

## Outstanding Research Output Award (Applied Research)

Professor Samson Tse  
Ms Chan Sau Kam  
Dr Emily Tsoi  
Mr Stephen Wong



### A Nonrandomized Controlled Trial of Strengths Model Case Management (SMCM) in Hong Kong

*Research on Social Work Practice*, 29(5), 540-554.

My research is on the psychosocial facets of people with bipolar disorder and the factors that contribute to recovery and rebuilding a more satisfying life. One of the External Assessment reports of my work reads: "Although thousands of papers have focused on genetic and medication approaches, the simple truth is that genetics and neuroscience has done little to elucidate why some people with this disorder commit suicide, lose their ability to work, or to sustain relationships, whereas other people become leading entrepreneurs, sustain rich social relationships, and seem to find ways to thrive" (S Johnson, Professor of Psychology and Director of Clinical Science Program University of California Berkeley).

This work describes the process and results of implementing a **strengths-based recovery intervention** in the community for those with diagnosed mental illnesses. The intervention seeks to help clients achieve a life of purpose and a positive sense of identity. *Research on Social Work Practice* is the first professional social work journal to focus on evaluation research and on validating methods of assessment in the social work practice. Although a few studies have examined strengths-based community interventions in the United States, this study is the first to apply and conduct effective research outside of the United States. Myself, my doctoral trainee (Tsoi) and three non-governmental organisations (Baptist Oi Kwan Social Services, Caritas Hong Kong, and Tung Wah Group of Hospitals), chose a nonrandomized design. SMCM is a complex intervention and a novel practice in Hong Kong. By adopting a culturally adapted, pragmatic and feasible design, the effectiveness of personalised measurements in detecting changes, could be documented to inform more rigorous trials in the future. I lead an international research team that has been successful in obtaining the General Research Fund to conduct a full randomised controlled trial of SMCM (completion by March 2020). Our strengths-based research programme has concrete implications for advancing the recovery agenda in new directions and new communities (e.g. people with learning disability, older adults with depressive symptoms) that invariably enhance the lives of many with mental health concerns and their families in Hong Kong and the region.

**Professor Samson Tse Shu-ki (謝樹基教授)**

Department of Social Work and Social Administration