

Parallel Session 4: Translating Knowledge to Primary Healthcare

T4a - The Hong Kong Mental Morbidity Survey for Older People

Prof Linda LAM Chiu-wa

Professor, Department of Psychiatry, The Chinese University of Hong Kong, Hong Kong SAR, China

Background: Population ageing is a major public health concern. Dementia and mental disorders in late life not only affect independent functioning, but also pose significant burden to the elders and their caregivers.

Aims and Objectives: The Hong Kong Mental Morbidity Survey for Older People (HKMMSOP) is a commissioned HMRF project which aims to evaluate current prevalence of neurocognitive and/or mental disorders in Hong Kong adults aged 60 or over.

Methods: Older adults, living either in the community or residential facilities would be randomly recruited through residential addresses over Hong Kong.

Major findings: In November 2021, over 2,500 participants have been assessed. The unweighted prevalence of mild and major neurocognitive disorders was 26.8% and 5.1% respectively. 10.4% of participants had diagnosable anxiety and depressive disorders. Older age, lower educational attainment, higher level of chronic physical morbidity were associated with higher risks of cognitive impairment and mental health problems. We also found that participation of a wider range of leisure based cognitive, mental and social activities were associated with higher cognitive function and lower level of mood symptoms.

Discussion: We observed a relatively high prevalence of mild neurocognitive disorder, while the prevalence of major neurocognitive disorder did not appear to exhibit great leap over the years. From the perspective of early intervention for cognitive and mental health, we should further explore the pragmatics of introducing client based healthy lifestyles.

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Parallel Session 4: Translating Knowledge to Primary Healthcare

T4a - A 9-year Follow Up of the Hong Kong Mental Morbidity Survey (HKMMS) on Chinese Adults with Depressive and Anxiety Symptoms

Prof Linda LAM Chiu-wa

Professor, Department of Psychiatry, The Chinese University of Hong Kong, Hong Kong SAR, China

Background: Mental disorders are important causes of morbidity and loss of productivity in adulthood. The Hong Kong Mental Morbidity Survey (HKMMS), conducted from 2010 to 2013 (T0), reported that the one-week weighted prevalence of common mental disorders (CMD) was 13.3% in the Hong Kong adult population.

Aims and Objectives: The current study aims to evaluate the long-term trajectories of CMDs in the Hong Kong community.

Methods: Participants assessed at the HKMMS were invited for 7 year follow up. Clinical Interview Schedule – Revised (CISR) were assessed for CMD. Information on psychosocial and physical health status were obtained through structured questionnaires.

Results: In June 2021, 1,500 participants were assessed for 7 year follow up (Baseline: normal – 890, subsyndromal group – 360, CMD group -250) For the baseline normal group, 69 % remained well; 8% had episode onset of CMD at 7 years. For the baseline subsyndromal group, 37% achieved normal level; and 29% had episode onset of CMD. For the Baseline CMD group, 16% had remission; 22% improved to subsyndromal group and 61% remained with significant depressive and anxiety at 7 years. A higher level of baseline mood symptoms and physical health problems, current poor perceived social support and life events in recent years were associated with high level of mood symptoms at 7 years.

Discussion: The findings suggested that while depressive and anxiety disorders persisted in a proportion of people, there are some people whose symptoms attenuated or remitted. With the recognition that policy should target on the adverse psychosocial factors, there may be a room to booster pro-mental well being factors as part of community based mental health interventions.

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