, and alleviate children's mental health challenges—ultimately breaking the cycle of family mental health problems.

Keywords: *mothers with depression, anticipated shame, outdoor play and neurodivergent children*

P154

Molding Resilience: A Qualitative Exploration of the Therapeutic and Empowering Experience of Ceramics for People Living with Rheumatoid Arthritis in Hong Kong

Alice Ka Huen YIP, Saint Francis University, HKSAR, China

Cecilia Wai Ping LI TSANG, Hong Kong Arthritis & Rheumatism Foundation, HKSAR, China

Calvin Chi Kong YIP, Tung Wah College, HKSAR, China

Tim Man Ho LI, The Chinese University of Hong Kong, HKSAR, China

Abstract

Background: Rheumatoid Arthritis (RA) is a chronic autoimmune disease characterized by joint inflammation and pain, particularly affecting hand function and dexterity. While pharmacological treatments manage symptoms, psychosocial interventions that enhance resilience and physical engagement are crucial for holistic care. Ceramics, requiring fine motor skills and hand strength, presents a unique, albeit challenging, medium for rehabilitation and self-expression. This study explores the lived experiences of RA patients in Hong Kong participating in a ceramics workshop, investigating how artistic engagement fosters resilience and psychological well-being.

Method: A qualitative descriptive approach was employed. Using purposive sampling, eight participants diagnosed with RA were recruited to complete a hands-on ceramics workshop followed by semi-structured interviews. Data were analysed using thematic analysis. To ensure the trustworthiness of the study, Lincoln and Guba's criteria for rigor were strictly applied throughout the data collection and analysis phases.

Results: Three key themes emerged reflecting the participants' journey toward resilience: (1) Strengthening the Self, where participants described the process of exceeding their own expectations regarding their physical limitations, transforming perceived disability into capability; (2) Clay as Connection, highlighting the vital role of peer support; the shared struggle and success in the workshop fostered a unique communal bond; and (3) Tangible Pride, where the final ceramic product served as a physical embodiment of their perseverance and achievement.

Conclusion: The findings suggest that ceramics is more than a creative pastime; it is a potent tool for fostering resilience and self-efficacy among RA patients. The tactile nature of clay offers a dual benefit of physical exercise and psychological empowerment. There is a clear need for patient support organizations and health institutes in Hong Kong to integrate such arts-based interventions into standard care. Furthermore, ceramics can be adapted as a home-based tool to facilitate regular hand exercises, promoting long-term physical health and emotional resilience.

Keywords: *ceramics, hand exercises, RA, resilience, rheumatoid arthritis*

P161

Qualitative Exploration of Father's Help-seeking Behaviours: Implications for Perinatal Care Services

Hoi Ki YEUNG, The Hong Kong Polytechnic University, HKSAR, China

Camilla Kin Ming LO, The Hong Kong Polytechnic University, HKSAR, China

Abstract

The perinatal period imposes significant mental health and role transition challenges on families. However, existing research primarily concentrates on maternal and infant health, leaving fathers' experiences and help-seeking behaviours underexplored. This qualitative study explored how Chinese fathers navigate their perinatal journey, including help-seeking behaviours and the factors that enable or hinder their access to mental health and social care. Understanding these dynamics is essential for developing effective support services tailored to fathers and families.

Twenty Chinese fathers in Hong Kong who have children aged 1-1.5 years old and screened for moderate psychological distress on the Kessler Psychological Distress Scale participated in face-to-face interviews. Initial data analysis has been conducted. Comprehensive thematic analysis will be completed, and key themes will be finalized and presented at the conference.

Four preliminary themes were identified: 1) Experience of a strong sense of invisibility during the perinatal journey — Fathers felt unseen by perinatal service providers; at home, they felt emotionally left-out as partners shift the focus to newborn, and their efforts were not appreciated. 2) Unspoken emotional struggles — Fathers internalized distress and prioritized their partners' emotional needs over their own. 3) Fathers often follow a hierarchy of help-seeking — starting with inaction or self-reliance, moving to

informal support, and viewing professional help as a last resort. 4) Fathers wish for a genuine father-inclusive and gender-sensitive environment that supports both fathers and mothers.

This study highlights that fathers experience significant challenges during the perinatal journey. Addressing these concerns requires service delivery to prioritize family-centered approaches and incorporate father-inclusive practices within perinatal care. Increasing awareness of paternal mental health needs can enhance the development of services that provide timely and appropriate support. Such measures are important for facilitating a supportive transition to parenthood, promoting cohesive family functioning, and contributing to positive outcomes for both parents.

Keywords: *fathers, perinatal mental health, help-seeking behaviours, health and social services, family-centered*

P162

A Study on Enhancing Self-efficacy and Well-being of elderly volunteers

Si Hang LOU, National Tsing Hua University, Taiwan

Kai Yin LEUNG, Macao Polytechnic University, Macau, China

Abstract

Objectives: Loneliness and social isolation among older adults have become pressing global health concerns. The World Health Organization's 2021 Advocacy Brief on Social Isolation and Loneliness highlighted the serious risks these issues pose to physical health, mental well-being, and overall quality of life. Recommended interventions included social skills training and befriending programmes to mitigate loneliness. More recently, the WHO Commission on Social Connections reported that one in six people worldwide experiences loneliness, underscoring its harmful impact and emphasizing the importance of strong social ties for longevity and well-being. Motivated by these findings, our research team explored strategies to reduce loneliness among residents of elderly homes. A review of existing literature revealed that participation in volunteer services fosters social connections, strengthens self-efficacy, and enhances well-being.

Methods: Building on this evidence, we launched the Elders as Life Mentors: A Volunteer Service Project from May to September 2025. This initiative engaged elderly home residents in structured volunteer activities, shifting their role from service recipients to service providers. The programme aimed to empower older adults, expand their social networks, and reduce feelings of isolation.

Results: Evaluation showed that participants reported consistently strong levels of self-efficacy and well-being both before and after involvement. This suggests that many residents, already accustomed to engaging in activities within elderly homes, possessed a solid baseline of confidence and resilience. While the programme did not produce dramatic increases in these measures, it reinforced existing strengths and provided meaningful opportunities for contribution.

Conclusion: Qualitative interviews offered deeper insights, revealing that elderly volunteers particularly valued cross-cultural exchanges. Many expressed enthusiasms for activities that fostered diversity and cultural learning. Future initiatives should integrate cross-cultural and intergenerational programs, encourage qualitative approaches, and empower older adults to autonomously design activities that promote mutual understanding, social participation, and inclusion.

Keywords: *Elderly volunteers, Quality of life, Self-efficacy, Social inclusion, Well-being*

P168

A Resilience Project for Mental Health and Well-being of Nursing Students During the Pandemic

Maria Shuk Yu HUNG, Saint Francis University, HKSAR, China

Dion Sik Yee LEUNG, The Hong Kong Polytechnic University, HKSAR, China

Abstract

Evidence shows that university students, especially nursing students, experienced considerable health impacts during COVID-19. As the future of healthcare professionals, they not only care for patients in hospitals but also promote the well-being of community members. It is essential for nurses to maintain their own physical and psychological health while embodying a positive attitude, compassion, and a desire to help and support others. To address these needs, a training project was implemented to enhance the mental health and well-being of nursing students from August 1, 2021, to April 30, 2022, during the pandemic. This feasibility study employed a mixed-methods design that combined a non-randomized waitlist-control survey with a qualitative descriptive study. A total of 60 students from two tertiary institutions were recruited. They participated in four 3-hour sessions of a positive psychology intervention that focused on laughter yoga exercises and training leaders in this practice. In total, 54 students completed the 12-hour training program: 31 from the intervention group and 23 from the control group. Of these, 48 students were successfully certified as Laughter Yoga Leaders. The project showed a positive short-term impact, as evidenced by significant differences between pre- and post-test questionnaires. The survey results echoed the findings from qualitative focus group interviews. Stu-

dents reported experiencing high levels of stress and emotional strain while managing their studies and clinical placements during COVID-19. Participants noted several benefits from the resilience project, including enhanced positive emotions, improved interpersonal relationships, reduced stress, and greater ability to cope during difficult times. They enjoyed the training and expressed willingness to introduce laughter exercises to their friends, family members, and local community. In the long term, promoting the mental well-being of nursing students will benefit not only the students themselves but also other college students, patients, the public, and the nursing profession as a whole.

Keywords: *resilience, positive psychology, well-being, mental health, laughter yoga*

P173 **Adaptation and Psychometric Properties of the Connor–Davidson Resilience Scale (CD-RISC-10) Among Emerging Adults in Indonesia**

Annisa Nur HikmatuS SHOLIKHAH, Universitas Diponegoro, Indonesia

Dian Veronika Sakti KALOETI, Universitas Diponegoro, Indonesia

Muhammad RAHMADHANI, Universitas Diponegoro, Indonesia

Firmanda Putri AFIARY, Universitas Diponegoro, Indonesia

Abstract

Introduction: The Connor Davidson Resilience Scale (CD-RISC 10) is a popular measurement tool used to assess an individual's ability to cope with and adapt to difficult or challenging situations. This measurement tool has been adapted by various countries, including Indonesia. However, there has been no research reporting a clear adaptation process with adequate psychometric properties for emerging adults amid the high demand for measurement tools. This study aims to adapt and evaluate the psychometric properties of the Indonesian version of CD-RISC 10.

Method: This study used a cross-sectional online survey design involving 259 participants aged 18-25 years with purposive sampling. Adaptation of measurement tools using back-translation techniques. Confirmatory Factor Analysis was used to test the factor structure and construct validity of the measurement tool.

Result: The analysis results showed that the Indonesian version of CD-RISC 10 had good model fit, $\chi^2(35) = 75.79$, $p < .001$; Comparative Fit Index (CFI) = .936; Tucker-Lewis Index (TLI) = .918; Root Mean Square Error of Approximation (RMSEA) = .067; Standardized Root Mean Square Residual (SRMR) = .044. Standardized factor loadings ranged from .345 to .596 with good reliability as McDonald's omega ($\omega = .829$) and Cronbach's alpha ($\alpha = .828$).

Conclusion: This study shows that CD-RISC 10 is a valid and reliable instrument for emerging adult in Indonesia, so it can be used to measure resilience in other research designs on emerging adults. Researchers can conduct pre-testing of the instrument before using it on diverse population.

Keywords: *resilience, emerging adults, scale adaptation, psychometric properties*

P178 **Physiological Correlates of Psychological Resilience in Schizotypy**

Bess Yin-Hung LAM, Hong Kong Shue Yan University, HKSAR, China

Hadi JONES, Hong Kong Shue Yan University, HKSAR, China

Simon Sai-Yu LUI, The University of Hong Kong, HKSAR, China

Yini TANG, Hong Kong Shue Yan University, HKSAR, China

Abstract

Aim: This study aimed to investigate the development of psychological resilience and its physiological correlates (resting skin conductance and heart rate) in schizotypy over time.

Method: A total of 164 participants with schizotypy or schizophrenia completed the baseline measurement while 148 among them completed wave 2 assessment (1-year follow up) and 131 completed wave 3 assessment (2-year follow up). The 10-Item Connor–Davidson Resilience Scale (CD-RISC-10) was measured at all three waves while the physiological correlates (resting skin conductance and heart rate) were only measured at waves 2 and 3.

Results: Hierarchical analyses were conducted and the results showed that resting skin conductance level at wave 2 positively predicted wave 3 psychological resilience ($r_s = 0.17$ to 0.19 , $p < 0.05$) after controlling for both baseline and wave 2 psychological resilience scores, gender and age. There is no significant result found for resting heart rate correlates.

Conclusion: The findings suggest that physiological responses, as measured by skin conductance, may play a crucial role in understanding the development of psychological resilience over time. Future research should further explore the mechanisms behind

this relationship and its potential implications for interventions aimed at enhancing resilience in various populations specially in schizotypy.

Keywords: *heart rate, skin conductance, psychological resilience, schizotypy, physiological correlates*

P189

Knowledge, Attitude, and Skills of Breast Self-examinations among the Female Undergraduate Nursing Students: A Descriptive Cross-Sectional Study

Katherine Lai Sheung SIU, Saint Francis University, HKSAR, China

Winnie Lai Sheung CHENG, Saint Francis University, HKSAR, China

Y.L.NG, Saint Francis University, HKSAR, China

L.Wong, Saint Francis University, HKSAR, China

K.H.SHING, Saint Francis University, HKSAR, China

Abstract

Aim: This study aims to examine the knowledge, attitude and skills (KAS) of breast self-examination (BSE) and knowledge of breast cancer between year 1 and year 5 nursing students.

Background: Breast cancer is the most common cancer and the third leading cause of death among Hong Kong females. Regular breast self-examination (BSE) allows early detection of breast abnormalities and decreases the mortality rate. In Hong Kong, there is no study about the knowledge, skills, and attitudes of female student nurses.

Methods: This is a descriptive cross-sectional study. The participants were invited to complete a validated electronic questionnaire, "Questionnaire on awareness of breast cancer and Breast self-examination" which measures the level of knowledge of breast cancer, breast self-examination, skills of practicing breast self-examination, and attitude towards breast self-examination and breast cancer. The results on the differences in knowledge and attitude between year 1 and year 5 student nurses were explored by Mann-Whitney U test.

Findings: 100 female nursing students were recruited for the study. Results showed the year 5 nursing students had better knowledge of breast cancer ($U=1634$, $R=0.266$, $p=0.008$), knowledge of BSE ($U=1660$, $R=0.29$, $p=0.004$), and skills of BSE ($U=1824$, $R=0.40$, $p<0.001$). Both groups have positive attitude towards BSE. The barriers for BSE were also explored. The findings reflected that the nursing students did not acquire adequate knowledge and skills on breast cancer and BSE.

Conclusion: The study showed nursing students were not familiar with BSE and barriers to BSE. Given that breast cancer is a leading cause of death, self-initiative continuous learning on breast cancer and BSE shall be beneficial to the nursing students on acquired knowledge is for health education promotion in the hospitals and community.

Keywords: *breast cancer, breast self-examination, female nursing students, knowledge, skills*

Keynote Speech #2

The Implications of Resilience Training and Research for Mental Health Policies

Venue: Jockey Club Multimedia Theatre (Research Complex RLG208)



Dr Ching-choi LAM, GBS, JP
Health Bureau, HKSAR, China

Abstract

This presentation examines how evidence-based resilience training can inform mental health policy development, drawing on Hong Kong's recent initiatives. The Hong Kong Polytechnic University's "Resilient Students Training Hub" (ReST Hub) adopts a strengths-based, trauma-informed, and preventative approach to promoting youth mental health. It achieves this by empowering the PolyU community with a shared language to talk about mental health and equipping students with essential skills to strengthen their resilience in a safe, engaging, and accessible environment. Concurrently, the Education Bureau's 4Rs Mental Health Charter—encompassing Rest, Relaxation, Relationships, and Resilience—mandates schools to integrate resilience-Equip students to adapt to the inevitable stress and setbacks in life, and teach students to deal with emotions, cope with stress and overcome difficulties with a positive attitude. These efforts demonstrate a tiered model where academic research directly shapes universal prevention strategies. The findings advocate for policies that prioritise early, school-based resilience programmes to mitigate long-term mental health risks and reduce stigma.

Biography

Dr Lam is a specialist in paediatric and community medicine and is currently Chief Executive Officer of Haven of Hope Christian Service. Under his leadership, Haven of Hope Christian Service is one of the pioneers in the provision of holistic care for the elderly in Hong Kong. With his extensive knowledge of local public health policies and services, Dr Lam has sat on multiple statutory and advisory bodies. He is a non-official member of the Executive Council of the HKSAR Government. Prior to his current position as the Chairman of the Advisory Committee on Mental Health, he served the Elderly Commission for almost 20 years, and he was once the Chairman of the Commission. He now also serves as the Chairman of the Council for Carbon Neutrality & Sustainable Development, the Healthcare & Wellness Training Board of the Vocational Training Council, the Industry Training Advisory Committee of Elderly Care Service and the Independent Commission Against Corruption Complaints Committee. He is also a member of the Green Technology & Finance Development Committee, the Primary Healthcare Committee, as well as the HK Housing Society to provide advice to the government on various policies. Dr Lam was honoured by the HKSAR Government with the Justice of Peace in 2003 and Gold Bauhinia Star in 2025. In 2018, apart from receiving Honorary Fellowship from Lingnan University, he also received the Ageing Asia Global Ageing Influencer Award (Special Recognitions) and Smart Ageing Leader Award 2024 in recognition of his devotion to public services and his influence on policy-making for the global ageing trend.

Oral Presentations: Day 2

Oral Presentations #6
Theme: Thriving through Adverse Childhood Experiences

Venue: Research Complex Low Block RLB303

A141 Shadows of the Past: Exploring the Burden of Adverse Childhood Experiences and Hopelessness among Children in Conflict with the Law

Elton John C. LOPEZ, University of the Philippines Diliman Extension Program in Pampanga, Philippines
Donna Mell ARANDA, University of the Philippines Diliman Extension Program in Pampanga, Philippines

Abstract

The study aimed to explore the stories of Adverse Childhood Experiences (ACEs) and Hopelessness among Children in Conflict with the Law (CICL) in two Rehabilitation facilities in Central Luzon. Adverse Childhood Experiences are traumatic experiences, such as abuse, neglect, and household dysfunction during the early years of life that significantly impact an individual's health and well-being. Hopelessness is marked by negative expectations that affect the emotional, motivational, and cognitive dimensions of an individual. The researchers utilized Narrative Analysis, supplemented by quantitative data and methods of Sikolohiyang Pilipino such as pakikipagpalagayang-loob and pakikipagkwentuhan in examining the adverse experiences of these children and how it impacted their sense of self, interpersonal relationships, wellbeing, and sense of hope. The analysis showed four (4) categories of themes revolving around ACE, details on the charged offenses, experience in the rehabilitation facility, and their view of their future. Despite experiencing ACEs that negatively impacted their sense of self, interpersonal relationships, and well-being, CICL in both facilities expressed feelings of hopefulness in their possible selves, with some also experiencing fear that they might go back to doing illegal work. This research provides an assessment of the current rehabilitation and reintegration programs for center-based CICL and contributes to the creation of policies that would improve support programs that cater to the individual needs of CICL.

Keywords: *children in conflict with the law, adverse childhood experiences, hopelessness*

A171 Resilience and Forgiveness among Undergraduate Student: The Mediating Role of Self-compassion

Dian Veronika Sakti KALOETI, Universitas Diponegoro, Indonesia

Abstract

College students often face complex academic, social, and developmental stressors, making resilience, self-compassion, and forgiveness essential positive psychological resources that help them overcome distress and promote adaptive functioning. Resilience enables students to withstand or recover from adversities, self-compassion provides a benevolent attitude and mindfulness toward personal struggles, and forgiveness supports healthier emotional release. This study examines a conceptual model linking resilience to forgiveness through self-compassion as a mediator among 109 Indonesian undergraduates. Mediation analysis conducted in Jamovi 2.3.26 showed that resilience significantly predicted self-compassion ($\beta = 0.300$, $SE = 0.076$, $p < .001$), and self-compassion significantly predicted forgiveness ($\beta = 1.314$, $SE = 0.165$, $p < .001$). The indirect effect of resilience on forgiveness was significant ($\beta = 0.394$, $SE = 0.112$, 95% CI [0.176, 0.613], $p < .001$), accounting for 75.6% of the total effect. The direct effect was non-significant ($\beta = 0.127$, $p = .362$), indicating full mediation. Additional analyses further revealed no significant differences in resilience, self-compassion, or forgiveness based on gender as well as physical and mental illness history, suggesting that these positive psychological resources were relatively stable across demographic groups. These findings highlight not only the pivotal role of self-compassion but also the foundational importance of resilience as a capacity that predicts the pathway toward greater forgiveness. This study contributes to positive psychology by underscoring a mechanism through which resilience enhances self-compassion, and self-compassion cultivates forgiveness in turn. Future research and interventions may focus on strengthening resilience among undergraduate students, which can potentially amplify self-compassion and forgiveness.

Keywords: *resilience, self-compassion, forgiveness, college students, mediation analysis*

A187 Adolescent Mental Health: A Longitudinal Analysis of Positive Self-evaluation, Contextual Influences, and Adverse Experiences

Yanyan NI, The University of Hong Kong, HKSAR, China

Abstract

Background: To examine whether positive self-evaluation and contextual variables – such as those created by family, peers, and schools – serve as promotive factors or protective factors in the context of adversity.

Method: Data were drawn from two waves of the youth survey of a population-representative cohort in Hong Kong. Adolescents aged 10-14 (n=3,475) completed questionnaires about positive factors, adverse experiences, and mental health at wave 1 from March 2009 to April 2011 and 2,696 of them were followed up at wave 2 from August 2011 to March 2014. Those who completed both waves were included for the analysis (n=2,171).

Results: Positive self-evaluation, high family cohesion, positive peer relationship, and positive school experience were statistically significantly associated with better behavioural well-being at wave 2, with incidence rate ratios (IRRs) of 1.01. Only positive self-evaluation (IRR: 1.02, 95% CI 1.01–1.03) and positive school experience (IRR: 1.01, 1.00–1.02) were associated with better emotional well-being in the fully adjusted models. We identified a statistically significant interaction between life stress and positive peer relationship in relation to behavioural well-being ($p=0.009$). The association between positive peer relationship and behavioural well-being was only found among adolescents with ≥ 3 stressful events (IRR: 1.02, 1.01–1.04).

Conclusions: Adolescents who possessed a positive sense of self and were nurtured in positive family, peer, and school environments tend to exhibit better behavioural or emotional well-being. Interventions should collaborate with families and schools to actively promote positive self-evaluation and environments, with a particular emphasis on fostering positive peer relationships, to enhance the health and well-being of adolescents.

Keywords: positive self-evaluation; positive environments; adverse experiences; mental well-being; cohort studies

A230 “Growing Through My Childhood Trauma”: The Serial Mediation of Trauma-coping Self-efficacy and Emotional Processing in the Relationship Between “Will to Exist, Live and Survive” and Posttraumatic Growth

Lihua PAN, The Chinese University of Hong Kong, HKSAR, China

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Abstract

Adverse childhood experiences (ACEs) can have lasting impacts on young adults, yet many can find benefit from such experience (aka posttraumatic growth; PTG). While Kira's Will to Exist, Live and Survive model postulates that an individual's motivation to thrive enhances his/her ability to cope with adversities (aka WTELS), but the specific mechanisms linking WTELS and PTG remain understudied in Asian populations. Specifically, the roles of cognitive and emotional resources in promoting PTG (e.g., trauma-coping self-efficacy (TCSE), emotional processing (EP)), have yet to be examined in this context. To fill the knowledge gaps, we investigated the association between WTELS and PTG among 386 ACE-exposed Chinese college students and explored the serial mediating roles of TCSE (perceived capability to cope with trauma) and EP (processing trauma-related emotions).

The participants (Mean age=21.7 years (SD=2.8); 75.6% female, 66.6% exposed to ≥ 1 ACE) recruited from universities in Hong Kong completed an online survey measuring the aforementioned variables between September-December 2025.

WTELS was significantly correlated with higher TCSE, EP, and PTG. Controlling for number of types of ACEs exposed as a covariate, serial mediation analysis (SPSS Process Model 6) revealed a significant positive total effect of WTELS on PTG (total effect=0.67, SE=.06, $p<.001$). Specifically, WTELS indirectly influenced PTG through 1) TCSE alone ($\beta=0.06$, 95%CI[0.02, 0.14]), 2) EP alone ($\beta=0.01$, 95%CI[-0.0003, 0.04]), and 3) the serial path of TCSE to EP ($\beta=0.01$, 95% CI[0.001, 0.02]). After accounting for these mediators, the direct effect of WTELS on PTG remained significant ($\beta=0.57$, SE=.06, $p<.001$).

Our findings suggested that WTELS might promote PTG by enhancing self-efficacy to cope with traumas, which in turn facilitates processing of trauma-related emotions. Recommendations were provided for targeted, trauma-informed interventions in university settings. Specifically, university-wide mental health initiatives (e.g., incorporating voluntary ACE screenings into student wellness programs, specialized counseling services to train coping skills among students with high ACE exposure) might promote PTG among

ACE-exposed students

Keywords: *Adverse childhood experiences; Posttraumatic growth; Will to exist, live and survive; Trauma-coping self-efficacy; Emotional approach coping*

Oral Presentations #7 Theme: The Resilience Process

Venue: Research Complex Low Block RLB502

A59

Resilience and Perceived Life Events: Investigating the Mediating Role of Perceived Benefits and Moderating Effect of Locus of Control and Cognitive Emotion Regulation

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Abstract

Resilience, defined as the capacity to adapt positively to stress and adversity and is an important construct that helps us to gauge how well an individuals adapts to the adversity in the light of various perceived life events. However, the factors underlying the relationship between perceived life events and resilience remains under explored. This study tries to understand the moderating role of locus of control and cognitive emotion regulation between perceived life events and perceived benefits (perceived positive changes after negative life events) and the moderating role of perceived benefits between perceived life events and resilience. A cross- sectional survey design will be employed with a diverse sample of N= 350 to ensure adequate statistical power (> 80) for testing significant indirect and interaction effects keeping into account of model fit indices. The sample would consist of adults aged between 18 to 45 who have not been diagnosed with Intellectual disability. The findings would shed light into how locus of control and emotion regulation plays a role in resilience despite various life events and would aid an understanding about how to tailor interventions to foster resilience.

Keywords: *resilience, life events, perceived benefits, locus of control, cognitive emotion regulation*

A62

Resilience in the Making: An Exploration of Aspects of Supervision That Support Resilience in Early Career Psychotherapists in India

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Abstract

Professional supervision in psychotherapy is often described as a foundational step in early career psychotherapists who are transitioning from training to independent practice. Studies have established that a strong supervisory alliance, collaborative learning space, constructive feedback, supporting autonomy, understanding burnout and cultural understanding are some of the factors which lead to supervision being a safe space for the professional development supervisee.

The importance of professional supervision in psychotherapy has only recently been understood in the field of psychology in India. Early career psychotherapists often navigate emotional and professional demands that can impact their well-being, competence, and long-term sustainability in the field of psychotherapy. While professional supervision is globally acknowledged as a vital support during this stage and even later, it remains a relatively new and evolving practice in India, having gained attention only in the recent years.

This study aims to explore aspects of professional supervision that contribute to the development of resilience among early career psychotherapists in the Indian context. This study will use semi-structured interviews with 8–12 early career psychologists (1-3 years of experience) who have engaged in at least 12-15 supervision sessions with a psychotherapy supervisor. Thematic analysis will be employed to identify factors which can support and hinder resilience. The findings are expected to offer culturally grounded insights into supervisory practices and contribute to building more effective, supportive frameworks for the psychological well-being and professional growth of early career therapists in India.

Keywords: *early career psychotherapists, resilience, psychotherapy supervision*

A124 Investigating the Mediating Role of Perceived Benefits with Moderating Effect of Locus of Control and Cognitive Emotion Regulation

Ambigapathy RADHIARASI, Women's Christian College, Chennai, India

Abstract

Resilience, defined as the capacity to adapt positively to stress and adversity and is an important construct that helps us to gauge how well an individual's adapts to the adversity in the light of various perceived life events. However, the factors underlying the relationship between perceived life events and resilience remains under explored. This study tries to understand the moderating role of locus of control and cognitive emotion regulation between perceived life events and perceived benefits (perceived positive changes after negative life events) and the moderating role of perceived benefits between perceived life events and resilience. A cross-sectional survey design will be employed with a diverse sample of N= 350 to ensure adequate statistical power (> 80) for testing significant indirect and interaction effects keeping into account of model fit indices. The sample would consist of adults aged between 18 to 45 who have not been diagnosed with Intellectual disability. The findings would shed light into how locus of control and emotion regulation plays a role in resilience despite various life events and would aid an understanding about how to tailor interventions to foster resilience.

Keywords: *resilience, life events, perceived benefits, locus of control, cognitive emotion regulation*

A158 Gendered Vulnerability in Threat Detection: Eye-Tracking Evidence for Sex-Differentiated Schizotypal Trait Expression

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Abstract

Schizotypal personality traits mark individuals as vulnerable to peer difficulties and mental health crises. However, self-report screening measures alone fail to capture how these vulnerabilities manifest distinctly across genders. Eye-tracking provides insight into attentional allocation to threat, offering gender-sensitive biomarkers that self-report questionnaires may miss. Understanding these differences is crucial for fostering resilience and tailoring support strategies.

A sample of 119 healthy adults (ages 18–55) completed the Schizotypal Personality Questionnaire-Brief (SPQ-B) and demographic information. Participants were administered with an eye-tracking attention task containing high-threat and mild-threat visual stimuli, following mood induction (calm or anxious conditions). Using an EyeLink 1000 Plus system, first-look behavior was measured (whether participants' initial gaze directed toward threat stimuli). Repeated-measures ANOVA and gender-stratified correlations were conducted to examine the threat-detection patterns and their associations with personality risk dimensions.

A three-way interaction (mood-condition $\times$ threat-level $\times$ gender; $p = .050$, $\eta^2_p = .032$) revealed that females demonstrated more frequent first-look to mild-threat stimuli after anxious mood induction, while males showed weakened threat-orienting responses ($t(117) = -3.57$, $p = 0.014$, with Bonferroni correction). Critically, personality correlates differed by gender: in females, SPQ-B Disorganization showed negative correlation with threat-directed attention ($r = -0.294$, $p = .009$), whereas in males, the same dimension showed positive correlation ($r = 0.335$, $p = 0.032$).

These findings reveal distinct neurobehavioral phenotypes of schizotypal traits. Females' heightened threat-orienting after mood challenge reflects anxiety-based reactivity, while males' blunted responses suggest emotional detachment. Crucially, opposing personality correlates indicate that identical SPQ-B Disorganization scores mask opposing mechanisms: in females, higher disorganization paradoxically reduces threat-directed attention, reflecting cognitive fragmentation that impairs threat-processing, while in males, higher disorganization associates with enhanced threat-monitoring despite similar trait endorsement. Understanding these divergent resilience pathways enables development of gender-matched interventions targeting each group's specific strengths and vulnerabilities.

Keywords: *gendered vulnerability, schizotypal treat, eye-tracking, threat-orienting responses*

A214 Desistance as Resilience: Using the Theory of Planned Behaviour to Explain and Assess Desistance

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Karie Ka Lai PANG, The University of Hong Kong, HKSAR, China
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Abstract

Individuals leaving custody encounter substantial barriers to rebuilding their lives, particularly in the absence of sufficient personal and social resources to support resilience. These conditions result in enduring personal suffering and heighten the risk of re-offending, incurring considerable social costs. It has been proposed that cultivating resilience is closely aligned with the process of desistance. Emerging desistance research similarly recognises that sustained desistance does not depend solely on individual agency, but also on the strengthening of personal and social resources that support the development and maintenance of a pro-social identity and lifestyle. However, few quantitative conceptual models allow for longitudinal tracking of desistance processes or enable causal assessment of intervention effectiveness. This paper introduces a modified Theory of Planned Behaviour (TPB) model to conceptualise and evaluate desistance. TPB examines how attitudes, perceived social norms, and perceived behavioural control influence behaviour through intention. Applied to desistance, TPB offers a structured framework for understanding how individuals interpret their personal capacities and social contexts in relation to stopping re-offending, and how interventions can facilitate desistance. While TPB has been criticised for its cognitive focus and rigid assumptions (sufficiency assumption and parsimony principle), this paper responds to calls for greater theoretical integration by extending the model with desistance theories. Mood is incorporated as an additional predictor of intention and behaviour, while risks, needs, strengths, and social support are conceptualised as salient background variables shaping not only non-offending, but also identity transformation and social integration. This modified TPB represents a novel quantitative application of the TPB in desistance research, offering an alternative to the predominantly narrative and qualitative approaches in the field. To empirically test and validate this framework, the model serves as the conceptual basis for Hong Kong's first randomised controlled trial of a desistance-informed "through train" offender rehabilitation programme (Jockey Club Project ReBond).

Keywords: *desistance, Theory of Planned Behaviour, rehabilitation, resilience*

A223 "The Positive Side of Suffering": Psychometric properties of the 8-item version of the Posttraumatic Growth Inventory – Short Form (PTGI-SF-8) among Hong Kong vulnerable populations amid COVID-19

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Victor Chi Wing TAM, The Chinese University of Hong Kong, HKSAR, China
Stephanie Tsz Yung LAU, The Chinese University of Hong Kong, HKSAR, China

Abstract

Coping with COVID-19 with other disease-, work-, and caregiving-related stressors can be particularly stressful. However, studies suggest that people could find benefits from those situations. To measure positive changes after experiencing adversities (aka post-traumatic growth; PTG), the 21-item Posttraumatic Growth Inventory (PTGI) has been criticized for being too long for administration. We examined the psychometric properties of the 8-item short form of the PTGI (PTGI-SF-8) across three samples in Hong Kong exposing to different types of life stressors during COVID-19, plus 2) explored if the best-fitting factor structure was comparable across those samples.

Through June 2021-March 2023, 416 Type 2 diabetes patients recruited from outpatient clinics (Sample 1), 150 parents of children with special education needs recruited through social media (Sample 2), plus 209 frontline nurses recruited through Nursing Associations (Sample 3) completed surveys measuring their sociodemographic characteristics, PTG, and other psychosocial variables. Results from confirmatory factor analyses showed that the 1-factor model provided an excellent fit to the data (Sample 1: $\chi^2(16)=43.35$, CFI=0.99, TLI=0.98, RMSEA=0.06; Sample 2: $\chi^2(15)=20.19$, CFI=0.99, TLI=0.99, RMSEA=0.05; Sample 3: $\chi^2(15)=26.22$, CFI=0.99, TLI=0.98, RMSEA=0.06) and a better fit than the 4-factor model (Relating to others, life values/opportunities, personal strength, spiritual change). The scale also demonstrated satisfactory reliability (Cronbach's α s=.90, .88, .89 respectively). Regarding construct validity, PTG was associated with better psychosocial resources and well-being across all samples (e.g., social support, quality of life, resilience, self-efficacy). Specific to samples, PTG was related to positive affect in Sample 1, inversely associated with perceived

stress in Sample 2, and associated with lower psychological distress/burnout and higher compassion satisfaction in Sample 3. The PTGI-SF-8 provided a briefer alternative with satisfactory reliability, validity, and interpretable single-factor structure to measure PTG across different vulnerable samples in Hong Kong. Our findings supported the use of the scale to measure PTG in surveys, clinical settings, and mental health interventions with lower participant burden.

Keywords: *posttraumatic growth, psychometrics, trauma, COVID-19, resilience, vulnerable populations*

Oral Presentations #8 Theme: Resilience Across Diverse Populations I

Venue: Research Complex Low Block RLB303

- A138** **Understanding How a Social Service Agency Supported Community Running Team Supports Recovery and Community Reentry for Men Convicted of Sexual Offense with Mental Disorder**
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Abstract

Background: Men convicted of sexual offenses with co-occurring mental disorders face significant reintegration challenges, including stigma and social isolation. Supported sport-based programmes show promise, but their mechanisms for facilitating recovery are not well understood. This study applied the CHIME recovery framework (Connectedness, Hope, Identity, Meaning, Empowerment) to investigate how a community-based running team supports this population. **Methods:** A qualitative study was conducted using semi-structured interviews and photo-elicitation with a purposive sample men convicted of sexual offenses with mental disorders and their family members. These men convicted of sex offense had been involved in a weekly community running team for at least one year. Interview transcripts were analyzed using directed content analysis, guided by the CHIME framework and augmented by artificial intelligence to enhance analytical rigor. **Results:** Findings revealed a progressive recovery process. Initial engagement fostered connectedness and a positive identity. This foundation enabled the development of hope and empowerment. Ultimately, participants found new meaning by pursuing running goals, assuming new social roles such as being assistant coach within the team, or contemplating life beyond the team. The running team served as a prosocial network that mitigated stigma and reinforced family support. **Conclusion:** The study demonstrated that a community-based running team supported by social service agency acts as a powerful, co-created therapeutic activity that progressively facilitates recovery. The resulting context-specific CHIME model provides a practical framework for health and social care professionals to design targeted, long-term interventions that effectively support community re-entry for this complex population.

Keywords: *Sexual Offending; Mental Disorder; Recovery; CHIME Framework; Sport-Based Intervention; Community Reintegration; Qualitative Research*

- A147** **The Relationship Between Schizotypal Personality Traits and Psychological Resilience among Homeless Individuals**
Yuen-Ting CHOY, Hong Kong Shue Yan University, HKSAR, China
Deep Siu-Hong NG, ImpactHK, HKSAR, China
Hao LIU, Hong Kong Shue Yan University, HKSAR, China
Bess Yin-Hung LAM, Hong Kong Shue Yan University, HKSAR, China

Abstract

Background and aim: Previous studies have reported that homeless individuals have various psychological and physical health problems due to different factors. Nevertheless, psychological factors specifically schizotypal personality traits and psychological resilience have not been explored among these vulnerable individuals. Hence, this study aimed to bridge these gaps by investigating the relationship between schizotypal personality traits, and psychological resilience among homeless individuals in Hong Kong. **Method:** The study sample comprised 89 homeless individuals (males: 62, females: 27), aged 21-78 (mean age = 53.12, standard deviation = 10.74), recruited from a non-government organisation (ImpactHK). Participants completed a questionnaire after obtaining their informed consent. The questionnaire included Schizotypal Personality Questionnaire (SPQ), Connor-Davidson Resilience Scale (CD-RISC-10), Emotion Regulation Questionnaire (ERQ)

and Multidimensional Scale of Perceived Social Support (MSPSS). Results: Correlation results revealed that resilience ($r(89) = -.57^{**}$, $p = 0.000$), perceived social support ($r(89) = -.48^{**}$, $p = 0.000$) and the cognitive reappraisal subscale in emotion regulation ($r(89) = -.48^{**}$, $p = 0.000$) were significantly negative correlated with schizotypal personality traits. Furthermore, the hierarchical regression results showed that psychological resilience was a significant negative factor of schizotypal personality traits ($b = -.30$, $\beta = -.50$, $p = 0.000$). When perceived social support was controlled for, psychological resilience maintained a significant risk factor for schizotypal personality traits ($b = -.021$, $\beta = -.35$, $p = 0.001$). Similar significant results were found even after controlling the demographic data (age and gender) ($b = -.0207$, $\beta = -.348$, $p = 0.001$). Conclusion: The findings establish that psychological resilience and emotional regulation as robust, core factors associated with lower schizotypal personality traits in a homeless population even after controlling for important covariates. This suggests that enhancing resilience can serve as a crucial pathway for empowerment-based and self-enhancement-focused mental health interventions.

Keywords: *homelessness, resilience, schizotypy, trauma, social support*

From Fragmentation to Resilience: The Clinical Journey of Patient K.

A163

Rebecca VERSOLATO, White Canvas Therapy Singapore, Singapore

Abstract

This paper examines the treatment of Patient K., a Brazilian woman whose psychic life was organized around roles of compliance, sacrifice, and emotional suppression, forged within the dual contexts of early maternal unavailability and decades of expatriate life across Asia and Africa. In environments marked by cultural transition, privilege, and isolation, she sustained a seemingly coherent identity while remaining alienated from desire and emotional truth.

Her early history of trauma and abandonment—most notably the sudden dismissal of a nanny figure—established a defensive psychic architecture aligned with what Winnicott (1960) describes as the false self. These structures served her adaptive functioning but occluded her access to affective vitality and agency. When her husband's repeated infidelities—framed through ambiguous expressions of sexual identity—surfaced, her psychic stability fractured, ushering in obsessive-compulsive symptoms and depressive collapse. The analysis gradually supported the emergence of a self capable of mourning, symbolic thinking, resilience, and boundary formation.

The paper draws on Freud's (1917) notion of melancholia, Bollas's (1987) concept of the "unthought known," and Benjamin's (1990) theory of recognition to explore the intrapsychic and intersubjective dynamics. It also interrogates the position of the analyst—myself—as a subject shaped by migration and cultural multiplicity. The process activated countertransference tensions linked to my own experiences of marginality, trauma, and cultural translation.

Rather than offering resolution, the paper invites reflection on the ethics of the therapist when in recognition of similar traumas. What does it mean to remain within the analytic third when the patient's wounds resonate with one's own lived experience? How do we hold silence without enacting collusion? These are the questions that this paper brings into dialogue.

Keywords: *trauma, resilience, psychodynamic, clinical work, analyst*

A169 Social Support, Hope, and Resilience Among Incarcerated Women: A Mediation Model

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Dian Veronika Sakti KALOETI, Universitas Diponegoro, Indonesia

Abstract

Incarcerated women often experience a traumatic cycle or systemic difficulties both before (e.g., adverse childhood experiences, intimate partner violence, and discrimination) and during incarceration (e.g., retraumatization, ongoing violence, separation from family, feelings of helplessness, and mental disorders). Understanding the pathways to resilience as the capacity to adapt, withstand, and recover from adversity is therefore essential. Social support and hope are well-established determinants of resilience; however, no study has examined how these variables jointly operate among incarcerated women. This study examines a conceptual model linking social support and resilience through hope as a mediator among 125 incarcerated women. Mediation analysis using Jamovi 2.3.26 showed that social support was positively associated with hope ($\beta = 0.254$, $SE = 0.072$, $p < .001$), and hope was positively associated with resilience ($\beta = 0.178$, $SE = 0.066$, $p < .01$). The indirect effect of social support on resilience through hope was significant ($\beta = 0.045$, $SE = 0.018$, 95% CI [0.011, 0.083], $p < .05$), accounting for 54.9% of the total effect. The direct effect was not significant ($\beta = 0.037$, $p = .330$), indicating full mediation. The findings suggest that greater perceived social support fosters hope, which in turn enhances resilience.

Additional analyses investigated the differences in key variables according to demographic characteristics (marital status, sentence length, quantity of social support sources, and quantity of psychosocial activities). No significant differences emerged across groups, except for the quantity of social support sources, which was related to perceived social support. This study contributes to positive psychology in vulnerable populations by clarifying a resilience mechanism—as a strength toward recovery—embedded in both interpersonal and intrapersonal, ecological and internal resources. Hope-based interventions that incorporate ecological systems perspectives are recommended to cultivate resilience in correctional settings.

Keywords: *resilience, social support, hope, female inmates, mediation analysis*

A174 The Paradox of Hope: Baseline Optimism as a Negative Predictor of Resilience Outcomes among Juvenile Offenders in Indonesia

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Dian Veronika Sakti KALOETI, Universitas Diponegoro, Indonesia

Abstract

Juvenile offenders face many challenges during incarceration, necessitating strong optimism and resilience to facilitate adaptive coping. A strengths-based intervention was implemented using a one-group pretest–posttest design with 190 juvenile offenders across three juvenile institutions in Indonesia. Measures utilized were the Life Orientation Test–Revised (LOT-R) for Optimism and the CD-RISC-25 for Resilience. A rigorous ANCOVA-style linear regression analysis was employed, predicting posttest resilience while controlling for pretest resilience scores. The results showed that pretest resilience was the dominant positive predictor of posttest resilience ($p < 0.001$). Crucially, however, pretest optimism emerged as a marginally significant negative predictor of posttest resilience ($p = 0.053$). This negative trend was definitively confirmed by the Δ score model ($B = -1.127$, $p = 0.002$). The intervention was consequently least effective for participants who entered with higher baseline optimism. These findings suggest that high optimism may function as a psychological defense mechanism, and the potential for resulting disengagement from the intervention is discussed. Future research should prioritize the implementation of an optimism screening process at baseline to validate the effectiveness of triaging participants. Furthermore, subsequent studies should utilize larger samples to increase statistical power and investigate whether the paradoxical effect of optimism varies across different sub-populations and various ranges of baseline scores.

Keywords: *optimism; resilience; juvenile offenders; incarceration; correctional intervention; Indonesia*

A176 Relationship Between Schizotypal Personality Trait, Psychological Resilience and Psychological Disturbances in Schizophrenia Spectrum Disorders

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Abstract

Background: This study aimed to examine three negative psychological disturbances (depression, anxiety and stress) and psychological resilience in schizophrenia and healthy individuals, and to explore the role of schizotypal personality trait and resilience in predicting these psychological disturbances.

Method: A total of 164 participants (30 schizophrenia individuals) completed the baseline measurement while 148 participants (123 healthy individuals and 25 schizophrenia individuals) among them completed wave 2 assessment. The baseline and wave 2 assessments included the 10-Item Connor–Davidson Resilience Scale (CD-RISC-10), the Schizotypal Personality Questionnaire (SPQ), and the Depression Anxiety Stress Scales (DASS). ANCOVA (controlling for age, gender, and baseline scores) were used to compare group differences, and correlation and hierarchical regression analyses were applied to examine the respective effect of schizotypal personality traits and resilience on the psychological disturbances.

Results: The ANCOVA analysis showed that there were no significant differences in terms of stress, anxiety, depression and psychological resilience across the two groups (healthy vs schizophrenia) ($ps > 0.05$). On the other hand, schizotypal personality traits were significantly positively correlated with all three psychological disturbances scores ($r = .51-.61$, $ps < .001$), while it was significantly negatively correlated to psychological resilience ($r = -.48$ to $-.56$, $ps < .001$). Furthermore,

the regression results showed that after controlling for age, gender, group type and baseline scores, schizotypal scores at wave 2 still significantly predicted higher levels of stress, anxiety and depression at wave 2 ($\beta = .24$ -.39, $ps < .001$), while psychological resilience at wave 2 significantly predicted lower levels of psychological disturbances at wave 2 ($\beta = -.25$ -.30, $ps \leq .001$).

Conclusion: These findings suggest that schizotypal personality traits and psychological resilience are significant factors of negative psychological disturbances in both schizophrenia and healthy individuals, providing evidence for understanding the psychological wellbeing among the subclinical and clinical schizophrenia spectrum disorders.

Keywords: *Resilience, schizotypy, psychological disturbances, schizophrenia, mental health*

Oral Presentations #9

Theme: Resilience and Positive Psychology among Transitional Youths and Students

Venue: Research Complex Low Block RLB303

A190 Navigating the Paradox of Happiness: Intergoal Compatibility as a Mechanism for Resilient Happiness Across Adulthood

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Abstract

Backgrounds: Happiness bolsters resilience for navigating life challenges. However, the active pursuit of happiness often backfires, leading to diminished well-being, a phenomenon termed the “paradox of pursuing happiness.” While this struggle is common among younger adults, older adults are often more successful in pursuing happiness. The specific mechanisms underlying the happiness paradox and age-related differences remain unclear.

Purpose: This presentation introduces our Intergoal Compatibility Account (Wong & Gong, 2025, Personality and Social Psychology Review) and provides primary evidence supporting it. We propose that happiness pursuits tend to fail when they create friction with critical personal goals (e.g., leisure interfering with academic deadlines), eliciting stress and undermining the effectiveness of happiness pursuits.

Methods: We surveyed 174 Hong Kong undergraduate students regarding their three primary happiness-seeking activities and three significant personal goals over the preceding three months. An intergoal compatibility index was constructed based on participants’ self-assessments of how these activities facilitated or obstructed their personal goals. We then analyzed the relationship between this index, immediate post-activity affect, and general subjective well-being.

Results: Higher goal compatibility was significantly and positively associated with both immediate post-activity affect ($r = 0.334$, $p < 0.001$) and general subjective well-being ($r = 0.325$, $p < .001$). These results suggest that happiness pursuits contribute to positive psychological states when they align with personal goals.

Conclusion: These findings illuminate a critical pathway for fostering human resilience: the alignment of hedonic desires with broader life ambitions. By identifying goal compatibility as a pivotal mechanism, this research suggests that effective positive psychology interventions should move beyond simple pleasure-seeking and focus on integrating happiness activities into a cohesive, non-conflicting life structure.

Keywords: *happiness pursuit, happiness paradox, goal compatibility, goal conflict, goal facilitation*

A227 A School-based Transformative Resilient Youth-Led Mental Health Intervention for Building Competencies and Resilience of Hong Kong Secondary Students

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Fan JIANG, Tung Wah College, HKSAR, China

Abstract

The Transformative, Resilient, Youth-Led (TRY) Gym is a co-creative, school-based mental health training programme grounded in Positive Youth Development and Second-Wave Positive Psychology. It builds emotional, social and cognitive competences, resilience and mental well-being in a non-stigmatising, youth-led manner. Although social-emotional competences are linked to resilience and well-being, longitudinal evidence from youth-led school interventions—especially in high-pressure contexts such as Hong Kong—remains limited. This mixed-methods study evaluated TRY Gym’s effective-

ness and explored temporal relationships among competences, resilience and mental well-being across baseline (T1), post-training (T2) and post-implementation (T3) in 80 secondary students from eight Hong Kong schools. Friedman tests with Benjamini–Hochberg correction showed significant improvements in social competence ($\chi^2(2)=20.216$, $p<.001$), cognitive competence ($\chi^2(2)=13.251$, $p=.003$), emotional competence ($\chi^2(2)=9.017$, $p=.022$), resilience ($\chi^2(2)=16.050$, $p=.001$), sense of mastery ($\chi^2(2)=16.572$, $p=.002$) and mental well-being ($\chi^2(2)=14.676$, $p=.002$), with small-to-moderate effect sizes ($r\approx 0.30$ – 0.41) for significant post-hoc contrasts. Spearman correlations indicated that resilience was strongly related to cognitive competence across time points ($\rho=0.626$ – 0.713), to emotional competence at T3 ($\rho=0.603$), and moderately to mental well-being at T1 and T3 (ρ up to 0.630 and 0.522). Cross-lagged analyses further showed that baseline emotional and cognitive competences predicted post-training resilience ($\rho=0.363$ and 0.343 , both $p<.01$), baseline cognitive competence predicted T3 resilience ($\rho=0.387$, $p<.001$) and baseline resilience predicted T3 well-being ($\rho=0.402$, $p<.001$), with key effects remaining when controlling for baseline levels (e.g. T1 emotional competence $\rightarrow$ T2 resilience partial $\rho=0.275$, $p=.014$). An exploratory cross-lagged panel model, despite modest fit (CFI=0.631, RMSEA=0.219), suggested that post-training resilience predicted later well-being ($\beta=0.146$, $p=.045$). Overall, the findings support a competency-driven pathway in which early emotional and cognitive competences foster resilience, which in turn supports subsequent well-being and social functioning, underscoring the promise of youth-led, co-creative programmes as scalable, stigma-free strategies for adolescent mental health promotion.

Keywords: resilience, social-emotional competence, youth-led intervention, cognitive competence, mental well-being

A228 Conceptual grounding of well-being among undergraduate students in times of change

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Dong DONG, The Chinese University of Hong Kong, HKSAR, China

Jean Hee KIM, The Chinese University of Hong Kong, HKSAR, China

Abstract

Recent economic recession and consequent employment reduction intensified undergraduate students' well-being problems in addition to the transitional challenges toward self-directed learning and independent living. To account for these contextual factors in a holistic model of undergraduate student well-being, we asked local students open-ended questions about their views on the term well-being, associated factors, and suggested institutional approaches to well-being promotion. Using reflexive thematic analysis, we identified four themes in relation to the fulfilment and frustration of positive psychological functioning and experiences from 301 responses. The first theme was Academic Well-being, which involved self-determination in learning experiences, flow in learning activities, capacity to manage course demands, meaningfulness of knowledge, and growth in education. The ambiguity of grading criteria frustrated Academic Well-being in multiple aspects. The second theme Positive Relations encompassed connectedness with institution members, belongingness in the institution, and relatedness with people outside the institution. The limited availability of on-campus residence was a major barrier to maintaining interpersonal relations and building institutional belongingness. The third theme Personal Well-being covered emotional well-being, self-acceptance, engagement in relaxing activities, ability to manage basic living needs, meaning in life, and general satisfaction with life. Competing time demands hindered self-care actions, such as cognitive reappraisal and healthy lifestyle. The fourth theme Future Outlook addressed career readiness and optimism about the trajectory of society. The theory-practice gap in higher education hampered career readiness, thus leading to concerns about unemployment, inadequate social welfare, and future responsibilities caring for parents. Despite the barriers to well-being, our participants suggested that serendipity (i.e., unexpected positive experiences) helped them restore emotional well-being. Hence, we postulate that undergraduate students may similarly benefit from cognitive reappraisal in face of challenges. Collective efforts are needed to more sustainably address the practicality of curriculum and the connectedness of academic community at institutional and societal levels.

Keywords: well-being, undergraduate students, qualitative research

A240 Cultivating Resilience Through Mentoring: An Action Research on Student Leadership and At-Risk Youth

Nasrudin SUBHI, Universiti Kebangsaan Malaysia, Malaysia

Daniella Maryam Mohamed MOKHTAR, Universiti Kebangsaan Malaysia, Malaysia

Abstract

This action research explores the cultivation of human resilience through a structured mentoring and coaching-based student leadership intervention involving at-risk adolescents and university students. Implemented through the Perkasa Wawasan Remaja & Siswa (PERWIRA) programme, the study positions resilience not merely as an individual trait, but as a dynamic process shaped by supportive relationships, experiential learning, and reflective practice. Undergraduate students from psychology and social work disciplines were trained as mentors and paired in one-to-one mentoring relationships with adolescents participating in the Permata Remaja–Perkasa UKM programme. Guided by the Plan–Act–Observe–Reflect action research cycle, the intervention unfolded across four phases: leadership module development and mentor preparation, pre-mobility mentoring engagement, experiential learning during an international mobility programme to Korea, and post-mobility reflection with community-based activities. Data were collected using a mixed-methods approach, including pre- and post-intervention questionnaires assessing resilience, self-efficacy, motivation, empathy, and leadership competencies, complemented by reflective journals and focus group discussions. The findings are expected to illustrate how sustained mentoring relationships function as a psychosocial protective factor that strengthens adolescents' capacity to cope with adversity, navigate developmental challenges, and construct positive future orientations. Simultaneously, university mentors are anticipated to demonstrate enhanced resilience through increased self-awareness, emotional regulation, leadership confidence, and adaptive coping, developed via reciprocal helping relationships and reflective learning. This study contributes to the discourse on human resilience by advancing an integrative, relational model that links mentoring, leadership development, and experiential learning within a university–community partnership. The PERWIRA framework offers a scalable and culturally responsive approach for fostering resilience among youth and emerging adults facing complex life transitions and social challenges.

Keywords: resilience, mentoring, leadership, at-risk youth, action research

Symposium #1

**Theme: Employee Mental Health and Well-being:
Challenges and Opportunities in the Modern Workplace**

Venue: Research Complex Low Block RLB502

SY01

Exploring the Effects of Inclusive Workplace Policies on Gen Z Employees

Monica C. C. LAW, Hong Kong Shue Yan University, HKSAR, China

Jessy R. WANG, Hong Kong Shue Yan University, HKSAR, China

Abstract

Generation Z (Gen Z) exhibits distinct workplace expectations and preferences, with workplace well-being playing a pivotal role in their retention. As Gen Z members enter the workforce in increasing numbers, organisations must implement supportive workplace policies that align with this generation's specific needs. Inclusive workplace policies are guidelines and practices that promote diversity, equity and inclusion within organisations. These policies aim to create an environment where all employees feel valued, respected and are able to contribute fully. This study investigates the effects of such policies, namely, empowerment, inclusive leadership, flexible work practices and pet-friendly initiatives, on perceived organisational support and psychological safety amongst Gen Z employees. This research is grounded in social exchange theory, which posits that positive organisational practices nurture reciprocal relationships between employees and their employers, and explores how inclusive policies can enhance employee performance and reduce negative outcomes. By emphasising perceived organisational support and psychological safety as mediators, the current study explores important outcomes, including workplace wellbeing and its indicators (e.g. job stress and affective organisational commitment), creative involvement and quiet quitting. Findings offer significant implications for academic research and organisational practice. Theoretically, this research enriches existing literature by exploring various inclusive policies that resonate with

Gen Z. Practically, it provides actionable recommendations for organisations aiming to attract and retain Gen Z talent. Ultimately, this study seeks to foster a deeper understanding of how organisations can adapt their policies and practices to create more supportive environments for Gen Z employees. By promoting inclusiveness and responsiveness to the specific needs of this generation, organisations can contribute to the development of dynamic workplaces that enhance employee wellbeing and creativity and also support overall organisational success in the evolving employment landscape.

Keywords: *Generation Z; perceived organisational support; psychological safety; social exchange theory; inclusive workplace policies*

SY02 **Too Many Cooks Spoil the Broth: Effect of Team Proactive Personality Composition on Team Voice**
Ruixue ZHANG, Hong Kong Shue Yan University, HKSAR, China

Abstract

Although the positive effect of proactive personality on voice behaviour has been well-established at the individual level, does the same relationship emerge at the team level? We draw on dominance complementarity theory and the team compositional model of proactive personality and investigate the effect of team-level proactive personality on team voice. We hypothesise that the dispersion of a team's proactive personality moderates the relationship between the mean level of a team's proactive personality and team voice through two mediators: task conflict and relationship conflict. The analyses, based on multi-source and multi-wave data from different industries (i.e. hospitals and construction companies) across two field studies, support most hypotheses. Under high dispersion of a team's proactive personality, the mean level of a team's proactive personality contributes to high team voice through increasing task conflict and decreasing relationship conflict. Theoretical and practical implications are also discussed.

Keywords: *team proactive personality; dominance complementarity; team voice; task conflict; relationship conflict*

SY03 **Impact of Using Artificial Intelligence in Affecting Entrepreneurial Learning Behaviours: An Approach-and-Avoidance Framework**
Pok Man TANG, Hong Kong Shue Yan University, HKSAR, China
Mei To CHAN, University of Hong Kong, HKSAR, China
Chin Tung Stewart NG, Hong Kong Metropolitan University, HKSAR, China

Abstract

In the Fourth Industrial Revolution, artificial intelligence (AI) has increasingly become the centre of entrepreneurial processes. However, organisational science is relatively slow in determining the psycho-behavioural implications of the use of AI amongst entrepreneurs. We draw from approach-avoidance theory as an overarching theoretical framework to develop a theoretical model depicting the mixed consequences of using AI on entrepreneurial learning behaviour via the approach-oriented reaction of cognitive flexibility and avoidance-oriented reaction of cognitive overload. On the one hand, we suggest that the use of AI may heighten entrepreneurs' cognitive flexibility (as an approach-oriented reaction) and prompt them to learn better subsequently. On the other hand, the use of AI may also elicit cognitive overload amongst entrepreneurs, thereby subsequently impairing their learning behaviour. Furthermore, we theorise that the personalities of entrepreneurs should reconcile the mixed cognitive reactions upon the use of AI. We conclude by discussing the theoretical and practical implications of our research.

Keywords: *artificial intelligence; approach and avoidance theory; personalities; entrepreneurship*

SY04 **Let's Go Beyond Physical: Development of a Measure of Psychosocial Risks at Work**
Hodar LAM, Lingnan University, HKSAR, China; Division of Industrial-Organisational Psychology, The Hong Kong Psychological Society, HKSAR, China
Robin Man Fung LEONG, Lingnan University, HKSAR, China

Abstract

Despite improvements in occupational physical health and safety over the decades, psychosocial risks at work—design or management of work that could cause potential or actual psychological harm—have remained underexplored. Fortunately, public and private policies are beginning to encourage organisations to manage psychosocial risks at work. In 2021, the International Organization for Standardization introduced ISO 45003 as a practical and certification framework for

managing psychosocial risks at work. However, research has yet been sufficient to support evidence-based policy recommendations, in part owing to two related research issues in the literature: unclear and conflated conceptualisation and imprecise measurement. Therefore, we aim to develop a measure of psychosocial risks at work. By using the self-determination theoretical lens, we validate the scale with the following important yet overlooked factors: (a) dignity at work, defined as the self-recognised and other recognised worth acquired from (or injured by) engaging in work activity, in addition to indicators of occupational health and safety; (b) frequency and self-efficacy of artificial intelligence (AI) use at work and (c) employee needs satisfaction. Eight subject matter experts selected items in prior studies with good content validity. The resultant 13-item measure (e.g., 'I have unachievable deadlines', 'I am subject to bullying at work') was validated in a two-biweekly survey study with 373 matched full-time British employees (48.4% female; 94.9% white-collar). Results show satisfactory test-retest reliability, $r = [.44, .66]$. Further data collection in a Hong Kong work sample is in progress. This research contributes to improved conceptualisation and measurement of psychosocial risks at work and explores the potential of AI use to undermine employee health, wellbeing and dignity.

Keywords: dignity at work, generative AI use, self-determination theory, occupational health, psychosocial safety

SY05 Redesigning Home for Work Success: How Home Crafting Enhances Work Performance, Engagement and Reduces Exhaustion

Huatian WANG, Lingnan University, HKSAR, China

Abstract

Societal and technological shifts have transformed the home from a place of rest into a dynamic hub with its own demands and resources. However, we still have limited information on how we can well manage our home and leverage it to facilitate home-to-work benefits. To address this issue, we propose home crafting, a proactive home-management strategy, grounded in the work-home resources model, in which individuals deliberately adjust home demands and resources to enhance person-home fit. In Study 1, we developed a nine-week home crafting intervention ($N = 47$ experimental group; $N = 30$ control group). Compared with the control group, participants joining in the home crafting intervention reported increased proactive home behaviours in seeking home resources, seeking home challenges and reducing home demands. In turn, these behaviours led to relatively high work engagement, performance and reduced work exhaustion. Note that seeking home challenges produced lasting benefits, with participants continuing to show enhanced work performance six weeks after the post-measure. In Study 2, we examined the cross-over effects of home crafting in dual-earner couples ($N = 69$ dyadic pairs over four consecutive weeks; total observations = 552). Results reveal that male partners engaging in seeking home challenges significantly boosted female partners' positive affect and mastery experience, thereby enhancing the female partners' work engagement, performance and reduced work exhaustion after controlling for prior levels of work engagement, performance and exhaustion. Additionally, we determine that these indirect effects were stronger when the male partner was highly conscientious (vs low). However, we did not find significant cross-over effects from female to male partners. Overall, findings highlight that the home can be a transformative space: when intentionally crafted, especially by male partners, the home supports individual thriving and also fosters mutual personal and professional growth within dual-earner couples.

Keywords: home crafting; personal resources; work engagement; work-home resources model

Symposium #2

Theme: Restorative Justice, Human Resilience and AI Technology in Smart Cities

Venue: Research Complex Low Block RLB502

SY06 Environmental Restorative Justice for Sustainability Governance in China

Yan ZHANG, Australian National University, Australia

Abstract

The incorporation of restorative justice into environmental governance represents a significant advancement for sustainability in China. Drawing on restorative practices in Jiangsu and Sichuan, this chapter examines the adaptation of environmental restorative justice (ERJ) in China's sustainability governance, which previously relied on administrative,

campaign-style, and judicial enforcement methods. Departing from punitive measures, ERJ emphasizes reconciliation and restoration, involving offenders acknowledging harm, engaging in dialogue with victims, and devising restitution with the community. In Eastern China, ERJ is employed to influence corporate ethics and compliance behavior, whereas in the West, it resolves land disputes and compensates populations for relocation due to conservation purposes. Indigenous mediators (De Gu) facilitate community harmony during relocation efforts. The rise of restorative justice complements existing mechanisms, offering a nuanced approach to sustainable development goals in China.

Keywords: *restorative justice, environmental governance, sustainability*

Restorative Justice in Cyber Fraud Governance: A “Panacea” or “Placebo”

SY07 You ZHOU, *University of Newcastle, Australia*

Abstract

Cyber fraud has escalated into a pervasive global crisis, yet existing responses—dominated by retributive justice—have shown limited deterrent or rehabilitative outcomes. This chapter critically evaluates whether restorative justice offers a viable alternative to cyber fraud governance. Drawing on an interdisciplinary literature review, we argue that restorative justice sits along a “panacea–placebo” spectrum. As a “panacea”, restorative justice may introduce benefits that are rarely achieved by retributive justice, such as trust restoration, offender rehabilitation, and recidivism reduction. However, as a “placebo”, restorative justice confronts contextual conundrums, including restoration spuriousness (e.g., trust manipulation), practical barriers (e.g., anonymity, transnational operation, organized perpetration, and crime scale), and structural constraints (e.g., institutional resistance and cultural receptivity). Proposing this framework, we highlight that the effectiveness of restorative justice in cyber fraud governance is contingent on multi-dimensional contexts. Future research should empirically test this framework by evaluating how these contextual leverages affect the position of restorative justice on the “panacea–placebo” spectrum.

Keywords: *cyber fraud, restorative justice, retributive justice*

Restorative Justice in China: A Systematic Review of Empirical Evidence

SY08 Yiwei XIA, *Southwestern University of Finance and Economics, China*

Abstract

This study provides a systematic review of empirical research on restorative justice (RJ) in China. A total of 46 studies were identified and analyzed, from which four key themes emerged: attitudes toward RJ, environmental and green restorative practices, RJ practice, and effectiveness achieved. Overall, the existing literature indicates considerable public support for RJ, while also highlighting distinctive features shaped by China’s governance context. Prior research suggests that Chinese RJ practices often exhibit elements of compulsion and procedural formalism, with implementation frequently linked to the increased use of probation. Future research could provide stronger empirical evidence to expand the scope and methods utilized in RJ research.

Keywords: *restorative justice, environmental governance, empirical evidence, China*

Regulatory Governance, Responsive Regulation and Compliance in Great Transitions

SY09 Ruotong SU, *The Chinese University of Hong Kong, HKSAR, China*

Abstract

Regulatory governance is undergoing profound transformations amid “great transitions” from national to global, state-centric to polycentric, and hierarchical to networked forms. This chapter examines the evolution of the regulatory state under regulatory capitalism, emphasizing responsive regulation’s flexible, dialogic approach to compliance over rigid enforcement. It highlights campaign-style enforcement in China as a mechanism for rapid compliance amid institutional decoupling, complemented by consensual and restorative strategies to sustain long-term outcomes. The analysis extends to motivational posturing theory, exploring regulatees’ responses—ranging from resistance and disengagement to accommodation and capture—shaped by procedural justice, trust, and normative motives. These postures influence compliance dynamics, applicable to both regulatees and regulators. In conclusion, effective governance requires integrating macro-institutional changes, meso-enforcement modalities, and micro-psychological factors while navigating tensions between global harmonization and local adaptation to build resilient regulatory regimes.

Keywords: *regulatory governance, motivational posturing, compliance, responsive regulation, restorative justice*

SY10 **Restorative Justice in Environmental Crime and White-Colour Crime in China**
 Shiyu GU, *The Chinese University of Hong Kong, HKSAR, China*

Abstract

Traditional criminal justice often encounters challenges in addressing environmental offenses and white-collar crimes, such as accountability difficulties, inadequate restitution, and neglect of victims. Restorative justice, as an alternative disciplinary paradigm centered on damage repair, offers a novel solution. This study examines the theoretical foundations, practical models, and distinctive value of restorative justice within the fields of environmental and white-collar crime. Furthermore, the study draws on scholarly frameworks to demonstrate the advantages of environmental restorative justice in facilitating ecological rehabilitation, corporate compliance, and community reconciliation. The study will take a further stage to assess the challenges faced by restorative justice initiatives in the Chinese context and proposes prospects for developing localized practical models based on the Chinese narrative, aiming to inform the enhancement of judicial practices in relevant domains.

Keywords: *criminal justice, restorative justice, environmental crimes, white-collar crimes.*

Poster Presentation: Day 2

Venue: Mrs. Dorothy Koo and Dr Ti Hua Koo Plaza

P61 **When Grief Speaks Aloud: The Unheard Story of Oppari**
 S. SHERIN, *Women's Christian College, Chennai, India*
 D. PRIYA, *Women's Christian College, Chennai, India*

Abstract

Oppari is a traditional lamentation ritual found in rural parts of Tamil Nadu which is often an emotional outpouring of grief usually performed when someone in the community passes away or when the community faces adversity. For decades this has been seen as a rural ritual taking away its role in promoting collective healing and psychological resilience within communities is a topic which has been least explored. This study tries to understand how oppari a culturally embedded practice helps to address grief and foster resilience within a community at times of loss and adversity. Using content analysis of various oppari songs various elements of grief, shared mourning, its narratives and expression would be studied. The study would shed how oppari is not merely an ritual but a vital socio cultural practice that builds community resilience through shared emotional processing and social cohesion. This study also helps to understand how indigenous and generational wisdom in the form of rituals have a huge role in psychosocial support frameworks especially among resource constrained community settings.

Keywords: *Indigenous ritual, Community wisdom, Grief and Adversity*

P153 **Associations Between Resilience and Cognitive Emotion Regulation Strategies in Taiwanese Undergraduates**
 Yu Jing GAO, *Fu Jen Catholic University, Taiwan*

Abstract

This study examined the associations between resilience and cognitive emotion regulation strategies among university students, with the aim of understanding whether resilience functions to inhibit maladaptive cognitive processes and facilitate adaptive emotional regulation when encountering stress. Data were collected from 106 students at a university in Taiwan using standardized questionnaires measuring resilience (BRCS and BRS) and nine cognitive emotion regulation strategies (CERQ). Pearson correlation analyses were conducted to explore relationships among the variables. The results revealed significant negative correlations between resilience and several maladaptive strategies, including self-blame, rumination, and catastrophizing, with the strongest associations observed for self-blame and catastrophizing (r s ranging from $-.39$ to $-.60$). These findings suggest that students with higher resilience are less likely to engage in self-critical thinking or exaggerated negative interpretations of stressful events. In contrast, resilience was positively associated with adaptive strategies, particularly positive reappraisal and positive refocusing, indicating that more resilient students are inclined to reinterpret stressful situations constructively and redirect their attention in ways that mitigate negative emotional impact. Overall, the findings support the role of resilience as an important psychological protective factor

that reduces reliance on maladaptive cognitive strategies while promoting adaptive emotional regulation processes. Implications for emotional support in higher education, mental health promotion, and classroom-based counseling interventions are discussed.

Keywords: *cognitive emotion regulation, positive reappraisal, resilience, maladaptive cognition*

P180 Cultivating Resilience for Well-Being: Examining the Moderating Effect of Perceived Autonomy Across Socioeconomic Levels in Hong Kong

Cindy Qiyu ZHANG, The Hong Kong Polytechnic University, HKSAR, China

Abstract

Life satisfaction research recognizes the complex interplay between psychological resources and economic circumstances. However, the mechanisms by which resilience influences well-being across different economic status is overlooked. Substantial research indicates that higher income correlates with greater life satisfaction and resilience, typically attributed to reduced financial burdens. Yet income satiation theory proposes a more intricate relationship: beyond a certain threshold, additional income yields diminishing satisfaction returns among high-income earners. This saturation effect may substantially alter how resilience relates to life satisfaction among affluent individuals. Given Hong Kong's enormous wealth gap, assessing specific life domains (e.g., autonomy) beyond mere income is essential to mitigate this relationship in Hong Kong. Despite the significance, the existing research has largely overlooked this phenomenon. This study investigates whether resilience levels differ between high-income and low-income residents in Hong Kong and examines whether perceived autonomy moderates the resilience-life satisfaction relationship differently across income groups. Specifically, it explores how autonomy may buffer socioeconomic burdens experienced by low-income individuals while counteracting saturation effects among high-income individuals. The Life Satisfaction Scale, Resilience Scale, and Perceived Autonomy Scale were administered to 600 residents recruited through stratified sampling by distinctive socioeconomic status. Independent-sample t-tests compared resilience levels between the two income groups. Hierarchical regression analyses examined autonomy's moderating effect on the resilience-satisfaction relationship within each cohort.

Results revealed significant between-group differences in resilience levels and distinct association patterns with life satisfaction. Among high-income individuals experiencing income saturation, enhanced autonomy strengthened the resilience-satisfaction relationship, mitigating saturation effects. Conversely, among low-income individuals, who demonstrate greater satisfaction gains from income growth but lower baseline autonomy, autonomy's moderating effect was weakened. These findings demonstrate that pathways converting psychological resources into well-being outcomes are situationally dependent within Hong Kong's socioeconomic context, providing theoretical grounding for policymakers to develop wellbeing interventions tailored to differing income levels.

Keywords: *resilience, life satisfaction, perceived autonomy, income satiation, socio-economic burden*

P183 Cultivating Resilience in Young Children: A Traditional Way ART THERAPY - The Bloom

Prema BALAKRISHNAN, Asha The Hope, Singapore

Abstract

Resilience in childhood forms the emotional foundation for learning, relationships, and long-term psychological well-being and for 'self-regulation.' Resilience involves learning to manage emotions, tolerate frustration, and recover from everyday challenges. During this developmental stage, children frequently experience intense emotions, lacking the verbal capacity to describe or regulate them effectively. Common stressors, such as separation from caregivers, peer conflicts, or task-related difficulties, may lead to 'emotional dysregulation', withdrawal, or behavioral outbursts. From the integrated perspective of a counseling art therapist, resilience is best fostered through relational safety, emotional validation, and developmentally appropriate expression. While verbal skills are limited for young children, 'art therapy' provides a non-threatening and accessible medium through which internal experiences can be expressed and processed. This visually maps their body's escalating signals, and the creative engagement allows emotions to be externalized which reduces intensity and making them more manageable in a growth mindset.

Name it to Tame it, Resilience Shield, and Exam Monster are a few of the art therapy interventions. In the worry creature activity, children created a creature using clay to represent fears not easily named. As the child shaped, altered, or gently flattened the clay form, they experienced a sense of control and mastery over the emotion. Another directive: children decorated small containers

and placed drawings of big feelings inside, reinforcing the idea that emotions can be safely held and revisited when they feel ready. These symbolic acts supported emotional containment, self-awareness, and regulation without requiring advanced ‘verbal articulation.’

This helps children to recognize emotions, build coping strategies, and develop confidence in their ability to navigate distress. Art therapy strengthens emotional literacy, ‘self-efficacy,’ and adaptive coping skills. Early engagement in art interventions contributes to the development of resilience by equipping children with expressive tools that support healthy adjustment across developmental stages.

Keywords: *self-regulation, emotional dis-regulation, art therapy, verbal articulation, self-efficacy*

P195 Building Digital Resilience: A Conceptual Framework for a Dual-Track (Youth-Parent) Positive Psychology Intervention to Mitigate Online Risks and Enhance Psychological Well-Being

Mengying WANG, The Education University of Hong Kong, HKSAR, China

Hayley Ruo Xi WU, The Hong Kong Polytechnic University, HKSAR, China

Abstract

Adolescents face prevalent online risks (e.g., cyberbullying, harmful content) in cyberspace, which pose significant threats to their psychological well-being. Digital resilience—the ability to learn, recover, and adapt from adverse online experiences—is conceptualized as a key protective factor. Existing intervention approaches often focus on individual adolescents or restrictive parental strategies, lacking a cohesive framework that simultaneously engages both adolescents and their parents through a positive psychology lens. Grounded in socio-ecological theory and family systems theory, this conceptual paper proposes a dual-track positive psychology intervention framework. The adolescent track is designed to cultivate positive emotions, character strengths, and a growth mindset. The parent track aims to enhance digital parenting self-efficacy, promote positive communication, and model healthy digital engagement. This paper outlines the theoretical rationale, core intervention components, and potential mechanisms through which such a family-focused, strengths-based approach could foster digital resilience and well-being. By integrating theoretical perspectives and proposing a structured intervention design, this study aims to provide a roadmap for future program development and empirical research, empowering families to thrive in the digital age.

Keywords: *digital resilience, positive psychology intervention, adolescents, parents, psychological well-being*

P196 Enhancing Resilience in Post-COVID-19 Children Through Cognitive Behavioral Therapy with Interpersonal Elements: A Group-Based Intervention Study

Gang LIU, Sultan Idris Education University (UPSI), Malaysia

Samsiah Mohd JAIS, Sultan Idris Education University (UPSI), Malaysia

Abstract

The COVID-19 pandemic has posed significant challenges to children’s psychological well-being, particularly during late childhood when emotional regulation and interpersonal skills are still developing. This study examined the effectiveness of a group-based intervention designed to enhance resilience among post-COVID-19 children aged 10–12 in China. The intervention integrated core components of Cognitive Behavioral Therapy (CBT) with interpersonal elements, aiming to address emotional distress while strengthening peer interaction and adaptive coping. A total of children were recruited from primary schools and assigned to an intervention group or a comparison group based on baseline assessments. Participants in the intervention group attended six weekly group sessions, each lasting approximately 60 minutes. Standardized self-report measures were used to assess resilience-related outcomes, including emotional regulation, anxiety, depressive symptoms, and interpersonal functioning, before and after the intervention. Preliminary findings indicated that children who received the intervention demonstrated significant improvements in emotional regulation and resilience-related indicators, along with reductions in anxiety and depressive symptoms, compared with the comparison group. Improvements in peer interaction and perceived social support were also observed. These results suggest that integrating interpersonal elements into CBT-based group interventions may be a feasible and effective approach for cultivating resilience in young children following large-scale public health disruptions. The study highlights the value of developmentally sensitive, group-based psychological interventions in promoting children’s adaptive functioning during post-pandemic recovery.

Keywords: *resilience, children, cognitive behavioral therapy, interpersonal intervention, post-covid-19*

P202 **An Exploratory Qualitative Study on Cyberbullying Experience from a Victim's Perspective and Coping Strategies among Women with Heavy Social Media Usage**

Rulin LEE, IMU University, Malaysia

Abstract

Various studies have highlighted that women are at a higher risk of becoming victims of cyberbullying, with the severity of cyberbullying among women in many countries increasing and the urgency of having necessary intervention steps by governments and legal institutions in place. Nonetheless, the taboo of discussing mental health and individual struggles has hindered victims from disclosing their cyberbullying experiences they have gone through or are still currently experiencing due to the fear of being discriminated against. Therefore, this study aimed to explore cyberbullying from a victim's perspective among women with heavy social media usage, as well as their coping strategies. A qualitative research design was utilised to understand the cyberbullying experience and coping strategies among five young women aged between 20 to 26 years old. Participants were recruited through social media. Collected data were analysed using thematic analysis which revealed three cyberbullying themes: "harassment", "relational aggression" and "trolling", three initial reaction themes: "anger", "sadness" and "confusion", two crossroad themes: "helplessness" and "sense of control" that either lead to the relapse of cyberbullying experience or coping strategies, and three coping strategy themes: "social coping", "emotion-focused coping" and "problem-focused coping" and lastly, cognitive reappraisal. The findings provide comprehensive insights into understanding cyberbullying experiences and coping strategies among women with heavy social media usage. Understanding the effectiveness of various forms of coping allows mental health professionals to support their clients by finding out the implemented coping strategy and expanding on other forms of coping to build a more holistic support for their clients.

Keywords: *coping strategies, cyberbullying from a victim's perspective, heavy social media usage, women*

P205 **The Moderating Influence of Resilience on Quality of Life and Psychological Distress in Non-Smokers Exposed to Secondhand Smoke**

Razia ANJUM, Bath Spa University, UAE

Zulekha SABIR, GC Women University, Sialkot, Pakistan

Abstract

The current study aims to mitigate the adverse effects of secondhand smoke exposure by leveraging resilience tendencies, with a primary focus on enhancing quality of life and reducing psychological distress in non-smoking individuals. Secondhand smoke is a significant public health concern, linked to various health issues and psychological stress. Recognizing the significant public health implications of secondhand smoke, this study investigates the moderating influence of resilience on the quality of life and psychological distress among non-smokers exposed to secondhand smoke. Utilizing a quantitative approach, 326 non-smoking individuals with age range of 13-39 years were approached through the purposive sampling. Data was collected through culturally adapted and translated versions of Flanagan quality of life scale, Kessler psychological distress scale. Secondhand smoke exposure questionnaire and Connor Davidson resilience scale. Regression, moderation and T. Test analysis were used to analyze the data. The findings indicate that higher resilience significantly mitigates psychological distress and enhances quality of life, suggesting that fostering resilience could serve as a critical intervention strategy and men demonstrate more resilient behaviors in coping with the mental health effects of secondhand smoke exposure than women. This study underscores the importance of psychological support and resilience-building initiatives for non-smokers to improve well-being in secondhand smoke-laden environments. Future research should explore targeted resilience training programs as a potential public health intervention. The study's conclusion offers a roadmap for addressing psychological distress by highlighting resilience tendencies to improve the quality of life for non-smoking individuals. It specifically addresses the challenges faced by working women in Sialkot, aiming to foster a more supportive, inclusive, and psychologically healthy environment.

Keywords: *resilience, secondhand smoke, quality of life, psychological distress, non-smokers*

P208

Navigating Change: Adaptation of Older Adults in Residential Care Homes Across Hong Kong and Guangdong

Peiyi LU, *The University of Hong Kong, HKSAR, China*

Sin Yu LAM, *The University of Hong Kong, HKSAR, China*

Abstract

Background: Relocating to residential care homes is widely recognized as a stressful life transition for older adults, and prior research has examined strategies for successful adaptation. In Hong Kong, the emerging trend of cross-border aging, where older adults relocate to Guangdong under a government subsidy scheme, introduces additional complexity to post-relocation adjustment due to differences in institutional systems and living environments. This study compares the adaptation of older adults in residential care homes across these two contexts.

Methods: Thirty-two older adults (16 in Hong Kong and 16 in Guangdong) participated in semi-structured, in-depth interviews. Participants reflected on their adaptation processes and evaluated their current living environment. Thematic analysis was employed to identify patterns across the two groups.

Results: Older adults who relocated to Guangdong generally had prior origins or social ties there and made voluntary, well-informed decisions, which facilitated smoother adaptation and more positive evaluations of their new environment. Conversely, many residents in Hong Kong reported constrained choices, often entering care homes out of necessity rather than preference. These individuals expressed feelings of powerlessness but demonstrated resilience by adjusting their mindset to accept the situation. Across both settings, participants exhibited adaptive behaviors and cognitive reframing, ultimately achieving a new equilibrium despite structural and emotional challenges.

Conclusion: Despite the dual challenges of cross-border relocation, many older adults adapted well and evaluated their new environment positively, largely due to greater autonomy and improved living conditions. These findings underscore the need for interventions that enhance decision-making autonomy and foster resilience to support smoother adaptation.

Keywords: *older adults, nursing home relocation, cross-border aging, adaptation, decision-making*

P211

An Exploration of Cultural Challenges and Resilience Experiences of Marriage Migrant Women

Chau Ha HUI, *National Kaohsiung Normal University, Taiwan*

Chih Pin HSING, *National Kaohsiung Normal University, Taiwan*

Abstract

The population of marriage migrant women in Taiwan has exceeded 500,000; however, existing research has primarily focused on adjustment difficulties, with limited attention to resilience experiences. This qualitative study explored the lived experiences of cultural challenges and resilience factors among marriage migrant women in Taiwan. Using purposive sampling, three participants who had resided in Taiwan for at least 10 years, had experienced culture-related difficulties, and currently perceived themselves as having stable income and living conditions were recruited. Two participants were from China and one from Vietnam, with lengths of residence of 13, 17, and 24 years. All had previously encountered adversities such as intimate partner violence, marital breakdown, and interpersonal difficulties, yet demonstrated stable lives and positive cultural adaptation at the time of the study. Each participant completed at least one in-depth individual interview. Data were analyzed through repeated review and analytic discussion to ensure rigor, with strict adherence to research ethics. Findings indicated that cultural challenges were primarily rooted in contextual and relational factors, including language and communication styles, dietary habits and daily rhythms, family roles and cultural norms, as well as power-imbalanced relationships characterized by economic control, social isolation, unequal domestic labor, and threats related to legal status. Resilience factors included engaging in education and further learning to reduce marital isolation, pursuing economic independence and professional skills, participating in social engagement and value contribution, accessing peer support among marriage migrant women, and overcoming emotional distress and legal challenges. These factors reflected multiple levels of resilience, encompassing individual capacity-building, personal achievement, relational network support, and institutional and contextual resources. Overall, the findings suggest that while cultural challenges largely arise from external structural and relational conditions, marriage migrant women can foster resilience through personal empowerment, social participation, and supportive social and institutional environments that facilitate long-term cultural adaptation in Taiwan.

Keywords: *marriage migrant women, cultural differences adaptation, resilience*

Keynote Speech #3

Generations in Transition and Adversity: Mapping Resilience and Mental Health Functioning among Chinese in Hong Kong from Generation Alpha to Baby Boomers

Venue: Jockey Club Multimedia Theatre (Research Complex RLG208)



Professor Catherine So-kum Tang
Hong Kong Shue Yan University, HKSAR, China

Abstract

Generation membership exerts a profound influence on mental well being through distinct historical trajectories, socio-cultural norms, technological contexts, and cumulative life experiences. Beyond chronological age effects, generational cohorts differ systematically in their exposure to adversity, access to protective resources, and patterns of resilience, with significant implications for public mental health policy. This keynote presentation synthesizes findings from a series of large scale, interdisciplinary studies conducted by research teams at the Hong Kong Shue Yan University and other local universities. These studies examined resilience processes and mental health functioning among Chinese residents in Hong Kong, spanning Generation Alpha to the Baby Boomer cohorts. Drawing on population based data, the research identifies multilevel psychosocial and community resilience factors associated with mental health outcomes, encompassing individual attributes (such as personal resilience, emotion regulation strategies, and meaning making capabilities), interpersonal resources (including family resilience and social support networks), and broader community and structural supports. The presentation further explores how different generations have navigated childhood adversity, interpersonal trauma, and collective stressors, such as public health emergencies (e.g., successive COVID 19 outbreaks) and community wide disruptions arising from natural and human related disasters. These findings highlight both shared vulnerabilities and cohort specific adaptive pathways shaped by Hong Kong's unique sociocultural environment. These research findings underscore the limitations of one size fits all mental health approaches and point to the need for generation responsive strategies across sectors. Implications are discussed for the healthcare system in terms of stepped, lifespan oriented mental health services; for the education sector through early identification and school based resilience promotion; and for the social welfare sector via community embedded, family centred, and trauma informed support models. By adopting a multigenerational lens, this presentation aims to inform integrated, evidence based policies that strengthen resilience and psychological well being across the lifespan in a rapidly changing sociocultural context.

Biography

Professor Catherine So-kum Tang obtained her PhD in Clinical Psychology from the University of North Texas, USA. She served as a tenured Professor of Psychology at the Chinese University of Hong Kong until 2007, and subsequently at the National University of Singapore until 2020. Professor Tang joined Hong Kong Shue Yan University in 2020 and served as Vice President (Graduate School) until 2025. She is currently a Distinguished Professor of Research. Professor Tang has extensive experience in academic leadership, including heading academic departments, developing and leading postgraduate programmes, establishing and managing interdisciplinary research centres, and chairing uni-

versity-level committees. She is also an active and highly productive researcher, with over 300 academic publications. Her research interests encompass human resilience and adaptation to life adversities and trauma, behavioural addiction, violence against women, and health psychology. Her scholarly work has received 15,385 citations (h-index = 73) on Google Scholar and 7,046 citations (h-index = 50) on Scopus. Professor Tang has been listed among the World's Top 2% Most-Cited Scientists (both annual and career impact) by Stanford University from 2021 to 2025. She has secured substantial research funding for large-scale projects from various funding bodies, including highly competitive grants awarded by the Ministry of Education in Singapore and the Hong Kong Research Grants Council.

Oral Presentations: Day 3

Oral Presentations #10 Theme: Family and Generational Dynamics in Resilience to Change

Venue: Jockey Club Multimedia Theatre (Research Complex RLG208)

A166

The Impact of Adverse Childhood Experiences on Resilience: The Role of Insecure Attachment Styles and Self-Compassion

Yin Man CHENG, Hong Kong Shue Yan University, HKSAR, China

Abstract

Previous studies have demonstrated that adverse childhood experiences (ACEs) can significantly negatively associate with resilience, often through insecure attachment styles, yet the underlying mechanisms of these changes remain underexplored. Research indicates that experiencing ACEs is linked to the development of insecure attachment styles. In turn, individuals with insecure attachment may form a negative self-image and struggle with self-soothing, resulting in decreased self-compassion. Kumpfer's Resilience Model, conceptualizing resilience as a dynamic process shaped by individual and environmental factors, offers a valuable framework for examining these mechanisms. While insecure attachment is consistently implicated, emerging evidence suggests that self-compassion may serve as an internal characteristic, enabling individuals to better overcome adversity. This study utilized Kumpfer's Resilience Model to explore how insecure attachment styles and self-compassion play a role in the relationship between ACEs and resilience in later adulthood. Specifically, it examined the role of insecure attachment in childhood and self-compassion, in sequence, mediated the impact of ACEs on resilience. The study recruited 208 adult participants who are ethnically Hong Kong citizens. Participants completed online questionnaires via Qualtrics to assess ACEs (ACE-IQ), dimensions of anxious and avoidant attachment (RAAS-C), self-compassion (SCS), and resilience (CD-RISC-10). Correlational analyses and mediation analyses were conducted using the PROCESS model in JASP. Ethical approval was obtained from the Departmental Research Subcommittee at Hong Kong Shue Yan University. Anxious attachment in childhood and self-compassion sequentially mediated the impact of ACEs on resilience, while avoidant attachment, combined with self-compassion, also served as a mediating pathway. In conclusion, this study enhances our understanding of ACEs within the Hong Kong context by clarifying the sequential mechanisms through which insecure attachment and lower self-compassion diminish individuals' resilience after exposure to ACEs. Additionally, it offers insight into the practical implications of the significant roles of self-compassion. Limitations and suggested future research directions are discussed.

Keywords: *ACEs, resilience, attachment styles, self-compassion, sequential mediation analysis*

A206

Emotion Regulation as Relational Resilience: Expressive Suppression Buffers the Impact of Attachment Insecurity on Relationship Commitment in Young Adults

Quang Thi Mong CHI, Vietnam National University Ho Chi Minh City, Vietnam

Abstract

Romantic relationships often involve emotional vulnerability that challenges individuals' capacity to sustain commitment, particularly when attachment insecurity is present. Grounded in attachment theory and an emotion regulation perspective on human resilience, this study examined whether emotion regulation strategies function as relational resilience mechanisms in the context of attachment insecurity. Data were collected from 605 young adults using validated measures of attachment insecurity, expressive suppression, cognitive reappraisal, and relationship commitment.

ment. Moderation analyses using PROCESS indicated that attachment insecurity was associated with lower relationship commitment; however, this association was significantly moderated by expressive suppression. Specifically, the negative impact of attachment insecurity on commitment was evident at low and moderate levels of expressive suppression but became nonsignificant at high levels of suppression, suggesting a buffering effect. Cognitive reappraisal showed a robust positive association with commitment but did not moderate the attachment–commitment link, indicating its role as a general promotive resource rather than a compensatory mechanism. In contrast, attachment security demonstrated a strong positive association with commitment that was not contingent upon emotion regulation strategies. Together, these findings highlight expressive suppression as a context-sensitive resilience strategy that enables individuals with attachment insecurity to maintain commitment despite emotional vulnerability. Implications for resilience-oriented relationship counseling and emotion regulation–focused interventions for young adults are discussed.

Keywords: *attachment insecurity; expressive suppression; emotion regulation; relationship commitment; relational resilience*

A207 Navigating Family Relationships: A Qualitative Study of Transgender and Gender Diverse Individuals in Hong Kong

Haixia MA, Hong Kong Metropolitan University, HKSAR, China

Yajing MA, China University of Mining and Technology, Xuzhou, China

Abstract

Background: Family attitudes play a pivotal role in shaping the well-being of transgender and gender diverse (TGD) individuals. While family acceptance serves as a key protective factor, rejection and conflict can act as powerful sources of distress and risk for poor mental health outcomes.

Aim: This study explores the lived experiences of TGD individuals in Hong Kong, focusing on their family relationships and the coping strategies they employ within the home environment.

Methods: As part of a broader investigation into the mental health of TGD people in Hong Kong, 22 participants were recruited through local TGD-affirming NGOs. Semi-structured interviews were conducted to explore family dynamics and coping mechanisms. Interviews were audio-recorded, transcribed verbatim, and analyzed using thematic analysis.

Results: Five major themes emerged: 1) Parental conflict and rejection: Parents were the primary source of interpersonal tension and emotional strain. 2) Living “double lives”: Participants often managed relationships through secrecy or unspoken “don’t ask, don’t tell” arrangements. 3) Financial dependency and resilience: Economic independence was crucial for achieving personal freedom and influencing disclosure decisions. Despite conflict, some families paradoxically provided financial or practical support during transition. 4) Mental Health Impact: Persistent familial conflict and rejection were linked to depression, anxiety, and suicidal ideation. Peer and community networks emerged as key sources of emotional resilience.

Conclusion: The study underscores the central role of family relationships in shaping the mental health of TGD individuals in Hong Kong. Findings call for family-based education initiatives on gender diversity and tailored mental health support to strengthen resilience and promote acceptance within families.

Keywords: *transgender and gender diverse individuals; resilience; family relationships; mental health*

A218 The Influence of Parental Education Background on University Students’ Depression, Anxiety, Wellbeing in Hong Kong: The Mediating Roles of Presence of Meaning, Social Competence, and Coping Strategies.

Xinyi DU, City University of Hong Kong, HKSAR, China

Abstract

Low socioeconomic status (SES) poses a risk to university students’ mental health and wellbeing. This study aimed to address the protective factors against Low SES and examined how parental education background affect students’ depression, anxiety, and wellbeing through presence of meaning, social competence, and adaptive/avoidant coping strategies. A sample of 929 students ($M_{age}=21.58, SD=4.02$; 74.9% female) from five Hong Kong universities participated. Most were undergraduate students (79.3%, $N=737$), and others are postgraduate students. Independent-samples t-tests revealed there were no significant gender differences in mental health outcomes (all $ps>.05$). Correlational analyses indicated that fa-

ther's and mother's education level were significantly and negatively correlated with depression and anxiety. Meanwhile, wellbeing was positively associated with parental education. Mediation analyses using PROCESS macro showed that presence of meaning mediated all parental education and mental health outcome relationships. Social competence and adaptive coping mediated mother's education and outcome relationships, while avoidant coping mediated father's education and outcome relationships. Specifically, presence of meaning fully mediated the relationship between father's education and depression, mother's education and depression, and mother's education and anxiety. A parallel multiple mediation model supported that mother's education and depression relationship was fully mediated by presence of meaning, social competence, and adaptive coping. The results indicated that maternal and paternal educational level could influence university students' mental health (anxiety and depression) and wellbeing by fostering their personal attributes. Results suggest that paternal educational level could promote wellbeing through reducing students' avoidant coping including denial, substance use, behavioural disengagement, and maternal educational level might improve mental health outcomes by cultivating psychological strengths like presence of meaning, social competence, and adaptive coping. Schools may address these attributes to buffer against low SES effects and promote wellbeing and resilience.

Keywords: *socioeconomic status, parental education, mental health, meaning in life, social competence, coping strategies, university students*

A221 “Resilience within the silent grief”: The Association Between Resilience and Grief was Mediated by Trauma-coping Self-efficacy and Posttraumatic Cognitions among Hong Kong Women Experienced Recent Pregnancy Loss

Stephanie Tsz Yung LAU, The Chinese University of Hong Kong, HKSAR, China

Nelson Chun Yiu YEUNG, The Chinese University of Hong Kong, HKSAR, China

Jacqueline Pui Wah CHUNG, The Chinese University of Hong Kong, HKSAR, China

Cosy Wing Ching CHEUNG, The Chinese University of Hong Kong, HKSAR, China

Abstract

Pregnancy loss (PL) impacts millions of women yearly worldwide; grief is common following such loss. Resilience has been found to facilitate people's adjustments to adversities and alleviate their grief symptoms after bereavement. Prior research suggested that resilience enhances psychological resources (including increasing trauma coping self efficacy (TCSE; i.e., perceived capability to cope with trauma-related stress), promotes positive emotions (e.g., hope), and reducing posttraumatic cognitions (i.e., PTC; negative beliefs about oneself/others after trauma). However, how such factors explain the link between resilience and grief symptoms following PL have yet to be clarified. We examined the association between resilience and grief symptoms, plus explored if TCSE, hope and PTC mediated such association among Hong Kong women with recent PL.

Sampling through hospitals/NGOs/online communities, 77 women experienced PL in the past year (50.6% aged ≤ 35 ; 93.5% early miscarriage; 39% experienced ≥ 1 PL) completed an online survey between August 2025-January 2026.

The most commonly-reported grief symptoms were grieving for the baby (87.1%), feeling upset about the loss (78%), and painful to recall memories (77.7%). Resilience was significantly correlated with TCSE, hope, PTC and grief symptoms. Multiple mediation analysis results (SPSS Process model 4) indicated that the negative association of resilience and grief symptoms was significant (total effect: $\beta = -0.27$, $se = .12$, 95%CI = $-0.55, -0.07$). After controlling emotional support, such association was significantly mediated by higher TCSE (indirect effect: $\beta = -0.21$, $se = .07$, 95%CI = $-0.36, -0.08$), and less negative PTC (indirect effect: $\beta = -0.20$, $se = .06$, 95%CI = $-0.33, -0.09$), but not by hope (indirect effect: $\beta = 0.02$, $se = .03$, 95%CI = $-0.03, 0.08$). After considering the mediators, the association between resilience and grief symptoms became non-significant (direct effect: $\beta = -0.50$, $se = .10$, 95%CI = $-0.06, 0.33$). The overall model explained 62.3% of variance in grief symptoms

The high prevalence of grief symptoms underscored the need for providing early bereavement support for women with PL experience. The association between resilience and grief was explained by TCSE and PTC. Future interventions should incorporate resilience-building strategies, trauma-coping skills training, and cognitive-behavioral techniques targeting negative trauma-related beliefs to facilitate better adjustment among those women.

Keywords: *pregnancy loss, resilience, trauma-coping self-efficacy, posttraumatic cognitions, grief*

The effect of grandparenting on intergenerational solidarity: a focus group study**A226** Gigi LAM, Hong Kong Shue Yan University, HKSAR, China**Abstract**

Hong Kong is characterized as three unique features, including a hybrid of traditional and modern values, a change in the population and household structure and a dilemma between high prevalence of grandparenting and ambivalent attitude of grandparenting. Under this unique socio-cultural context, it is imperative to examine whether and how grandparenting strengthens intergenerational solidarity (i.e. the sentiments and behaviors that link family members across generations) instead of treating its effect of grandparenting as an isolated part in the family system. The study conducted 6 focus groups with 38 grandparents aged between 55 to 85 with the current or previous experience of taking care of grandchildren in four neighborhood elderly centers. A deductive thematic analysis was conducted with NVivo 15. The study found that grandparenting is the combined result of structural solidarity (i.e., geographical proximity), associational solidarity (i.e., contacts and activities among family members) and functional solidarity (i.e., autonomy given by adult children to parents of taking care of grandchildren). The intergenerational solidarity hence affects grandparents to have three distinct values associated with grandparenting, including neutral, negative values and positive values. The key to differentiating these three groups of grandparents lies at the core heart of affectual solidarity (i.e. how the grandparents can build strong emotional bonding with their grandchildren) and normative solidarity (i.e. how the grandparents adhere to familial norms and normative culture). Moreover, generativity as the initiatives to learn new things manifests in the form of family adaptative strategy to foster functional solidarity, which can enhance the values of grandparenting as well. The study bears practical implications at both short- and long-term levels under the residual welfare model and meagre childcare services, such as how to foster the intergenerational relation between grandparents, adult children and grandchildren.

Keywords: *grandparenting, intergenerational solidarity, values, generativity, Hong Kong*

Oral Presentations #11
Theme: Cultivating Resilience Through Holistic Interventions

Venue: Main Building LG120

A69 Loving-Kindness and Compassion Meditation Facilitates Workplace Well-Being: Randomised Controlled Trials Comparing the Mediating Roles of Positive Emotion and Self-Compassion

Jessy Rong WANG, Hong Kong Shue Yan University, HKSAR, China

Abstract

Meditation practices, as a type of psychological intervention, could potentially improve employee well-being. Recently, there has been growing interest in the workplace toward a specific type of meditation known as Loving-Kindness and Compassion Meditation (LKCM). LKCM empowers practitioners to consistently cultivate feelings of goodwill, initially directed at themselves and subsequently extended to others. The primary objective of LKCM is to cultivate four pro-social attitudes toward both oneself and others, commonly referred to as the “four immeasurables”: (a) Loving-kindness; (b) Compassion; (c) Appreciative Joy; and (d) Equanimity. However, evaluations of LKCM’s specific impacts and underlying mechanisms in the workplace are limited. This study conducted two randomized controlled trials to examine the effects of online self-help LKCM interventions on employee well-being (Study 1: n = 200; Study 2: n = 386). The focused outcomes included job burnout, job satisfaction, and turnover intention, with Study 2 extending to psychological distress. We also took an initial step to compare the mediating roles of positive emotion and self-compassion in the effects of the LKCM intervention. Both studies showed that LKCM intervention effectively improved most included outcomes and their dimensions, except for general job satisfaction and positive self-compassion in Study 1, and reduced accomplishment in Studies 1 and 2. Furthermore, both sub-studies identified the independent mediating roles of positive emotion (particularly low- and medium-arousal types) and self-compassion (especially negative self-compassion) in the effects of the LKCM intervention. The findings contribute to a deeper understanding of the impact of LKCM interventions on employee well-being. They offer effective and practical strategies for enhancing occupational health. Our results also highlight implications for future research and applications of LKCM in workplace settings.

Keywords: *loving-kindness and compassion meditations, randomised controlled trials, well-being, workplace, digital interventions*

A98 Mandala Art with Children Living with Complex Trauma in Institutional Care*Shubhada KARNIK, Kaveri Group of Institutes, India**Sampada DESHPANDE, Kaveri Group of Institutes, India***Abstract**

This study explores the impact of Mandala Art Therapy on the emotional well-being of children aged five to thirteen years living in a semi orphanage setting. Mandalas, often symbolising balance and wholeness, are used as a therapeutic medium to foster emotional expression, self-regulation in children experiencing familial disruptions. The intervention consisted of structured Mandala Art colouring sessions over a period of six months twice in a month. Data was collected using post intervention feedback form and semi structured interviews. The results indicated improvement in emotional stability, enhanced self-expression, reduced anxiety, improved sense of security. The therapeutic process provided a non-verbal outlet for processing emotions and building a sense of control. These findings highlight Mandala Art Therapy as an effective, culturally adaptable tool for promoting emotional wellbeing in vulnerable child populations. Future research is recommended to explore its long-term benefits and applicability in other settings.

Keywords: *Mandala Art, Emotional well-being, Stress, Semi-orphan, Therapeutic Medium*

A119 Efficacy of Buddhist Spiritual Counselling in Enhancing Emotional Well-being*Jennifer Shui Wa YIM, The University of Hong Kong, HKSAR, China***Abstract**

Recent statistics show that mental health challenges account for 10% of global total disease, yet only 1% of health workers worldwide address this concern (World Economic Forum, 2025). In Hong Kong, approximately one in seven people will experience a common mental health disorder at any given time, 75% of these individuals will not seek professional help, and only 20% of those who seek help will develop a treatment-resistant condition. Hong Kong government calls for counselling professionals to support its mental health services (HKUMed, 2024; Legislative Council Secretariat, 2024); community service groups, such as the Tsz Shan Monastery Buddhist Spiritual Counselling Centre (Tsz Shan Monastery Buddhist Spiritual Counselling Centre, n.d.), have stepped forward to offer related services. This essay examines the efficacy of the Centre's counselling outcomes by analysing the counselees' self-reporting assessments using the Holistic Well-being Scale (HWBS) (Chan, 2016, p. 48) and the Depression Anxiety Stress Scale (DASS-21) (Lovibond & Lovibond, 1995). Results from the 239 counselees who completed counselling in 2023 indicate significant improvements in mental health outcomes. The discussion examines and posits that Buddhist teachings and practices, as guided by Buddhist spiritual counsellors, contribute to holistic well-being and help alleviate anxiety, depression, and stress, suggesting the potential of integrating Buddhist teachings in counselling methodologies for cross-cultural and secular applications (Lee, 2023; Lee et al., 2017; Sik & Yim, 2020).

Keywords: *Buddhist counselling, emotional health, mindfulness*

A137 Cultivating Resilience Through Holistic Well-Being in Emerging Adulthood: Effectiveness of Body-Mind-Spirit Group Program*Hoi Nga NG, Saint Francis University, HKSAR, China***Abstract**

Emerging adulthood is a developmental stage spanning the late teens through the early twenties. On the one hand, individuals in emerging adulthood begin to relinquish the dependencies of childhood and early adolescence. On the other hand, they have not yet fully assumed the enduring responsibilities typically associated with adulthood. Students in emerging adulthood must cope with a heavy academic workload and experience high levels of stress in their academic pursuits. Academic stress is associated with poor sleep quality and mental health issues such as anxiety, depression, and diminished quality of life. Holistic well-being, which fosters psychological resilience, may assist individuals in emerging adulthood in managing academic stress and life adversities. This study examined the effectiveness of a series of eleven Body-Mind-Spirit (BMS) group program designed to enhance the holistic well-being of students in emerging adulthood. Each BMS group program consisted of eight to twelve participants. Each group program comprised four sessions conducted over two consecutive days, with each day including a morning and afternoon session lasting three hours each. The activities of the BMS group program were diverse and experiential, incorporating bodily exercises, letter writing, meditation, drawing,

singing, relaxation techniques, and group sharing. Evaluation results indicated that, in contrast to a comparison group (N = 88), the participants in the BMS group program (N = 192) exhibited significantly higher levels of equanimity, reflected in increased non-attachment, general vitality, mindful awareness, and spiritual self-care. Individuals in the intervention group also demonstrated a significant reduction in emotional affliction, including decreased emotional vulnerability, bodily irritability, and spiritual disorientation. These findings provide supportive evidence for the effectiveness of the BMS group program in promoting holistic well-being, suggesting that participants would be better equipped with psychological resilience to cope with their academic stress and adversities in life.

Keywords: *Body-mind-spirit, emerging adulthood, group program, holistic well-being, resilience*

A157 Enhancing Resilience in Young People: Preliminary Insights into the Impact of a Mindful Music Breathing Program

Winnie CHENG, Saint Francis University, HKSAR, China

Anson TANG, Tung Wah College, HKSAR, China

Mark TSANG, Tung Wah College, HKSAR, China

Lokki WONG, Hong Kong Metropolitan University, HKSAR, China

Abstract

Young people often face challenges in adapting to various aspects of their personal lives, including transitions to work, college, and independent living. Building personal resources that strengthen resilience is crucial for mitigating stress and improving mental well-being. Both mindfulness practices and music listening have been demonstrated to effectively reduce stress. This study reports preliminary findings on the efficacy of a Mindful Music Breathing (MMB) program, which integrates mindfulness practices and music listening to enhance personal resources and strengthen resilience in young people. The study used a two-parallel-group, randomized controlled trial (RCT) design. A total of 55 participants were randomly allocated to either the experimental group (n=50) or the control group (n=45). Participants in the experimental group underwent a 6-week MMB program, whereas those in the control group received a 6-week placebo control consisting of breathing exercises and stress reduction education. Personal resources were measured by the Sense of Coherence Scale (C-SOC-13), the Coping Self-Efficacy Scale (CSES), the Difficulties in Emotion Regulation Scale (DERS), 15-item Mindful Attention Awareness Scale (MAAS). While mental well-being was measured by the 21-item Depression Anxiety Stress Scales (DASS-21) and the 24-item BBC Subjective Well-being Scale (BBC-SWB). The preliminary results revealed no significant difference between the groups at week 6. However, significant improvement was noted in MAAS, CSES, DASS-21 and BBC-SWB among the participants in the experimental group after 6 weeks. Similarly, the control group showed significant improvements in MAAS, CSES, and BBC-SWB, but not in DASS-21. These findings are preliminary, and further research is needed to confirm the results and investigate the long-term benefits of the program.

Keywords: *music therapy, mental well-being, mindfulness, sense of coherence, stress*

Oral Presentations #12 Theme: Family and Support Network in Building Resilience

Venue: Main Building LG120

AS3 Ancestral Shelter: The Impact of Clan on Mental Well-being in Contemporary Guangzhou

Yuxuan HU, The Hong Kong University of Science and Technology (Guangzhou), China

Abstract

This study contributes to the understanding of mental health in urban China by revealing the differential impacts of clan associations on the psychological well-being of clan members versus non-members in Guangzhou, a major metropolis undergoing rapid urbanization. By employing a novel dual-level analytical framework that combines community-level indicators of clan presence—such as ancestral halls and historical settlements—with individual-level metrics derived from surname-based population data, we provide a comprehensive examination of how clan networks influence mental health outcomes.

Utilizing data from the 2024 Guangzhou Metropolitan Panel Survey, our analysis uncovers significant disparities in mental health within clan-dominated neighbourhoods, where clan members report notably lower levels of psychological distress

compared to their non-member counterparts. These benefits are attributed to the enhanced social support, reciprocal obligations, and public goods provision characteristic of clan networks. Furthermore, we find that the intensity of clan power moderates these disparities, illustrating the continuing relevance of traditional social structures amidst contemporary urban challenges.

This research makes three key contributions: First, it introduces an innovative methodological approach that merges objective measures of clan presence with individual mental health outcomes, advancing the field beyond reliance on subjective assessments. Second, it provides the first systematic evidence of mental health disparities associated with clan membership in urban China, shedding light on the social determinants of psychological well-being. Third, it emphasizes the dual role of clan associations as protective factors for members while potentially excluding non-members, offering critical insights for urban policy and mental health interventions.

Keywords: *Clan Networks; Urban China; Mental Health*

A41 Gay Men Who Married Women: Sociocultural Stress and Resilience

Luis Miguel Dos SANTOS, Hong Kong Shue Yan University, HKSAR, China

Abstract

Due to sociocultural expectations and traditions, Chinese men need to get married and become fathers in order to carry their family names forward. This sociocultural requirement forms significant challenges for gay men exploring between personal identities and familial obligations. The purpose of this study is to explore the lived experiences, decisions, and sense-making processes of gay men who married women in Hong Kong, together with their resilience in the East Asian sociocultural context. Through qualitative research design with individual interviews, focus group activity, and member-checking interviews, 10 gay married men were invited to share their experiences and resilience strategies. The results indicated that (1) establishing hidden relationships between other gay partners, (2) finding male sex workers, and (3) refusing sexual activities with their wives are some of the strategies to maintain their marriages and positive mental health status within these marriages and relationships. This study addresses significant research gaps in understanding how gay men in mixed-orientation marriages handle their mental health and relationships within sociocultural-specific pressures. The findings discover important information for mental health professionals developing sociocultural sensitive approaches to supporting sexual minorities experiencing traditional family expectations in East Asian contexts.

Keywords: *gay men; gay men who married women; Hong Kong; qualitative; resilience*

Familial Expectations, Mental Health, and Post-Failure Attitudes in East Asian Civil Service Exams

A140 *YiBing XING, Nanyang Technological University, Singapore*

Abstract

In East Asia, the extreme competitiveness of civil service examinations makes failure a near-inevitable outcome for most candidates. Yet the psychological aftermath of failure—despite its prevalence—remains insufficiently studied. Because parents in the region frequently encourage their children to pursue government careers, the stakes of these exams extend beyond individual ambition to encompass family reputation. As a result, exam failure is often experienced not only as a personal setback but also as a familial disappointment. This study argues that the intensity of these examinations poses substantial risks to candidates' mental well-being and challenges the widely held belief that civil service exams embody a strictly meritocratic recruitment system.

Using data from the 2021 Taiwan Government Bureaucrat Survey (TGBS-9), this study empirically examines the emotional and attitudinal consequences of exam failure and investigates how familial expectations shape candidates' responses. The findings reveal that failure triggers profound emotional distress and erodes trust in the fairness and effectiveness of the recruitment process, reflecting dynamics consistent with the class frustration–aggression hypothesis and system-justification theory. In contrast to the “self-serving bias” commonly observed in Western attribution research, candidates tend to adopt a “self-effacing” pattern, attributing failure to personal inadequacy rather than external factors.

Importantly, while parental expectations heighten emotional strain before and after results are released, they also appear to buffer against negative attitudes toward successful peers, the recruitment system, and the civil service profession. Thus, familial expectations function simultaneously as a source of pressure and a protective psychological mechanism that mitigates outward hostility and encourages resilience.

Taken together, our findings reveal how cultural norms produce civil service candidates who are simultaneously motivated, and profoundly burdened, highlighting the often-overlooked adverse effects of this revered, meritocratic system.

Keywords: *resilience, coping, nursing staff, mental health, intervention*

A164

The Buffering Role of Family Resilience in the Intergenerational Transmission of Parental Psychological Control

Xinkai LI, The Hong Kong Polytechnic University, HKSAR, China

Xiaohong LUO, The Hong Kong Polytechnic University, HKSAR, China

Xiaoqin ZHU, The Hong Kong Polytechnic University, HKSAR, China

Abstract

Family resilience refers to a critical resource for families navigating major life transitions and crises. However, existing research has primarily focused on how family resilience operates within a one-generation family system in the face of proximal adversity. Less is known about whether family resilience within the current family system serves as a protective factor that buffers the effects of distal relational stressors transmitted across generations. One such stressor is parental psychological control (PPC), a dysfunctional parenting style characterized by a wide range of intrusive and manipulative practices that violate children's basic psychological needs and hinder their functioning and adjustment. It has been noted that parents who experienced high PPC in their families of origin are more likely to employ PPC with their own children, resulting in intergenerational transmission of PPC. As such, this study aims to address the aforementioned research gap by examining the moderating effect of family resilience within the current nuclear family on the intergenerational transmission of PPC. A total of 933 Chinese mothers with adolescent children were recruited and invited to report their perceived PPC in the family of origin (i.e., grandparents' PPC), their own PPC over adolescents, and family resilience. Regression analysis showed a significant main effect of grandparents' PPC ($\beta = 0.52, p < 0.001$) and an interaction effect between grandparents' PPC and current family resilience ($\beta = -0.11, p < 0.001$) on mothers' own PPC. Simple slope analyses revealed weaker intergenerational transmission of PPC among mothers who perceived higher levels of family resilience ($\beta = 0.41, p < 0.001$) than among those who perceived lower levels of family resilience ($\beta = 0.62, p < 0.001$). These findings indicate that current family resilience can buffer the negative effects of distal relational stressors originating in the family of origin, reducing the intergenerational transmission of PPC.

Keywords: *family resilience, psychological control, moderation, intergenerational transmission*

A172

The Role of Interpersonal Emotion Regulation in Families of Children with Special Educational Needs

Xiaoyu ZHUANG, Hong Kong Baptist University, HKSAR, China

Yu Yi, Hong Kong Baptist University, HKSAR, China

Fong Wing NG, Heep Hong Society, HKSAR, China

Abstract

Background: Parents of children with special educational needs (SEN) consistently report higher parenting stress than parents of typically developing children. A frequently cited challenge is managing children's negative emotions. Yet few studies have applied contemporary frameworks of interpersonal emotion regulation (IER)—how individuals use others to regulate emotions and how they help others regulate—to examine links with children's health-related quality of life (HRQoL) and self-harm.

Methods: Guided by the classic process model of emotion regulation, this study used an IER framework to explore how parents' emotion-regulation assistance relates to children's outcomes. Ninety-five Hong Kong parents of children diagnosed with autism spectrum disorder (ASD), attention-deficit/hyperactivity disorder (ADHD), or specific learning disorder (SLD) completed standardized questionnaires assessing parental IER strategies, children's HRQoL, and self-harm behaviors.

Results: Overall, 22% of parents reported child self-harm, most commonly punching or hitting oneself. Additional behaviors included biting (5.3%), scratching (5.2%), and pinching (4.2%). Children with comorbid ASD and ADHD displayed the highest rates of self-harm. Several IER strategies—facilitating problem-solving, encouraging help-seeking and social support, coaching children to express and release emotions, and helping them avoid emotionally triggering situations—were associated with fewer self-harm behaviors. In contrast, parent-child co-rumination were the most consistent predictors

of greater self-harm. When two culturally salient IER strategies—training and reflection—were included, cognitive reappraisal became a marginally significant predictor of self-harm, suggesting cultural nuances in how reappraisal is conveyed and received.

Conclusions: These findings highlight substantial mental health needs among Hong Kong children with SEN, reflected in notable self-harm rates. IER appears consequential for child well-being: supportive problem-solving and adaptive assistance are linked to better outcomes, whereas co-rumination may function as a stressor. Traditional approaches emphasizing didactic “training” or “guan” may be misinterpreted, yielding unintended effects. Practical implications can be recommended.

Keywords: *Interpersonal emotion regulation, parents, special educational needs, self-harm*

A177 The Resilience Journey of Life-Long Partners in Elderly Families: A Mixed-Methods Study

Ayu KURNIA, Universitas Muhammadiyah Purwokerto, Indonesia

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Hana Ayu AMALIA, Universitas Muhammadiyah Purwokerto, Indonesia

Dian Veronika Sakti KALOETI, Universitas Diponegoro, Indonesia

Abstract

The rapid growth of the aging population in Indonesia has intensified the challenges faced by elderly families, particularly life-long partners who navigate later life within strong cultural, religious, and intergenerational contexts. While resilience in older adulthood has been widely examined, research in Southeast Asian settings remains limited and tends to emphasize individual adaptation rather than shared relational processes. This study aims to explore the resilience journey of life-long partners in Indonesian elderly families using a mixed-methods approach that integrates quantitative assessment with qualitative inquiry. Quantitative data were collected from 50 elderly participants using Sixbey’s Family Resilience Assessment Scale (FRAS) to measure family resilience across key domains, while qualitative data were obtained through in-depth, semi-structured interviews with 10 participants to capture culturally grounded lived experiences of resilience. Quantitative analyses revealed moderate to high levels of family resilience, strongly associated with marital commitment, mutual caregiving, spiritual and religious practices, and support from extended family networks, which are central features of Indonesian family life. Qualitative findings further highlighted resilience as a dynamic and collective process shaped by shared faith, acceptance of aging as part of life’s cycle, adaptive role negotiation, and reliance on community and kinship systems. Integration of findings indicates that resilience among Indonesian elderly couples is deeply embedded in cultural values of togetherness, filial responsibility, and spiritual meaning-making, rather than solely individual coping capacities. The study recommends the development of culturally sensitive, technology-supported family resilience interventions, such as digital family education platforms, tele-counseling services, and community-based resilience monitoring tools, to strengthen support for aging families. These findings contribute to the advancement of gerontological science and applied family resilience research by providing evidence from an understudied cultural context and by informing innovation in technology-enhanced aging services in Indonesia and comparable settings.

Keywords: *Resilience, schizotypy, psychological disturbances, schizophrenia, mental health*

A182 Bridging Discrepancies as Maintaining Family Resilience: Intergenerational Dynamics in Migration Decision-making Process

Yu Yan WONG, Chinese University of Hong Kong, HKSAR, China

Tuen Yi CHIU, Lingnan University, HKSAR, China

Abstract

Despite a growing literature on intergenerational relations, existing research has predominantly examined family dynamics through the lenses of solidarity, conflict, or ambivalence. Yet, the processes through which different generations negotiate and manage discrepancies—particularly in migration decision-making—remain relatively understudied in the context of family resilience. Addressing this gap, this paper leverages migration decision-making as a strategic analytical window to examine the complex intergenerational dynamics and management of intergenerational discrepancies that maintains family adaptability and cohesion during periods of family changes.

Drawing on a mix of qualitative in-depth interview and visual data collected from 46 dyads of migrant and non-migrant ageing parents and adult children in Hong Kong families (92 respondents in total) from 2023-2025, this study examines

decision-making dynamics between ageing parents and adult children and how they managed the intergenerational discrepancies on migration view and preference to maintain resilience of family relation. Three approaches of strategies are identified: coercive, persuasive and passive. The findings suggest that intergenerational dyads with different political views and stronger emotional bonding tends to have discrepancies on migration view. Among the intergenerational dyads with discrepancy, dyads with more dependent intergenerational care relation, especially those from single-parent family, are more likely to adopt coercive or passive approach to manage the migration view discrepancy, while dyads with more independent and balanced intergenerational care relation tend to narrow discrepancy through persuasion and communication. Importantly, rather than serving as a way to reach consensus, discrepancy bridging strategy appears to be a practice to maintain family resilience amid the tension between individual and family interests in decision-making. Theoretically, this study contributes to the emerging literature on the intergenerational care-relation, family resilience and intimate turn in contemporary families. Practically, this study informs service provision for migration family and elderly in both migrant-sending and receiving societies.

Keywords: *family resilience, intergenerational relationship, migration, family decision-making*

Oral Presentations #13 Theme: Resilience Across Diverse Population II

Venue: Jockey Club Multimedia Theatre (Research Complex RLG208)

A159

Rationalisation of Intimate Partner Violence: A Qualitative Study on Cognitive Attribution among Chinese Female Survivors

Junshen LIN, Hong Kong Shue Yan University, HKSAR, China

Abstract

Under the influence of the patriarchal structure and gender role norms in traditional Chinese Confucianism, verbal, and psychological violence experienced by women in intimate relationships is often regarded as a private family matter. Social norms such as “Three Obediences and Four Virtues”, “Virtuous Wife and Good Mother”, “A harmonious family leads to prosperity in all things.” shape women’s self-identity and behavioral expectations. “maintaining family harmony” and “sacrifice” become important responsibilities and value shackles for women. When an intimate partner resorts to violent behavior against the victim under the pretext of “persuasion”, the violent behavior is concealed under the “for your own good” disciplinary approach. The victim endures the persecution of the violent behavior in self-reproach, resulting in a double harm of being abused externally and self-reproached internally, causing long-term double burdens and oppression both psychologically and mentally. This study aims to examine how historical culture, and societal beliefs influence women’s perceptions and rationalizations of violent behavior. This research selected 20 Chinese women who had experienced domestic violence as the research subjects, and employed semi-structured interviews, and participant observation. The collected materials will combine Patriarchy Theory, Social Role Theory, and Bourdieu’s concepts of symbolic violence as a basis point for discussion.

Findings reveal that women who have experienced abuse tend to perceive verbal abuse and psychological control (symbolic violence) as “normal” marital communication or “well-intentioned” disciplinary strategies, rather than violent abuse. They attribute violence to their own failure to fulfill the duties of a “good wife,” such as not bearing a son, inadequate housekeeping, or “talking back” This self-blaming rationalization enables violence to persist within the household. Therefore, effective intervention measures must not only focus on substantive evidence of violent acts but also strive to challenge and transform these entrenched cultural beliefs and social structures to disrupt this cycle of abuse.

Keywords: *domestic violence, rationalisation, Chinese culture, cognitive attribution*

A181

Shame Not Mine: From Silence to Voice Through Sexual Trauma

Nga Man CHEN, City University of Hong Kong, HKSAR, China

Abstract

We are victims, but not losers—sexual harassment, sexual violence, and sexual assault, which are experienced by one-third of women worldwide. It seems that we share an unspoken pact to avoid talking about it altogether. We tended to tuck the bad memories into the innermost corner of our hearts. Despite physical wounds, we suffered from mental issues. We hurt,

we kept silent, we hid away, and buried our heads in the sand. Under a long-term of harsh and absurd social indoctrination, the shame and stigma around the sexual trauma result. Women were trapped in the feudal shackles and the horrible nightmares. We were gagged, since it is indecent, inglorious. Sadly true, it is indeed shameful, but the indecency and disgrace should be attached to the perpetrators, not us. We are victims, but also survivors. The first move is always hard. It takes time to take action and make progress. One day, the warriors are eventually getting ready to stand and fight. Women woke up, got out of the illusion, and rose against oppression. We empowered ourselves with strength, fearlessness, and resilience. Girls are no longer muted. We hold our hands and bring our spirit together. The slogan “me too” rings deafeningly loud, even heavier than thunder. In fact, not all the victims can uncover the truth and grab the chance to achieve justice as Jennifer Schuett did. It is never going to be easy, never, ever. But in the meantime, there will invariably be people who push forward hard and without pause in this quest. The transformative pathway from self-doubt to solidarity would be the main focus of the study. It is worthwhile noting the unrelenting effort put in and how to navigate through the odds. The former stories written earlier would definitely offer encouragement to all and light the prospect.

Keywords: *sexual trauma, shame, fearlessness, destigmatisation, nirvana rebirth*

A203 The Role of Hiya in the Phenomenology of Domestic Sexual Violence in the Philippines

Monica BERMAS, University of Santo Tomas, Philippines

Abstract

This study examines the role of hiya in shaping the lived experiences of domestic sexual violence in the Philippines. Hiya is a Filipino cultural construct rooted in social shame and the fear of bringing dishonor to oneself or one's family, emerged as a powerful force in survivors' narratives. Using an Interpretative Phenomenological Approach, the study found that hiya functioned both as an emotional burden and a social mechanism that enforced secrecy, discouraged legal action, and redirected blame inward. As a result, survivors' disclosures often surfaced as fragmented or muted, shaped by expectations to preserve familial dignity. Yet, the dual nature of hiya also appeared in moments when families intervened to protect survivors as a way of safeguarding collective honor. The analysis further revealed how shame, learned powerlessness, disrupted attachment, hypervigilance, and developmental disruptions reflected the enduring psychological consequences of violence shaped by hiya. Additionally, hiya reinforced barriers to help-seeking through layered stigma, institutional shortcomings, familial gatekeeping, the prioritization of material survival over therapy, and a pervasive language of silence. This study underscores the need for culturally grounded mental health interventions that recognize both the oppressive and protective dimensions of hiya to create pathways to healing and justice that are responsive to Filipino cultural realities.

Keywords: *domestic sexual violence, hiya, kinship betrayal, trauma, Filipino*

A216 Infantilization, Trauma, and Resilience in Later Life: A Systematic Review of Socioecological Risk Factors and Effective Interventions

Yifei LI, The University of Hong Kong, HKSAR, China

Abstract

Infantilization refers to the childish treatment of older adults through elderspeak or patronizing routines. As a relational form of psychological abuse, it can erode dignity and autonomy, thereby undermining resilience and intensifying trauma-related distress in later life. Despite prior research has reviewed elder abuse and its related risk factors or interventions, no studies have specifically focused on infantilization. This systematic review examines (1) risk factors associated with infantilization in family and formal care settings and (2) the effective interventions designed to reduce infantilization. We searched five databases (PsycINFO, Web of Science, Sociological Abstracts, Social Service Abstracts, and PubMed) using keywords covering infantilization, older adults and caregivers, and risk factors or intervention and outcome terms. A total of 1370 studies were identified in the initial search. We included 60 studies for the full-text review. We categorize risk factors at the individual and organizational levels and summarize evidence on effective interventions. The findings show that multilevel risk factors contribute to infantilization. At the individual level, older adults' greater functional dependence and cognitive or communication impairment are linked to overaccommodation, while caregiver stress and stereotyped beliefs are associated with increased elderspeak and task-focused care. At the organization level, the institutional culture, hierarchical management, and regulatory frameworks tend to reinforce overprotective practices. Interventions, such as psychoeducation programs targeting people-oriented communication patterns, addressing power imbalances, and fostering respect for older adults demonstrate encouraging effects. These interventions emphasize change that protects

autonomy, choice, and privacy, leading to reduced elderspeak and resistance behaviors, and improved engagement and perceived control. Multilevel strategies targeting communication patterns, caregiver beliefs, and organizational culture are essential to mitigating infantilization. Such approaches not only reduce harmful practices but also cultivate older adults' psychological resources, ultimately strengthening resilience among those at heightened risk.

Keywords: *older adults, infantilization, elderspeak, Multilevel risk factors, effective intervention*

A219 Bridging the Gap: Testing the associations of minority strength constructs on depression among Chinese sexual minority individuals

Shan Shan CHENG, Hong Kong Shue Yan University, HKSAR, China

Bobo Hi-po LAU, Hong Kong Shue Yan University, HKSAR, China

Abstract

About 5% of the population in China are sexual minority. Yet, the Confucian, collectivist and socialist norms may render their expression of sexual identity difficult in public and private. While minority stress theory highlights how distal (e.g., discriminatory events) and proximal (e.g., internalized homophobia) stressors result in health disadvantages among sexual minorities, minority strength theory balances this deficit perspective by underscoring the salutary role of personal (e.g., identity pride) and collective (e.g., sense of community) strengths in coping with the minority identity. Hence, this study examined the mediating role of identity pride and internalized homophobia on the relationships between self-esteem, sense of community and depression among a Chinese sexual minority sample. A total of 206 participants were recruited through targeted advertisements via Wenjuanxing for an online questionnaire (Mean age = 31.4 (SD = 6.63) years; 48.1% male, 45.1% female, 6.8% transgender or intersex; 54.4% homosexual, 43.2% bisexual, and 2.4% queer). 30.6% of the sample had mild depressive symptoms, whereas 17.5% suffered from moderate or more severe symptoms. As hypothesized, controlling for gender, age, education, socio-economic status and sexual orientation, identity pride emerged as a significant mediator of self-esteem, sense of community, and depression; yet, internalized homophobia mediated only the link from self-esteem, but not sense of community. Surprisingly, identity pride and depression were positively correlated. Altogether, 49.3% of variance of depression was predicted by the mediation model. Our findings highlight cultural differences regarding identity pride within the sexual minority population in Chinese culture, and will provide valuable insights for strength-based support to the population.

Keywords: *sexual minority, self-esteem, identity pride, sense of community, depression*

A237 Living Without a Future: Stigma Life After Incarceration Among Prisoners Who Attempted Suicide

Lokmanul Hakim HAMID, Universiti Kebangsaan, Malaysia

Nasrudin SUBHI, Universiti Kebangsaan, Malaysia

Abstract

Suicide attempts among prisoners represent a serious mental health concern and are closely linked to psychological distress and uncertainty about life after serving a prison sentence. However, stigma related to post incarceration life remains underexplored compared to mental health factors and prison environmental conditions. This study aims to explore how stigma toward life after incarceration contributes to psychological crisis among prisoners who have attempted suicide. A qualitative method using a descriptive phenomenological approach was employed. The study involved 27 prisoners, comprising 16 men and 11 women, from seven prison institutions in Malaysia. Data were collected through in-depth interviews, and thematic analysis was used to examine participants lived experiences and their subjective interpretations of stigma and future related concerns. The findings indicate that stigma toward post incarceration life emerged as a significant risk factor. Four main themes were identified, (1) fear of social rejection, (2) difficulty in accessing employment opportunities, (3) perceived loss of future due to imprisonment and (4) loss of parental rights and roles. These themes interacted and intensified feelings of hopelessness and worthlessness, leading to emotional distress that contributed to suicide attempts. Nevertheless, the findings should be interpreted considering several limitations, including a relatively small sample size and the study focus on selected prison institutions in Malaysia. The data also relied on self-reported interview accounts, which may have been influenced by participants memory and emotional state. Despite these limitations, the study contributes to existing literature by demonstrating how stigma and disrupted future orientation weaken psychological resilience and by highlighting the need for stigma focused interventions and meaning restoration as part of suicide prevention strategies in prison settings.

Keywords: stigma, suicide attempts, prisoners, risk factors, post incarceration

Symposium 3

Theme: Resilience in the Workplace

Venue: Jockey Club Multimedia Theatre (Research Complex RLG208)

SY11 Practising Resilience in a Digital Workplace: Examining Personal Strategies in Technostress Coping

Ziyu QI, Lingnan University, HKSAR, China

Francis CHEUNG, Lingnan University, HKSAR, China

Vivian Miu-Chi LUN, Lingnan University, HKSAR, China

Abstract

Workplace information and communication technologies (ICTs) pose new and distinct stressors in digital work environments, and technostress threatens employees' productivity and well-being. Personal practices of resilience—often expressed as coping responses—may facilitate successful adaptation to techno-stressors, yet prior research has underexamined how resilience manifests behaviorally as holistic coping strategies rather than discrete behaviors. In a three-wave longitudinal online survey (N = 574 after attrition), we assessed technostress experiences, coping behaviors, appraisals, and organizational resources. Using person-centered latent transition analysis (LTA), we identified five distinct profiles of coping behaviors: two marked by the use of multiple coping behaviors without clear preference (Passive Inactive; Non-selective Baseline), one marked by highly selective use of problem-focused coping (Effortful Problem-Solving), and two marked by favoring avoidant and dysfunctional coping (Palliative Delay; Engage-Detach Hybrid). Notably, profiles with high avoidance in technostress contexts typically co-occurred with robust problem-focused coping, suggesting strategies other than passive withdrawal. This may invite reinterpretation of avoidance behaviors—often previously labeled “mal-adaptive” and “fragile” reactions—as a potentially beneficial component of resilience when facing workplace technostress challenges. We also found that selective use of problem-focused coping was uniquely beneficial for both well-being and productivity. Overall, the findings reveal meaningful heterogeneity in the strategies through which resilience is enacted under workplace technostress, provide preliminary mapping of antecedents and outcomes of coping strategies, and suggest potential avenues for practical intervention.

Keywords: Technostress, Stress Coping, Person-centered Methods, Latent Transition Analysis, Avoidance Coping

SY12 Uncertainty Stress, Psychological Resilience, and Regular Exercise Among Food Delivery Riders in China: A Latent Profile Analysis

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Jiaqi Xu, Shenzhen University, Shenzhen, China

Dan Wu, Shenzhen University; Shenzhen Key Research Base for Humanities and Social Sciences, Shenzhen, China

Abstract

Regular exercise has been proved to promote physical and mental health, and further to enhance work performance. However, food delivery riders face considerable job-related uncertainty stress that may hinder this healthy behavior. This study examined the prevalence of regular exercise among food delivery riders and its associations with psychological resilience and uncertainty stress. A convenience sample of 1,879 riders from Guangzhou and Shenzhen was recruited. Regular exercise was assessed based on self-report of at least 30 minutes of daily physical activity. Uncertainty stress and psychological resilience were measured using the Job-Related Uncertainty Stress Scale for Platform Workers and the 10-item Connor-Davidson Resilience Scale, respectively. Results indicated that 36.7% of participants engaged in regular exercise. The regular exercise group had significantly lower uncertainty stress and higher psychological resilience than the non-regular exercise group. Latent profile analysis identified five distinct psychological profiles: moderate resilience-moderate stress (39.0%), low resilience-high stress (19.5%), high resilience-high stress (16.2%), high resilience-low stress (14.8%), and low resilience-low stress (10.5%). The high resilience-low stress group exhibited the highest prevalence of regular exercise (47.8%), followed by high resilience-high stress (42.4%), low resilience-low stress (37.6%), moderate resilience-moderate stress (36.7%), and low resilience-high stress (10.5%).

erate stress (33.2%), and low resilience-high stress (19.3%). In multivariate logistic regression, compared to the moderate resilience-moderate stress group, riders in the high resilience-low stress (OR=1.88, 95% CI [1.44-2.43]), high resilience-high stress (OR =1.51, 95% CI [1.14-2.00]), and low resilience-low stress (OR=1.40, 95% CI [1.03-1.88]) profiles were significantly more likely to engage in regular exercise, whereas those in the low resilience-high stress group were significantly less likely to do so (OR=0.51, 95% CI [0.34-0.75]). It implies that high resilience may serve a protective role, even under conditions of high uncertainty stress. This suggests that interventions for this occupational group should focus on enhancing psychological resilience alongside managing uncertainty stress to promote regular exercise.

Keywords: *psychological resilience, regular exercise, uncertainty stress, food delivery riders, latent profile analysis*

SY14

What Happens When Technology is Complex to Master? A Moderated Mediation Model as a Threat Rigidity Process

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Naizan Xu, The Chinese University of Hong Kong, HKSAR, China

Abstract

When employees encounter highly complex and new technology, they often experience Techno-complexity- a techno-stressor that makes users feel considerable effort is needed to learn and adapt. Prior research has primarily viewed the techno-complexity through a stress or resources depletion lens, arguing that the complexity gradually drains user's capacity, leading to maladaptive outcomes. In contrast, drawing on threat-rigidity theory, when employees encounter highly complex new technologies ordered by organization, they may appraise the situation as a threat to their competence and control. Such threat perceptions trigger employees cognitive and behavioral rigidity, characterized by error avoidance, and retreat into habitual routines, which bring feeling of being treated as mere instruments for task execution, that is, fostering perceived organizational dehumanization. This dehumanization, in turn, reduces proactive performance and heightening career insecurity, as employees disengage from innovation or human-centered aspects of work and question their value and adaptability in such tech-intensive context. Moreover, we further propose that organizational tenure strengthens this chain: longer-tenured employees being greater embeddedness in legacy routines, are more likely to experience threat, intensifying the rigidity response and its downstream effects. Using a two-wave survey of 419 employees, we found support for our proposed hypotheses. By emphasizing the immediate narrowing of thought and behavior under perceived threat, this research offers a novel extension to technostress literature beyond traditional stress-strain and conservation of resources perspectives. It highlights techno-complexity not only strains employees over time but also triggers acute cognitive and identity-based responses that constrain adaptation. Practically, this research underscores the importance of recognizing tenure-based vulnerability when implementing complex digital systems, offering practical insights to better support long-tenure employees in tech-intensive context.

Keywords: *techno-complexity, tenure, organizational dehumanization, threat rigidity theory, proactive performance, career insecurity*

Symposium 4

Theme: Neurodiverse Resilience: The Metamodern Approach

Venue: Main Building LG120

SY15

Multiple Family Narrative Therapy: A Metamodern Framework for Family Resilience and Neurodiversity Affirmation in Chinese Contexts

T. M. S. CHAN, Saint Francis University, HKSAR, China

Abstract

Multiple Family Narrative Therapy (MFNT) is a collective identity-reframing approach conceptualised for Chinese families to foster relational resilience and neurodiversity-affirming growth. Drawing from both Narrative Therapy (NT) and Multiple Family Therapy (MFT), MFNT embodies a metamodern synthesis that oscillates between modernism's systemic cohesion and postmodernism's narrative multiplicity. This framework supports families in co-creating meaning and promoting transformation "between" and "beyond" individual and collective experiences.

In MFNT, NT provides the theoretical foundation for contextualising problems within sociocultural discourses, enabling members to externalise difficulties and reconstruct empowering stories that highlight strengths and unique outcomes. MFT, implemented within this narrative lens, provides the relational and experiential setting for families—across generations and systems—to collectively explore and re-author shared identities. Studies have demonstrated the efficacy of MFT in addressing a range of psychological and developmental challenges, enhancing social connectedness, and reducing stigma across both Western and Eastern contexts.

MFNT prioritises parental empowerment, recognising that reshaping family narratives can catalyse systemic change and foster environments of acceptance and adaptability for neurodivergent children. Within Chinese collectivist cultures, MFNT has shown potential to enhance family harmony, communication, and mutual understanding while cultivating hope and resilience. This presentation will demonstrate the conceptual framework of how MFNT exemplifies a metamodern therapeutic praxis—integrating systemic and narrative thinking to advance neuroaffirming family well-being

Keywords: *Family therapy, narrative therapy, family resilience, neurodiversity, Chinese context*

SY16

Evaluating Multiple Family Narrative Therapy (MFNT) for Neurodivergent Students: Quantitative Insights from ADHD and Dyslexia Families in Hong Kong

H. Y. AU YEUNG, Saint Francis University, HKSAR, China

Abstract

This presentation reports two randomized controlled trials examining the efficacy of Multiple Family Narrative Therapy (MFNT) among Hong Kong Chinese families raising neurodivergent children with attention-deficit/hyperactivity disorder (ADHD) or dyslexia. Children with ADHD often show persistent patterns of inattention, and/or hyperactivity and impulsivity, which causing impairments in family functioning, academic performance, school conducts, and social interaction. Dyslexia is a common learning disorder that affects reading and writing abilities and could have a significant impact on family functioning and child development. Despite the availability of educational interventions, many families are still struggling with family conflict, parental stress, psychological distress, marital dissatisfaction, and negative parent-child interaction. Across the two studies, a total of 115 families participated, with pre-, post-, and three-month follow-up assessments evaluating parent and child outcomes. Quantitative analyses revealed consistent reductions in parental psychological distress in both ADHD ($p = .047$) and dyslexia ($p < .05$) groups. In the ADHD trial, children reported decreased parental rejection ($p = .015$) and paternal overprotection ($p = .001$), suggesting improved emotional reciprocity and autonomy support. Among families of children with dyslexia, children showed notable reductions in perceived parental overprotection ($p < .001$) and indifference ($p = .004$), while parents reported sustained well-being gains. Though improvements in self-rated parent-child relationship quality were not statistically significant, the findings point to differential yet complementary patterns of intrapersonal and interpersonal change across neurodivergent conditions.

By bridging the modern focus on measurable outcomes with postmodern sensitivity to contextual and narrative complexity, this study positions MFNT as a metamodern modality that enhances family resilience, reduces distress, and recon-

figures relational meanings surrounding neurodivergence. The results support the integration of MFNT within culturally responsive, family-centred care models for neurodivergent students in Chinese communities.

Keywords: *Family therapy, narrative therapy, efficacy, ADHD, Dyslexia*

SY17 Restorying Connection: A Qualitative Analysis of Multiple Family Narrative Therapy with Chinese Families Living with ADHD

H. W. C. YU, Saint Francis University, HKSAR, China

Abstract

This presentation explores the transformative experiences of Chinese families participating in Multiple Family Narrative Therapy (MFNT) where a child has been diagnosed with attention deficit hyperactivity disorder (ADHD). MFNT integrates systemic processes from Multiple Family Therapy (MFT) with the meaning-making focus of Narrative Therapy (NT), forming a counterstory psychotherapeutic space that bridges structure and fluidity, rational intervention and emotional resonance. Through this lens, MFNT supports families in re-authoring stories of struggle into narratives of resilience, agency, and connection.

Using narrative analysis, this qualitative study examined twelve family interviews, comprising eighteen parents and twelve children with ADHD who engaged in a four-week MFNT intervention. Findings illustrated an evolving dynamic of dyadic reciprocity unfolding across interfamilial, individual, and intrafamilial domains, underpinned by an overarching narrative of renewed harmony. Three interrelated processes were identified: interfamilial connectedness (building social empathy through shared family stories), individual broaden-and-build effects (the emotional shift from despair to hope, opposition to connection, and ignorance to informed agency), and intrafamilial repositioning (reframing parent-child interactions toward greater acceptance and understanding).

These transformations illustrated how MFNT functions as a counterstory bridge—holding oscillations between individual growth and collective belonging, between vulnerability and resilience. The current presentation deepens the understanding of cultural and psychosocial mechanisms that sustain family adaptation within ADHD contexts and highlights the potential of MFNT to inform neuroaffirming, family-centred social work and therapeutic practice in Chinese societies.

Keywords: *Family therapy, narrative therapy, ADHD, qualitative analysis, Chinese families*

SY18 Transition Support for Young People with Autism

Y. H. K. MO, Hong Kong Shue Yan University, HKSAR, China

Abstract

Young people with autism often face significant challenges as they transition to adulthood, including long waiting times for post-school placements, limited parental participation in transition planning, and fragmented collaboration between schools, families, and the social service system. These systemic barriers can undermine their resilience, hinder their developmental progress, and place considerable strain on family caregivers.

This presentation adopts an ecological perspective to examine multi-level strategies that strengthen the transition process for adolescents with autism and their caregivers. At the individual level, strategies that build adaptive skills, self-advocacy, and emotional resilience are highlighted. At the family level, the presentation discusses measures to enhance caregivers' self-efficacy, reduce stress, and improve their capacity to support their children during this critical period. At the school and inter-agency level, the talk explores approaches to improve collaboration among educators, social workers, health professionals, and community organizations, ensuring coordinated planning and smoother service navigation. At the societal level, policy enhancements and inter-sectoral partnerships are examined as key drivers to expand post-school opportunities and reduce structural inequities.

By integrating perspectives across individual, family, school, and societal systems, this presentation proposes a set of comprehensive transition strategies—including inter-professional collaboration, inter-agency partnership models, and policy improvements that can promote resilience, empower caregivers, and enhance the overall quality of transition into adulthood for young people with autism.

Keywords: *Transition, adolescents, autism, ecological perspective, systemic approach*

Poster Presentation: Day 3

Venue: Mrs. Dorothy Koo and Dr Ti Hua Koo Plaza

P131 Social Perceptions and Human Resilience: Understanding South Korean Youth's Views on Hikikomori

Dongjae PARK, Yonsei University, South Korea

Seoyoung KIM, Yonsei University, South Korea

Stella LEE, Yonsei University, South Korea

Dong-gwi LEE, Yonsei University, South Korea

Abstract

The number of socially withdrawn young people, often referred to as hikikomori, has steadily increased, particularly since the COVID-19 pandemic (Rooksby et al., 2020). Even after the pandemic subsided, the rising prevalence of reclusive youth remains alarming, as social withdrawal during early adulthood can result in long-term consequences such as educational discontinuation, unemployment, depression, and suicidality. Although public support programs in South Korea aim to help hikikomori youth recover psychologically, build resilience, and reintegrate into society, many struggle to sustain recovery and often relapse into isolation (Ministry of Health and Welfare of the Republic of Korea, 2023). Prior research suggests that this lack of resilience may be exacerbated by social stigma and the public tendency to attribute hikikomori behaviors to individual personality flaws (Lee, 2025). The present study explored how South Korean young adults perceive hikikomori and the social meanings attached to their isolation. Given the paucity of research on this topic in South Korea, a qualitative design using the modified Consensual Qualitative Research (CQR-M; Hill, 2024) was employed. Semi-structured interviews were conducted with 100 university students who had no prior experience with hikikomori to capture their realistic perceptions of social withdrawal and to examine whether perceived social exclusion contributes to the limited resilience observed among hikikomori individuals. Findings underscore the importance of cultivating an inclusive and empathic social environment that fosters human resilience and facilitates social reintegration among reclusive youth. Psychologists, educators, and social workers may draw upon these insights when designing early identification and intervention programs aimed at strengthening resilience and promoting adaptive re-engagement with society.

Keywords: *hikikomori, social perception, resilience, consensual qualitative research, interview study*

P212 Navigating End-Of-Life Challenges and Building Systemic Resilience: Hong Kong Physician's Perspectives on Euthanasia, Medically-Assisted Death, and End-of-life Healthcare Policy

Kristie Ching-Kiu CHOW, The Chinese University of Hong Kong, HKSAR, China

Abstract

Background: Hong Kong faces significant end-of-life healthcare challenges, including preventable elderly suicides and insufficient palliative infrastructure. Recent advance directive legislation and regional policy shifts have intensified discussions about medically-assisted death (MAD). This study investigates the strategies and tensions experienced by healthcare professionals as they (1) support patient resilience and autonomy at life's end within a legally constrained system, and (2) build their own professional resilience while navigating ethical dilemmas and pushing for systemic reforms in end-of-life healthcare and policy.

Methods: Qualitative interviews were conducted (March–August 2025) with 20 medical specialists managing terminal patients who navigate patient resilience during the end-of-life (oncologists, palliative specialists, neurologists, geriatricians) and family medicine specialists who provide longitudinal primary care across the lifespan. Thematic analysis examined perceived barriers, systemic needs, and recommendations for strengthening end-of-life care.

Results: Participants unanimously identified Hong Kong as unprepared for euthanasia and MAD implementation. Three critical barriers emerged: (1) Cultural and Educational Gaps: public misconception about MAD and limited awareness of palliative options; (2) Systemic Deficiencies: inadequate palliative care coverage and communication gaps compromising patient autonomy and informed decision-making; (3) Psychosocial Vulnerabilities: risks that MAD could address untreated mental illness rather than terminal suffering. While recognizing potential benefits for conscious immobilized patients, participants advocated prioritizing advance care planning including advance directive implementation, and strengthening integrated early palliative care and psychological services as foundational resilience-building strategies in the end-of-life, enabling dignified natural death without unnecessary suffering.

Conclusion: This research demonstrates that resilience in end-of-life care requires foundational strengthening before considering MAD. Healthcare professionals revealed that professional and systemic resilience depends on addressing communication gaps, expanding palliative services, and enhancing public education. These insights offer guidance for jurisdictions seeking to develop robust, compassionate end-of-life policies across the lifespan.

Keywords: *euthanasia, end-of-life care, quality of life, health services, healthcare policy*

P213 **Constrained Resilience: How Institutional and Interactional Factors Shape Migrant Older Adults' Experiences in Continuing Education**

Wenqiang ZENG, Hong Kong Shue Yan University, HKSAR, China

Abstract

Population ageing in highly urbanized and mobile cities poses significant challenges for sustaining resilience among older adults in vulnerable social positions. This study examines how resilience is enacted, constrained, and gradually eroded among migrant older learners, a group facing structural vulnerabilities related to institutional segmentation and limited social recognition beyond the household, participating in continuing education in Shenzhen. Rather than conceptualizing resilience as an individual trait, the study approaches it as an mediated through interaction process shaped by institutional arrangements and everyday educational practices. Drawing on sustained classroom observations and in-depth interviews conducted at multiple stages of program participation, the research traces how participation-related mechanisms unfold across repeated interactions over time. The analysis demonstrates how structural conditions, such as instructional pacing and digital technology requirements, are translated into interactional constraints that expose vulnerable learners to sustained everyday adversity. In response, learners engage in situational risk assessments concerning potential social exposure and technical failure, often resulting in adaptive withdrawal rather than active participation. Over time, these repeated interactional outcomes give rise to differentiated participation trajectories that may contribute to the reproduction of marginalizing conditions within educational settings. These findings suggest that limited participation should not be interpreted as a lack of motivation, but as a rational adaptive response to persistent interactional adversity embedded in institutional contexts. By specifying the mechanisms through which resilience capacities are constrained, this study contributes to understanding resilience in vulnerable populations and highlights how well-intentioned initiatives may inadvertently undermine the resilience they seek to support.

Keywords: *resilience, vulnerable populations, migrant older adults, interactional mechanisms, institutional constraints*

P215 **Psychometric Properties of the 12-item Academic Psychological Capital Questionnaire among Hong Kong Undergraduate Students**

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Abstract

Psychological capital is a higher-order construct that encompasses four positive psychological resources: hope, efficacy, resilience, and optimism (i.e., HERO resources). The 24-item Psychological Capital Questionnaire (PCQ-24) and the shortened 12-item version (PCQ-12) were originally developed to measure employees' psychological capital in organizational settings. The PCQ-12 has recently been adapted to measure students' academic psychological capital in school settings. However, the 12-item Academic Psychological Capital Questionnaire (APCQ-12) has not been validated in Chinese populations. This study attempts to investigate the psychometric properties of the Chinese version of the APCQ-12 among Hong Kong undergraduate students. A total of 697 of Hong Kong Chinese undergraduate (64.28% female) aged from 18 to 24 years ($M = 20.21$, $SD = 1.52$) completed an online survey. The results of confirmatory factor analyses (CFAs) supported the hypothesized second-order factor model with four first-order factors (hope, efficacy, resilience and optimism) loading on a second-order factor (psychological capital). Multiple-group CFAs indicated that the second-order factor model was invariant across the two gender groups. The overall scale and the four subscales demonstrated satisfactory internal consistency, concurrent validity with study engagement and life satisfaction, and incremental validity with life satisfaction beyond and above study engagement. These findings provide evidence that the Chinese version of the APCQ-12 is a reliable and valid assessment tool of academic psychological capital among Hong Kong Chinese undergraduates.

Keywords: *psychological capital, hope, efficacy, resilience, optimism, validation*

P217 Exploration of Protective Factors for Resilience Against Loneliness in Intimate Relationships Among Individuals with Childhood Emotional Neglect

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Abstract

Childhood Emotional Neglect (CEN), a pervasive form of Adverse Childhood Experience (ACE), is defined by the “dysfunctional absence” of caregivers rather than explicit abuse. Growing up without emotional validation often fosters hyper-independence or emotional repression, manifesting in adulthood as insecure attachment and persistent loneliness within intimate relationships. This qualitative study utilizes thematic analysis to explore the lived experiences of loneliness and identify protective factors facilitating resilience among survivors. Two participants, one male and one female, who scored 15 or higher on the Childhood Emotional Neglect subscale of the Childhood Trauma Questionnaire-Short Form (CTQ-SF) were recruited for in-depth interviews. The findings identified five core themes and seventeen sub-themes: (1) family-of-origin dysfunction involving authoritarian parenting, emotional denial, caregiver egocentrism, and verbal abuse with negative labeling; (2) trauma’s impact on intimacy including barriers to authentic self-expression, communication loneliness, the deprivation-fairness paradox, and the conflict between pleasing and egocentrism; (3) technological and social interventions featuring Artificial Intelligence (AI) as an emotional outlet and relational mediator, alongside professional counseling and policy resources; (4) restorative forces such as support from significant others, external environment, self-awareness, and somatic grounding; and (5) dynamic recovery involving mutual repair consensus, trauma coexistence, and recognizing choices. Consequently, protective factors are categorized into three dimensions: intrapersonal factors including heightened self-awareness, boundary setting, knowledge empowerment, and trauma integration; interpersonal factors comprising sibling acceptance, compensatory in-law relationships, partner healing willingness, and social kindness; and instrumental resources such as AI-mediated emotional buffering, professional counseling, and government subsidy schemes. These findings offer significant implications for clinical practice and the development of digital mental health interventions for CEN survivors.

Keywords: *childhood emotional neglect, intimate relationships, loneliness, resilience, adverse childhood experiences*

P224 Building Community Resilience: The Influence of COVID-19 on Blood Donation Knowledge and Motivations Among Nursing Students in Hong Kong

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Abstract

In recent years, global disparities in blood donation have highlighted the need for community resilience to address blood shortages. As future healthcare professionals, nursing students play a critical role in fostering community engagement and promoting blood donation. This study investigated the knowledge and motivations of nursing students in Hong Kong regarding blood donation following the COVID-19 pandemic, with the aim of enhancing community resilience by increasing blood donation participation.

Using a cross-sectional descriptive design, we administered a validated Blood Donor Identity Survey to full-time nursing students aged 18 and older at a large university in late 2023. Out of approximately 2,200 potential participants, 650 completed the online questionnaires, yielding a response rate of 29.5%. Among the respondents, 71.5% were non-blood donors, while 28.5% had donated blood.

Our findings revealed that blood donors exhibited significantly higher knowledge scores than non-donors. Key factors influencing willingness to donate included prior experiences with blood transfusions, older age, personal connections to donors, and religious affiliation. Conversely, medication use was linked to a decreased likelihood of donating. Additionally, attitudes toward blood donation significantly affected donor identity: higher amotivation correlated with reduced donation likelihood, and positive identification with donation was associated with increased participation.

Despite adequate knowledge, blood donation rates among nursing students remained low post-pandemic. This under-

scores the importance of collaborative efforts among the Hong Kong government, healthcare organizations, and educational institutions to build community resilience and encourage blood donation. By fostering a culture of giving, we can enhance future healthcare professionals' capacity to support community health initiatives and effectively address blood shortages.

Keywords: *community resilience, blood donation, knowledge, motivations, Hong Kong*

P231 Hidden Scars, Visible Risks: Patterns of Adverse Childhood Experiences and their Associations with Alcohol Consumption Among Chinese Emerging Adults

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Abstract

Adverse childhood experiences (ACEs) are consistently linked to poorer mental health and increased alcohol misuse among adults. Yet little is known about how distinct patterns/types of ACEs are associated with alcohol use/ alcohol-related problems among emerging adults in Asia. We aimed to identify the latent profiles of ACEs among 458 Hong Kong Chinese university students and examine both class-specific associations and dose-response relationships with alcohol use and related outcomes.

The participants (mean age=21.76 years (SD=2.87); 76.4% female) completed the Adverse Childhood Experiences-International Questionnaire (ACE-IQ), the Alcohol Use Disorders Identification Test (AUDIT), and measures of drinking motives (DM), drinking refusal self-efficacy (DRSE), alcohol-related problems, and drinking identity (DI). Latent class analysis (LCA) was conducted to identify distinct ACE profiles. Regression models assessed the associations between ACE classes and alcohol-related outcomes, adjusting for demographic variables and psychological distress. Additional models tested dose-response effects based on the number of types of ACE exposed (0, 1, 2-3, ≥4 ACEs).

LCA revealed three classes of ACEs: Abuse/Violence (23.6%), Household Dysfunction (5.7%), and Low ACE exposure (70.7%). Compared with the Low ACE class, participants in the Abuse/Violence class displayed higher odds of problematic drinking (AUDIT≥8; OR=2.38, 95%CI=1.11-5.09) and more alcohol-related problems ($\beta=0.340$, $p=.002$). No significant class differences were observed in DM, DRSE, and DI. Moreover, those exposed to 2-3 ACEs (OR=5.83, $p<.01$) and ≥4 ACEs (OR=5.98, $p<.01$) tended to engage in more problematic drinking, compared to those without ACEs. Exposure to more types of ACEs was also associated with higher DM, DI, more alcohol-related problems and lower DRSE.

Distinct ACE profiles were associated with varied alcohol-related outcomes. Our findings could imply the importance of trauma-informed alcohol prevention programs within universities (e.g., early screening for ACEs, targeted alcohol-related counseling for high-risk students). Future research should examine how ACEs influence drinking behaviors longitudinally and evaluate the effectiveness of tailored interventions in alcohol reduction among Chinese emerging adults.

Keywords: *adverse childhood experiences; university students; alcohol use; latent class analysis*

P232 Navigating Unchangeable Life Constraints: Amor Fati and Human Resilience in Hong Kong

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Abstract

Suicide rates in Hong Kong have risen steadily over the past four decades, yet coping research continues to emphasize problem-solving and striving. While such approaches can be useful, they may offer limited protection when individuals confront enduring and unchangeable constraints. This study introduces amor fati (love of fate), an existential stance that affirms one's entire life—including its hardships—as a potential protective factor in role-dense urban contexts where demands are high, and flexibility is limited. Two cross-sectional samples of Hong Kong permanent residents were recruited: 303 emerging adults (ages 18-29, $M = 24.21$, 58.1% female) and 263 middle-aged adults (ages 31-59, $M = 37.00$, 38.8% female). Participants completed validated measures of amor fati, positive and negative affect, subjective happiness, flourishing, Chinese cultural beliefs about adversity, and suicidal ideation frequency. Hierarchical regression analyses examined

whether amor fati explained variance in well-being outcomes beyond affect and cultural adversity beliefs. Across both samples, amor fati consistently predicted outcomes significantly. It uniquely predicted lower suicidal ideation in emerging adults ($\beta = -0.26, p < .001$) and middle-aged adults ($\beta = .14, p = .002$), after controlling for affect and cultural adversity beliefs, and even offsetting cultural adversity beliefs (β s = -0.03 to -0.06 , ns). In the middle-aged sample, amor fati also predicted higher happiness ($\Delta R^2 = .07, \beta = .39, p < .001$), beyond affect and adversity beliefs. These findings suggest that amor fati operates through a distinct existential pathway, supporting an acceptance before striving model in which affirmation fosters coherence, presence, and values-aligned action. For Hong Kong and similar constraint-rich Asia Pacific contexts, psychological adaptation may require not only striving to overcome adversity but also affirming unchangeable reality as part of a meaningful and coherent life.

Keywords: *amor fati, resilience, acceptancebased coping, suicide prevention, positive psychology*

P233 Social Support and individual Agency: A Multi Case In-Depth Analysis of Resilience Formation in Patients With Mental Illness

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Abstract

Resilience is the core resource for mental illness patients to resist disease recurrence and return to society during the rehabilitation process. The formation of resilience is not only influenced by an individual's psychological energy, but also by the degree of social support. The cultivation and development of resilience rely on the dynamic integration of the individual's inner energy and the support of the social environment. This study adopts a qualitative research method and selects 12 patients with cross disease types as research cases, including 6 patients with schizophrenia, 3 patients with epilepsy induced mental illness, and 3 patients with bipolar disorder. It takes into account the characteristics of different diseases, treatment cycles, and social adaptation difficulties to enhance the universality and pertinence of the research conclusions.

The study adopts a semi-structured interview method, supplemented by regular follow-up visits. The interview aims to explore patients' inner experiences, resilience performance, and perceived social support. Follow-ups are used to track dynamic changes in the rehabilitation process, supplement and verify interview information, and record changes at different stages. The study focuses on the two core perspectives of patients' social support and individual agency, analyzing the effects and limiting factors of different dimensions of support, such as family support, community service, and policy support, on resilience, identifying the imbalances or deficiencies in current social support, and exploring the role of individual agency in integrating resources and building resilience systems.

Based on research findings, this study proposes a precise intervention strategy for hierarchical classification from the perspective of the social work profession, covering support network construction, initiative stimulation, rehabilitation environment optimization, and other aspects. It provides theoretical support and practical solutions for improving the resilience level of mental illness patients, perfecting the mental health service system, and helping patients achieve a higher quality of social return.

Keywords: *Resilience Mental Illness Patients Social Support Individual Agency*

P235 Development and Validation of the Activity Involvement Questionnaire: Assessing Frequency from Adolescence to Young Adulthood

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Abstract

Everyday activities and extracurricular involvement are important for youth mental health and resilience, yet validated multidimensional measures of activity involvement remain scarce. This study presents preliminary psychometric validation of the Activity Involvement Questionnaire (AIQ) consisting of 48 items. The three subscales assess activity frequency, autonomy, and perceived meaningfulness across 16 activity domains (family/relationships, helping others, faith/spirituality, mindfulness/gratitude, journaling, mentor/counselling support, socializing, extracurriculars, learning outside school, physical activity, reading, creative arts, active and passive internet use, work experiences, and interacting with animals). Data were collected from N=290 Hong Kong adolescents and young adults aged 17–21 via an online survey. Responses were randomly split for Exploratory Factor Analysis (EFA) and Confirmatory Factor Analysis (CFA) (N=145 each) on the activity frequency subscale. EFA with oblimin rotation yielded four correlated factors: Wellbeing oriented activities (e.g.

faith/spirituality), Structured engagement (e.g. helping others, extracurriculars), Academic enrichment (e.g. learning outside school), and Leisure activities (e.g. creative arts, passive internet use), explaining 29.5% of the variance, with medium to strong standardized loadings (0.44–0.99) on their primary factors. Subsequent EFA-driven CFA indicated acceptable absolute fit indices for the initial model ($\chi^2(51)=78.47$, $p=0.008$; RMSEA=0.061, 90% CI: 0.032–0.087; SRMR=0.087), with lower incremental fit indices (CFI=0.777; TLI=0.712), suggesting areas for further model refinement.

Item-level patterns reflected features of Hong Kong youth activity profiles. When asked how many days per week they engaged in each activity, participants reported high passive internet use ($M\approx 6.5/7$) and socializing ($M\approx 5.8/7$), and infrequent involvement in faith/spirituality ($M\approx 0.8/7$) and mentor/counselling support ($M\approx 1.2/7$). The AIQ demonstrates preliminary psychometric properties for understanding how frequently adolescents and young adults engage in particular activities may act as a protective experience or facilitating factor for resilience development. Ongoing work extends validation of the autonomy and meaningfulness subscales, examining measurement invariance across age groups and how activity involvement relates to mental health and resilience outcomes.

Keywords: *activity involvement, extracurricular activities, resilience, scale validation, young adults*

P238 Career Transition and Resilience in Bereaved Young Adults: A Narrative Inquiry

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Abstract

This study conducts qualitative in-depth interviews to explore how a young adult navigates career choices and transitions following the loss of a significant caregiver. Additionally, narrative analysis is employed to examine their career adaptation and resilience, aiming to understand the inner journey towards future career planning. This study utilizes semi-structured interviews with a narrative analysis framework. The participant was a young adult who experienced career transitions triggered by bereavement. The interview outline includes: (1) personal background and current situation; (2) the impact of bereavement on career transition; (3) the adaptation process during career transition; and (4) social feedback and future contributions. Recorded interviews were transcribed and analyzed using a “holistic-content” approach, focusing on four major resilience themes: Competence-based resilience (enhancement of personal ability), achievement-based resilience (personal life accomplishments), relational resilience (support from networks), and contextual resilience (community integration).

Preliminary findings indicate that the bereaved youth tended to experience an accelerated career transition process due to innate traits and the need to take on family responsibilities, leading to crystallized career goals and fewer hesitations in career decision-making. However, this rapid transition may be accompanied by challenges regarding self-competence and emotional adaptation, such as coping with external stereotypes and a lack of professional expertise or social capital. Key factors in the adjustment include internal factors, specifically career beliefs, self-efficacy, and a sense of achievement, while external resources are closely linked to a supportive workplace environment and social networks.

Keywords: *resilience, bereavement, career transition, career adaptability*

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