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CHALLENGES & INTERVENTIONS IN THE ERA OF INNOVATION & TECHNOLOGY

5th ASIAN PACIFIC PROBLEM GAMBLING AND ADDICTION CONFERENCE 2020 第五屆亞太區問題賭博及成癮問題研討會

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Organizer and Sponsor

Tung Wah Group of Hospitals

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Caritas Addicted Gamblers Counselling Centre

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Sheng Kung Hui Gambling Counselling and
Family Wellness Centre (Macau)

The Industrial Evangelistic Fellowship
Rehabilitation Centre for Problem Gamblers

Yat On Responsible Gambling Counselling Centre

Zion Social Service Yuk Lai Hin Counselling Centre

Welcome Speech



Ms. Ginny MAN
Chairman
Board of Directors
Tung Wah Group of Hospitals

Mrs. TSE, Professor. SHEK, Mr. YIP, Distinguished Guests, Ladies and Gentlemen,

On behalf of the Tung Wah Group of Hospitals, I welcome you all to the 5th Asian Pacific Problem Gambling and Addiction Conference, with special welcome to those international guests, who amidst the pandemic, attend this conference today and tomorrow through the internet despite time difference and inconvenience.

Tung Wah Group of Hospitals (TWGHs) has taken root in Hong Kong and served the Chinese community since 1870. This year marks the 150th Anniversary of the Group. As Chairman of the Group, I am more than honoured to be witnessing this historic moment together with our predecessors, my fellow Board Members, all Tung Wah staff members and the general public.

Tung Wah community services provide a wide spectrum of social welfare services to cater for the needs of families, children and youth, the elderly and people with disabilities to achieve "Quality Care, Holistic Development". May I take this valuable opportunity to share our recent milestones in community services with you. Tung Wah was being awarded to be the service operator of the first modular transitional housing project in Hong Kong named as "Nam Cheong 220" which is located at Nam Cheong Street in Sham Shui Po. Through the provision of transitional housing and neighborhood support services, we strive to improve the quality of life for grassroots families who have been waiting for allocation to the public housing for at least 3 years and were currently living in indecent subdivided units.

In the midst of COVID-19 pandemic, with the support of the "KWIH Anti-Epidemic Fund", we received a sum of HK\$ 3.7 million donation as a start-up fund to convert part of the integrated vocational rehabilitation centre into a dust free clean room for surgical masks production. Apart from providing quality masks for the Hong Kong Community to fight the epidemic, the project can also provide job training opportunities to people with disabilities, and prepare them with sufficient work skills and competencies for the open employment market.

By the end of 2022, a Holistic Centre for Youth Development will be established in San Po Kong, Kowloon. It will provide the platform, facilities and creative space for our young people to connect, co-create and to contribute to the community. With its market position as the incubator of change makers, the centre will aim to connect all interested stakeholders including community partners, local and international social entrepreneurs as well as major youth network and resources so as to drive change through social innovation.

With the support from Ping Wo Fund, TWGHs Even Centre was established in October 2003 which aims to provide specialized counselling and treatment services for people with gambling disorder and their family members. In the past 17 years, we have served over 7,500 families distressed by gambling problems, and have helped them rebuild a healthy and harmonious life. Since 2018, a new project of online counselling has been initiated to identify high-risk groups from social media by proactively disseminating useful information and resources. It effectively helps people with gambling disorder who are being identified from online outreaching services but not willing to attend face-to-face counselling services otherwise.

With the funding support of Ping Wo Fund and TWGHs, the Asian Pacific Problem Gambling and Addiction Conferences were successfully held in 2005, 2008, 2011 and 2015 and were attended by over 1300 local and overseas professionals and practitioners working in area of problem gambling and addictions treatment.

In response to rapid societal changes and global trend, new development of innovative services incorporated with technology and with emphasis on preventive education, early identification, treatment, and relapse prevention for addiction is essential. That is why we have chosen the theme of this conference as "Challenges and Interventions in the era of Innovation and Technology".

We are thankful and honored to have renowned speakers and experts, including Professor Nirbhay SINGH, Professor Mark GRIFFITHS, Dr. Chih-hung KO, Dr. Kevin WANG, Ms. Rosana WONG, Professor Samuel WONG and Mr Ka-tsun TING to share with us their knowledge and expertise. I am sure their presentation will inspire us all.

Before commencement of our conference, on behalf of Tung Wah, I would like to take this opportunity to propose vote of thanks to all our supporting partners, first, our sincere thanks go to Ping Wo Fund for their funding support all along and for co-organizing this conference with us. We are thankful to the Faculty of Health and Social Sciences of the Hong Kong Polytechnic University for the provision of venue and technical support to this online conference and to the Faculty of Social Sciences of the University of Hong Kong and Jockey Club School of Public Health and Primary Care of the Chinese University of Hong Kong for promoting the conference.

A special thanks to all members of the Organizing Committee, especially Professor Daniel SHEK and Mr. Adrian YIP for their invaluable time to make this conference possible during the pandemic times and to all members of the Program Committee, Scientific Committee for their invaluable advice and constructive comments. Last but not least, I would like to extend our heartfelt gratitude to Mrs. Tse, Permanent Secretary for Home Affairs, for her honorable participation in this opening ceremony.

I wish you all a fruitful and rewarding conference. Thank you.

Vote of Thanks



Prof. Daniel SHEK Tan-lei
PhD, FHKPS, BBS, SBS, JP
Chairman of Conference Organizing Committee

It is indeed my great honor to represent the Conference Organizing Committee to extend a vote of thanks at this conference commemorating the 150th anniversary of Tung Wah Groups of Hospital.

First of all, I would also like to express our special thanks to all our keynote, plenary and workshop speakers. Special thanks should go to Prof. Mark Griffiths, Prof. Nirbhay Singh, Dr. Chih-hung Ko, Dr. Kelvin Wang, Ms. Rosana Wong, Prof. Samuel Wong and Mr. Ka-tsun Ting who will enlighten us on the latest development in addiction prevention, treatment and research. I would also like to extend my thanks to all the moderators, paper presenters and the guest speakers in the sharing session for their insights, research findings and experiences especially on the topics related to the integration of new technology into service development and implementation.

This conference is only made possible with the support by a number of dedicated parties and individuals. I would like to thank all members of the Organizing Committee, Program Committee and Scientific Committee for their valuable input and contribution. We are grateful to have Mrs. Tse Ling Kit-ching, Cherry, Permanent Secretary for Home Affairs, for her presence in officiating this Opening Ceremony. Also, I must re-iterate our deep gratitude for the funding support by Ping Wo Fund and Tung Wah Group of Hospitals Board of Management. In particular, I would like to thank the Chairperson of Tung Wah Group of Hospitals, Ms. Ginny Man, and her colleagues for their vision and commitment in organizing the conference in an innovative online format under the pandemic. Last but not the least, I would like to thank Faculty of Health and Social Sciences, The Hong Kong Polytechnic University and the Dean for their thoughtful and reliable support for this conference.

I earnestly hope that through this conference, we will explore service directions of addiction and the involvement of different sectors together, facilitate sharing of clinical wisdom and advancements in clinical approaches and prevention strategies, as well as appreciate innovative ideas and new technology for problem gambling and addiction. I am deeply honored and delighted to have you, our esteemed guests and colleagues here for joining this conference. We hope this conference will bring you new insights, ideas and knowledge that enable you to cope with the challenges in the era of innovation and technology. Thank You.

Conference Committee

Members of Organizing Committee

Chairman

Prof. Daniel SHEK Tan-lei
Interim Vice President (Research and Innovation) and Chair Professor of Applied Social Sciences, The Hong Kong Polytechnic University

Vice Chairman

Mr. Adrian YIP Chun-to
Chairman, Ping Wo Fund Advisory Committee

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Senior Section Manager (Youth and Family Services), Tung Wah Group of Hospitals

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Supervisor, Tung Wah Group of Hospitals Integrated Centre on Smoking Cessation

Ms. Vanice CHAN Wing-yan
Acting Supervisor, Tung Wah Group of Hospitals Integrated Centre on Addiction Prevention and Treatment

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Psychiatrist, Private Practice

Ms. Alice KO Wing-sze
Project Coordinator (Family and Youth Counselling), Youth and Family, Tung Wah Group of Hospitals

Prof. Samson TSE
Professor of Mental Health and Dean of Student Affairs, The University of Hong Kong

Mr. Ryan WONG Hing-yan
Supervisor, Tung Wah Group of Hospitals EVEN Centre

Prof. Samuel WONG Yeung-shan
Director, JC School of Public Health and Primary Care, The Chinese University of Hong Kong

Ms. Daphne YEUNG Nam-ying
Supervisor, Tung Wah Group of Hospitals CROSS Centre

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Director, St. John's Cathedral Counselling Service

Prof. Nicole CHEUNG Wai-ting
Associate Professor, Department of Sociology, The Chinese University of Hong Kong

Dr. Jenny HUI LO Man-chun
Research Fellow, Department of Applied Social Sciences, The Hong Kong Polytechnic University

Prof. Robert LADOUCEUR
Professor Emeritus, School of Psychology, Laval University

Conference Committee

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Supervisor, Tung Wah Group of Hospitals CROSS Centre

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Social Worker, Tung Wah Group of Hospitals CROSS Centre

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Social Worker, Tung Wah Group of Hospitals CROSS Centre

Mr. Alfred CHAN Chi-wah

Senior Social Work Supervisor, Caritas Addicted Gamblers Counselling Centre

Ms. Esther CHOW Ngar-ying

Centre-in-charge, Sunshine Lutheran Centre - Hong Kong Lutheran Social Service, LC-HKS

Mr. Apollo CHU Ming-hon

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Mr. Patrick FOK Wai-yin

Assistant Supervisor, Tung Wah Group of Hospitals Integrated Centre on Smoking Cessation

Mr. Joseph FUNG Ka-pan

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Ms. Annette HO Kwan-wing

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Mr. Jeremy LIN Chun-kit

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Ms. Steffi SIN Ka-wai

Centre-in-charge, The Industrial Evangelistic Fellowship Rehabilitation Centre for Problem Gamblers

REV. SIU Yu-fat

Chief Executive, Kei Yam Family Services Centre

Ms. Saka TANG Sin-u

Centre-in-charge, Yat On Responsible Gambling Counselling Centre

Ms. Jackie WU Wai-han

Unit-in-charge, Sheng Kung Hui Gambling Counselling and Family Wellness Centre (Macau)

Mr. Jeffery YIM Ho-yu

Centre-in-charge, Zion Social Service - Yuk Lai Hin Counselling Centre

About the Organizer and Sponsor

Tung Wah Group of Hospitals – Addiction Prevention and Treatment Services

Tung Wah Group of Hospitals provides a range of addiction prevention and treatment services for a variety of addiction problems such as gambling disorder, drug and alcohol abuse, nicotine addiction, internet addiction, compulsive buying, sex addiction, etc. Specialized addiction counselling centres and projects include:

- TWGHs CROSS Centre (Counselling Centre for Psychotropic Substance Abusers)
- TWGHs Even Centre (Treatment Centre for Gamblers with Gambling Disorders)
- TWGHs Healthy Budgeting Family Debt Counselling Centre
- TWGHs Integrated Centre on Addiction Prevention & Treatment (Integrated Treatment Centre for Multiple Addictions and Comorbid Mental Health Problems)
- TWGHs Integrated Centre on Smoking Cessation
- TWGHs Project COOL (Internet Addiction Prevention and Treatment Service)
- TWGHs "Stay Sober, Stay Free" (Alcohol Abuse Prevention and Treatment Service)

The Syndrome Model of Addiction

There is growing evidence that supports viewing addictions as a syndrome with multiple opportunistic expressions resulting from a complex and multidimensional susceptibility in neurobiological, psychological and experiential spectrums. It is suggested that each outwardly unique addiction might be a distinctive expression of the same underlying addiction syndrome. Under this perspective, the addiction services have recognized the importance of developing object-specific and addiction-general treatments, with application of multi-dimensional plans, repeated assessment on risk factors and being sensitive to addiction hopping in the treatment process.

Multi-disciplinary Collaboration

Effective intervention involves concerted effort from a wide range of professionals. TWGHs addiction services have adopted a multi-professional team approach and developed an extended strategic network involving medical, legal, welfare, counselling and education sectors to achieve optimal treatment results.

Public Health Perspective

The adoption of the public health perspective can examine the broad impacts of addiction problems along with a health-related continuum rather than focusing solely on the problem and problem behavior in individuals. It will address all levels of prevention from primary, secondary to tertiary levels. It offers an integrated approach that emphasizes multiple strategies for action and points of intervention within the health system and community that can minimize harmful consequences, enhance quality of life and protect vulnerable populations such as youths at risk, women and older adults from impact of a particular addiction.

About the Organizer and Sponsor

Research and Studies

Over the past decade, TWGHs has conducted a number of research to facilitate the development of evidence based practice:

- "A Brief Comment About Sample Size and Response Rates for Clinical Research: A Multi-site Case Example." *International Journal of Mental Health and Addiction*, 18, 1335-1345 (2020)
- 世界盃期間青少年的賭博行為變化調查報告 (2018)
- 戒煙自在 活得精彩 預防復吸手冊 第三版 (2018)
- "An evaluation study of the RESTART Program — short-term residential treatment for addiction." *International Journal of Mental Health and Addiction*, 16(6), 1357-1372. (2018)
- "The efficacy and safety of use of varenicline for smoking cessation: a survey and study on its use by private general practitioners in Hong Kong." *Hong Kong: HK Practice* 2018;40:3-10. (2018)
- "Survey on drug use among people living with HIV in Hong Kong." *International Journal of Mental Health and Addiction*, 16(6), 1312-1321. (2018)
- "Evaluation of "Colorful Life": A Multi-Addiction Expressive Arts Intervention Program for Adolescents of Addicted Parents and Parents with Addiction." *International Journal of Mental Health and Addiction*, 16(6), 1343-1356. (2018)
- "Using the syndrome model of addiction: a preliminary consideration of psychological processes." *International Journal of Mental Health and Addiction*, 16(6), 1373-1393. (2018)
- Treating Addiction as a Syndrome: Bridging Research and Clinical Practice. *Trends in Medicine*, Harvard Medical School. (2017)
- Addictive Behaviours and Psychosocial Correlates Among Chinese Adolescents in Macau. *Hong Kong: Tung Wah Group of Hospitals, and Bosco Youth Service Network*. (2017)
- 2017年全國藥物濫用防治研討會論文集200-204頁：多元家庭治療小組在香港戒毒服務的應用初探 (2017)
- 「家心有晴天」多元家庭戒毒治療計劃分享集 (2016)
- Gambling related family coping and the impact of problem gambling on families in Hong Kong. *Asian Journal of Gambling Issues and Public Health*. (2016)
- Evaluation of biological, psychosocial, and interventional predictors for success of a smoking cessation programme in Hong Kong. *Hong Kong Medical Journal - Xianggang Yi Xue Za Zhi*, 22(2), 158-64. (2016)
- Development, implementation, and evaluation of a multi-addiction prevention program for primary school students in Hong Kong: the B.E.S.T. Teen Program. *Asian Journal of Gambling Issues and Public Health*, 6(1), 5. (2016)
- Using WhatsApp and Facebook Online Social Groups for Smoking Relapse Prevention for Recent Quitters: A Pilot Pragmatic Cluster Randomized Controlled Trial. *Journal of Medical Internet Research*, 17(10), E238. (2015)
- Characteristics of female smokers and the predictors of quitting in a clinic based smoking cessation programme in Hong Kong. *Hong Kong: HK Practice* 2015;37:123-133. (2015)
- Evaluation of biological, psychosocial, and interventional predictors for success of a smoking cessation programme in Hong Kong. *Hong Kong: Hong Kong Med J*. (2015)
- An Evaluation Study of the B.E.S.T. Teen Program: A Multi-addiction Prevention Program for Young Adolescents in Hong Kong (2015)
- Observational study on the efficacy of various modalities of Nicotine Replacement Therapy available in Hong Kong (2014)
- Family Coping, Functioning and Impact of Problem Gambling on Families in Hong Kong (2014)
- "Comorbid Mood and Adjustment Disorders Among Pathological Gamblers Seeking Treatment in Hong Kong." *International Gambling Studies*, 12(3), 387-404. (2012)
- "Associations between Pathological Gambling and Psychiatric Comorbidity among Help-Seeking Populations in Hong Kong." *The Scientific World Journal*, 2012, 1-15. (2012)
- An Evaluation Study of the Integrated Smoking Cessation Services of Tung Wah Group of Hospitals (2011)
- Psychiatric Co-morbidity Among Pathological Gamblers Seeking Treatment in Hong Kong 病態賭博與精神健康之共生關係 (2010)
- Development and Validation of an Indigenous Chinese Measure of Problem Gambling-The Chinese G-Map 「華人賭博藍圖」 (2009)
- Research on Adolescent's Access to On-line Pornographic Material & Sexual Problems 青少年瀏覽網上色情資料的現況及影響研究 (2009)
- Study on Understanding the Problem of Compulsive Buying: Antecedents, Consequences, and Impacts (2008)
- Report on Engagement of Parents in Anti-drug Work (2008)
- Best Practice of Gambling Counseling in Hong Kong: Developing a Localized Instrument for Assessing the Psychosocial Profiles of Individuals with Problem Gambling (2006)
- Report of a study on Parenting Attitude on Youth Gambling Behaviour 青少年賭博行為及家長意見調查 (2006)
- Study on Financial Management Practices of Elderly in Hong Kong 「長者理財狀況」調查報告 (2005)
- Study on Financial Management Practices of University Students in Hong Kong 大學生理財狀況研究 (2004)
- Cough Medicine Abuse among Young People in Hong Kong 香港青少年濫用咳藥水研究 (2004)
- Parental Perception on Children's Internet Use: A Research Report 「子女沉迷上網」家長意見調查 (2004)
- Study on Problem Debts in Hong Kong Family (2003)

Speakers

Keynote Speeches

Prof. Nirbhay N. SINGH, PhD, BCBA-D

Prof. Singh is a Clinical Professor of Psychiatry at Augusta University. His current research interests are in the areas of mindfulness, assistive technology, and positive behavior support. He has developed several mindfulness-based programs, including Mindfulness-Based Positive Behavior Support (MBPBS), Mindfulness-Based Health Wellness (MBHW), and Soles of the Feet (SoF). He is the editor of two international journals, Mindfulness and Advances in Neurodevelopmental Disorders, and has over 725 peer-reviewed publications, including 25 books.



Prof. Mark D. GRIFFITHS, PhD, BSc

Prof. Griffiths is Distinguished Professor of Behavioural Addiction at Nottingham Trent University. He is a Chartered Psychologist and Director of the International Gaming Research Unit. His main research area is in the area of behavioural addictions (gambling, gaming, internet use, work, sex, and exercise). He has published over 950 refereed papers, five books, and over 160 book chapters. He has won 22 national and/or international awards for his research, teaching, and dissemination. He has acted as a consultant for many government bodies in the UK as well as other countries. He is also a freelance journalist and has appeared on over 3500 radio and television programmes.



Plenary Presentations

Dr. KO Chih-hung, MD

Dr. Ko is a Psychiatrist of Kaohsiung Medical University Hospital and Associate Professor in the Faculty of Medicine at Kaohsiung Medical University. He specializes in internet addiction, sleep disorder, premenstrual dysphoric disorder and functional magnetic imaging.



Dr. Kelvin WANG Man-ping, PhD, MPH, FAANA

Dr. Wang is a Registered Nurse and Associate Professor at the School of Nursing of the University of Hong Kong. His research interests are in addictive behaviours intervention including tobacco and smoking, alcohol mis-use, gaming addiction and health interventions. He acts as council member of Hong Kong Council on Smoking and Health and member of the Society for Nicotine & Tobacco Research, and Fellow of American Academy of Nursing.



Ms. Rosana WONG Wai-man, MPhil, EMBA, MDes, BA(Hons)

Ms. Wong is the Vice President of Smart City Consortium and has over a decade of entrepreneurial experience. She is driven by her passion for combining technology, innovation and science with sustainable ecosystem in energy and environmental systems. She also takes advisory roles in various government and corporate bodies, including Environment and Conservation Fund Committee and Transport Advisory Committee.



Workshop

Prof. Samuel WONG Yeung-shan, MD, MPH

Prof. Wong is the Director of the JC School of Public Health and Primary Care at The Chinese University of Hong Kong. He is a clinician with training in both Family Medicine and Public Health. His research interests include evaluating and developing mindfulness-based and mental health interventions in primary care. He has also acted as an advisor to various government bodies.



Mr. TING Ka-tsun, MSc

Mr. Ting is a registered Clinical Psychologist in Hong Kong, and he works in the adult psychiatry department of Kowloon Hospital. He received Mindfulness-based Cognitive Therapy (MBCT) teacher 6-day retreat training organized by Oxford Mindfulness Center as well as Dr. Neha Chawla's Mindfulness-based Relapse Prevention (MBRP) 2-day workshop training. He has been teaching mindfulness class for public and has been involving in various mindfulness researches, e.g. mindfulness group for people with psychosis, MBCT for complicated grief, MBRP for smoking cessation.



Full Programme: Main Conference & Workshop

Main Conference – 27 to 28 November 2020

27 November			
Main Conference Day 1			
09:00-09:30	Registration		
09:30-09:45	Opening Ceremony 🎧		
09:45-10:45	Keynote Speech I 🎧 “The Emerging Science of Mindfulness Programs for Addictions” Prof. Nirbhay N. SINGH Clinical Professor of Psychiatry and Health Behavior, Medical College of Georgia, Augusta University, USA Moderator: Prof. Daniel SHEK Tan-lei		
10:45-11:00	Break		
11:00-11:45	Plenary Presentation I 🎧 “The Diagnosis and Assessment of Gaming Disorder” Dr. KO Chih-hung Professor & Director, Psychiatric Department, Kaohsiung Medical University Hospital, Taiwan Moderator: Prof. Samson TSE		
11:45-12:30	Plenary Presentation II 🎧 “Mobile Health Interventions for Smoking and Alcohol Behaviors” Dr. Kelvin WANG Man-ping Associate Professor, School of Nursing, LKS Faculty of Medicine, The University of Hong Kong, HK Moderator: Prof. Samuel WONG Yeung-shan		
12:30-13:45	Lunch Break		
13:45-15:45	Parallel Paper Presentation Track 1 Emerging trends and insights of addiction in behavioral, psychological, medical, epidemiological and sociological perspectives Language: English Moderator: Dr. CHONG King-yeo Presentation 1.1: The Prevalence of Psychiatric Comorbidity in Treatment Seeking Gambling Disorder Patients and the Association of Gambling Disorder with Personality Factors Presenter: Dr. Henry IU W.H.	Parallel Paper Presentation Track 2 Inspirations from research on the etiology, prevention, identification and treatment of problem gambling and addiction Language: English Moderator: Dr. Elda CHAN Mei-lo Presentation 2.1: Using the Syndrome Model of Addiction: Pre & Post Treatment Psychological Correlates for Chemical and Behavioral Expressions of Addiction in the Chinese Population Presenters: Dr. Elda CHAN M.L.; Mr. Ryan WONG H.Y.; Ms. CHING Fung-yeo	Sharing Session Track 3 Moving the boundaries: co-creating innovated addiction service with medical and business collaboration Language: English Moderator: Mr. Ivan MA Hon-ki Sharing 3.1: Promotion of Healthy Use of Internet and Prevention of Gaming Disorder and Related Addictive Behaviours Presenter: Dr. Thomas CHUNG

13:45-15:45	Presentation 1.2: Empathy: How to Transfer Commercial Gaming Marketing Skill to be a Social Work Outreach Strategy Presenter: Ms. KAM Sui-mei Presentation 1.3: Current Situation and Development of Online Counselling Service of Problem Gambling in Macao Presenters: Mr. Wilson LOU Wai-seng; Ms. Mini LAO Mei-l Presentation 1.4: Social Media Marketing Practices by Alcohol Brands and Drinking Venues: Do They Encourage Alcohol Misuse in Hong Kong? Presenter: Ms. Rufina CHAN H.W.	Presentation 2.2: Promotion of Heated Tobacco Products in Hong Kong Using Facebook: a Content Analysis Presenter: Dr. WU Yongda Presentation 2.3: Factors in Determining Development of Problem Gambling and Motivation to Change of Offenders Presenter: Mr. Bernard FAN Presentation 2.4: Short-term Effect of a Short-bout Handgrip and Isometric Exercise for Reducing Nicotine Craving and Withdrawal Symptoms in Tobacco Users: A Randomized Controlled Trial Presenter: Dr. Derek CHEUNG Yee-tak	Sharing 3.2: Management of Substance Misuse and Mental Illness with Information and Communication Technology Presenter: Dr. Matthew WONG Shun-ming Sharing 3.3: Cross-sector Collaboration for Effective Harm Reduction - A Case Study on SOSKELY Outreach Programs Presenter: Ms. Cindy NG Tsz-man
15:45-16:00	Break		
16:00-17:00	Keynote Speech II 🎧 “How can Technology be used to Protect Problem Gamblers Online? An Overview of Online Responsible Gambling Tools” Prof. Mark D. GRIFFITHS Distinguished Professor of Behavioural Addiction, International Gaming Research Unit, Psychology Department, Nottingham Trent University, Nottingham, UK Moderator: Prof. Daniel SHEK Tan-lei		

Full Programme: Main Conference & Workshop

Main Conference – 27 to 28 November 2020

28 November		Main Conference Day 2 & Workshop	
08:45-09:15	Registration		
09:15-11:15	<p>Parallel Paper Presentation Track 4</p> <p>Emerging trends and insights of addiction in behavioral, psychological, medical, epidemiological and sociological perspectives</p> <p>Language: English</p> <p>Moderator: Dr. Alex CHAN Chi-keung</p> <p><u>Presentation 4.1:</u> Online Gambling in Online Gaming Platforms Presenters: Dr. Alex CHAN Chi-keung; Mr. Eugene CHAU Yui-chi; Ms. LAU Wing-yan; Dr. Raymond CHUI Chi-fai; Mr. Anderson YUEN Wai-hang; Dr. Nicolson SIU Yat-fan; Ms. KUNG Man-wai</p> <p><u>Presentation 4.2:</u> Stereotype of Online Addiction Presenters: Mr. Joe TANG Chun-yu; Ms. KWONG Ka-yan</p> <p><u>Presentation 4.3:</u> Association of Heated Tobacco Product Use and Smoking Cessation in Chinese Cigarette Users: Secondary Analysis of a Community-based Randomized Controlled Trial Presenter: Dr. LUK Tzu-tsun</p> <p><u>Presentation 4.4:</u> Comparison of the Retention Rate of Two Innovative Recruitment Methods in Smoking Cessation Intervention Presenter: Mr. Patrick FOK W.Y.</p>	<p>Parallel Paper Presentation Track 5</p> <p>Inspirations from research on the etiology, prevention, identification and treatment of problem gambling and addiction</p> <p>Language: English</p> <p>Moderator: Ms. CHING Fung-ye</p> <p><u>Presentation 5.1:</u> From Gambling to Expressing through Arts: A Randomized-Controlled Study of an Expressive Arts-based Intervention for Adults with Gambling Disorder Presenters: Dr. Adrian WAN Ho-yin; Mr. Joshua YAU Chun-yin</p> <p><u>Presentation 5.2:</u> The Impact of Problem Gambling on the Female Spouses of Male Chinese Gamblers in Hong Kong: Emergence of a Multiple-Self Model Presenter: Dr. Edward KWAN</p> <p><u>Presentation 5.3:</u> An 8-steps Programme to Promote Healthy Living to Curb Problem Gambling Presenter: Dr. Gracemary LEUNG</p> <p><u>Presentation 5.4:</u> Interventions for Internet Addiction and Gaming Disorder: A Review of Current Literature and Perspectives from Practitioners Presenter: Dr. Camilla LO K.M.</p>	<p>Sharing Session Track 6</p> <p>Integrating knowledge of new technology into service development or implementation</p> <p>Language: Cantonese</p> <p>Moderator: Ms. Doris TING Lai-fan</p> <p><u>Sharing 6.1:</u> Applying User Journey Mapping to Develop New Technology in Addiction Prevention and Treatment Presenters: Mr. Ernest NGAN Chi-sing; Ms. CHU Man-ling</p> <p><u>Sharing 6.2:</u> Use of Multi-media and Online Technology in Anti-gambling Education Presenters: Mr. Ken LEE Chi-kwong; Ms. TAI Na-na</p> <p><u>Sharing 6.3:</u> Project i-Change : An Exploration of Chatbot Technology Presenters: Ms. Agnes LEUNG Y.K.; Mr. Lawrence LEE S.K.</p>
11:15-11:30	Break		

11:30-12:15	<p>Plenary Presentation III </p> <p>“Integrating Knowledge of New Technology into Service Development”</p> <p>Ms. Rosana WONG Wai-man Vice President, Smart City Consortium, Hong Kong</p> <p>Moderator: Prof. Samson TSE</p>	
12:15-12:20	Closing Remarks	
12:20-13:30	Lunch Break	
13:30-17:00	<p>Paper Presentations & Workshop</p> <p>Paper Presentation Track 7</p> <p>Emerging trends and insights of addiction in behavioral, psychological, medical, epidemiological and sociological perspectives</p> <p>Language: English</p> <p>(Time: 13:30-15:15) Moderator: Dr. Paul WONG Wai-ching</p> <p><u>Presentation 7.1:</u> Adult Maladaptive Internet Use, Depression, and Self-Efficacy in Hong Kong Presenter: Dr. Scarlett MATOLI</p> <p><u>Presentation 7.2:</u> Exploring Dynamics of Gambling among Young People of Hong Kong Presenter: Ms. Katherine LEUNG Ying-ying</p> <p><u>Presentation 7.3:</u> Exploratory Study on the Impact of Gamification in Online Gambling for ACG Lovers Presenters: Mr. Eugene CHAU Yui-chi; Mr. Wayne WONG Ho-chi</p>	<p>Workshop</p> <p>Language: Cantonese</p> <p>(Time: 14:00-17:00) Moderator: Ms. Helen CHAN Ching-han</p> <p>“Mindfulness Approach to Addiction”</p> <p>Prof. Samuel WONG Yeung-shan Professor & Director JC School of Public Health and Primary Care, The Chinese University of Hong Kong, HK</p> <p>Mr. TING Ka-tsun Clinical Psychologist, Kowloon Hospital, Hospital Authority, HK</p>

Full Programme: Main Conference & Workshop

Keynote Address

Main Conference – 27 to 28 November 2020

28 November	Main Conference Day 2 & Workshop	
13:30-17:00	Paper Presentations & Workshop	
	<p>Parallel Paper Presentation Track 8 Inspirations from research on the etiology, prevention, identification and treatment of problem gambling and addiction Language: English</p> <p>(Time: 15:30-17:00) Moderator: Dr. CHU Cheong-hay</p> <p>Presentation 8.1: Beyond the Assessment Score: Examine the Meaning of Tolerance and Withdrawal Symptoms in Individuals Affected by Gambling Disorder Presenters: Mr. Lawrence LEE S.K.; Prof. Samson TSE</p> <p>Presentation 8.2: Collective Motivational Interviewing: A New Intervention to Promote Joint Changes among People with Problem Gambling Presenter: Mr. Nick TSE</p> <p>Presentation 8.3: Validating a Mindfulness-Based Relapse Prevention (MBRP) for Substance Abusers Presenters: Dr. Raymond CHUI Chi-fai; Mr. Ernest NGAN Chi-sing</p>	

 Conducted in English with simultaneous interpretation into Cantonese and Mandarin

Friday, 27 November, 09:45 - 10:45

The Emerging Science of Mindfulness Programs for Addictions

Speaker: **Prof. Nirbhay N. SINGH**
Clinical Professor of Psychiatry and Health Behaviour, Medical College of Georgia,
Augusta University, Augusta, USA

Mindfulness-based programs (MBPs) are increasingly the intervention du jour for psychological distress and mental health disorders. Research on MBPs for specific disorders is at varying stages of development. The potential of MBPs has begun to be investigated for treating a number of addictive behaviors, including drinking, smoking, opioid misuse, and use of illicit substances such as cocaine and heroin. In addition, there is a small but growing literature on using MBPs for behavioral addictions, such as pathological gambling, sex, workaholism, smart phones, social networking, video games, Internet, shopping, plastic surgery, food, and risky behavior (pathological thrill seeking). Some treatments for addictive behaviors, such as cognitive-behavioral therapy, motivational interviewing, dialectical behavior therapy, and rational emotive behavior therapy, which were developed prior to our understanding of addiction informed by neuroscience research, they still provide the bases for much current interventions in residential and day treatment centers. Mindfulness may provide another way of conceptualizing treatment of addiction by changing a person's relationship to the hedonic dysregulation underlying addictive behaviors. Mindfulness can be used as an approach to recovery from addiction, or as a strategy for relapse prevention when other methods have produced initial recovery. This presentation will briefly cover the nature of mindfulness, using mindfulness as a skillful means of targeting mechanisms of addictions, current status of mindfulness-based interventions for addictions, and some directions for future research.

Keynote Address

Plenary Session

Friday, 27 November, 16:00 - 17:00

**How can Technology be used to Protect Problem Gamblers Online?
An Overview of Online Responsible Gambling Tools**

Speaker: **Prof. Mark D. GRIFFITHS**
Distinguished Professor of Behavioural Addiction, International Gaming Research Unit,
Psychology Department, Nottingham Trent University, Nottingham, UK

Social responsibility, responsible gambling, player protection, and harm minimization in gambling have become major issues for both researchers in the gambling studies field and the gaming industry. This has been coupled with the rise of behavioural tracking technologies that allow companies to track every behavioural decision and action made by gamblers on online gambling sites, slot machines, and/or any type of gambling that utilizes player cards. This paper presents results from a series of studies carried using behavioural tracking data provided by a number of different gaming companies (particularly in relation to data concerning the use of social responsibility initiatives such as limit setting, loss-limit reminders, pop-up messaging, and personalized feedback). The studies demonstrate that tracking data can be used to evaluate responsible gambling tools and that some tools appear to be effective in reducing gambling intensity.

Friday, 27 November, 11:00 - 11:45

The Diagnosis and Assessment of Gaming Disorder

Speaker: **Dr. KO Chih-hung**
Professor & Director, Psychiatric Department,
Kaohsiung Medical University Hospital, Taiwan

The 11th Revision of the International Classification of Diseases (ICD-11) had defined the gaming disorder as an addictive disorder. It had provided an essential criteria to assess the gaming disorder. We need to assess the loss of control, the incentive salience to gaming, and the negative consequences. A good evaluation in these three parts of gaming disorder contributes to intervention of gaming disorder. We provide the characteristic presentation and possible mechanism of gaming in its criteria. Aside from criteria, comorbidity, motivational factors, and environmental factors should also be evaluated. We will propose essential evaluations that contribute to intervention and prevention in this presentation.

Friday, 27 November, 11:45 - 12:30

Mobile Health Interventions for Smoking and Alcohol Behaviours

Speaker: **Dr. Kelvin WANG Man-ping**
Associate Professor, School of Nursing, LKS Faculty of Medicine
The University of Hong Kong, Hong Kong

Mobile health (mHealth) interventions have been shown to effectively deliver flexible and cost-sparing interventions for promoting smoking cessation and alcohol reduction. Widespread use of instant messaging apps offered an avenue to provide real-time, personalized, and interactive intervention through chat. Sequential, Multiple Assignment, Randomized Trial (SMART) allows for escalated sequential intervention and further optimizes the personalized community-based behavioral change intervention. Artificial intelligence (e.g., Chatbot) and Augmented Reality (AR) technologies may boost mHealth intervention. Using mHealth to provide remote behavioral support to overcome the difficulty of face-to-face communication during the COVID-19 pandemic also arose researchers' attention. Dr Wang will elaborate on these issues from serials of mHealth interventions on smoking and drinking behaviors.

Plenary Session

Abstracts of Paper Presentations

Saturday, 28 November, 11:30 - 12:15

Integrating Knowledge of New Technology into Service Development

Speaker: **Ms. Rosana WONG Wai-man**
Vice President,
Smart City Consortium, Hong Kong

The knowledge of new technology is transforming our lives in particular healthcare services. The speaker will share how the applications of advanced technology including IoT-enabled devices, sensors, 5G, AI and robotics improve access to care, quality of care, reduction in the total cost of care as well as moving ahead in the new normal since IoT has proven to be helpful in the current COVID-19 situation where it has enabled prediction and monitoring mapping alerting the public of the outbreak situation. The speaker will further share the integration of the advanced technology in other areas, for instance, double ageing community and barrier-free smart mobility. The knowledge of new technology is definitely reshaping the services development in the community and around the world. All of us should prepare ourselves and join hands in creating a citizen driven smart city.

Theme: Emerging trends and insights of addiction in behavioral, psychological, medical, epidemiological and sociological perspectives

Friday, 27 November, 13:45 - 15:45

Moderator: Dr. CHONG King-ye

Track 1 **The Prevalence of Psychiatric Comorbidity in Treatment Seeking Gambling Disorder Patients and the Association of Gambling Disorder with Personality Factors**

Authors: **Henry IU W.H., Sandra CHAN S.M., Oscar WONG W.H.**
Department of Psychiatry, Tai Po Hospital, Hong Kong, China;
Department of Psychiatry, The Chinese University of Hong Kong, Hong Kong, China

Presenter: **Dr. Henry IU W.H.**

Objective:
This study aims to determine the prevalence of psychiatric comorbidity in gambling disorders seeking treatment, and to assess the association of personality factors with severity of gambling.

Method:
49 participants with Pathological Gambling consecutively enrolled at a local treatment centre were recruited. Comorbid psychiatric diagnoses were ascertained with SCID-I. Personality traits were assessed with NEO-FFI, and impulsivity, sensation-seeking, self-discipline and deliberation facets from NEO-PI-R. Impulsivity was assessed with BIS-11. BDI, BAI and RRS measured current emotional state. Severity of gambling was assessed by ASI-G.

Results:
37 (75.5%) of the subjects with gambling disorder had 1 or more comorbid lifetime psychiatric disorders. 24 participants (49.0%) had 1 or more psychiatric disorders currently. The most common comorbid lifetime psychiatric disorders were mood disorders (N = 17 (34.7%)), alcohol and substance related disorders (N = 14 (28.6%)), adjustment disorder (N = 10 (20.4%)). The most common current comorbid disorders included mood disorders (N = 11 (22.4%)), adjustment disorder (N = 10 (20.4%)), anxiety disorders (N = 3 (6.1%)). Using hierarchical multiple linear regression, the neuroticism, openness, agreeableness and conscientiousness domains of NEO-FFI explained additional 13.5% of the variance of ASI-G when the four domains of NEO-FFI were added (R square change = .135, p < .001) with neuroticism domain having a statistically significant contribution to ASI-G ($\beta = .452$, p = .001). Impulsivity, self-discipline and deliberation facets of NEO-PI-R explained additional 16.8% of the variance of ASI-G when the three facets of NEO-PI-R were added, (R square change = 0.168, p = .001). The self-discipline facet ($\beta = -.245$, p = .040) and deliberation facet ($\beta = -.314$, p = 0.009) were significant predictors to ASI-G. The motor impulsivity and attentional impulsivity factors of BIS explained additional 7.6% of the variance of ASI-G when the two factors of BIS were added (R square change = .076, F change (2, 43) = 3.800, p = .030), with motor impulsiveness factor having a statistically significant contribution to ASI-G ($\beta = .285$, p = .033).

Conclusion, implications and impacts:
High prevalence of psychiatric comorbidities was found in treatment seeking pathological gamblers. The findings suggest more resources should be allocated to gambling issues with a high proportion of psychiatric comorbidity which most of them were not in the current healthcare system. This serves as a pilot study and future research may want to focus on personality profiles of gambling disorder in this locality.

Abstracts of Paper Presentations

Friday, 27 November, 13:45 - 15:45

Moderator: Dr. CHONG King-ye

Track 1 Empathy: How to Transfer Commercial Gaming Marketing Skill to be a Social Work Outreach Strategy

Author: KAM Sut-mei
Livenet, Australia
Presenter: Ms. KAM Sut-mei

In Macau, gaming operators become to be the international integrated gaming resorts (IR) which mean that eSports gambling game, virtual items' betting and crypto-currency wagering will be merged into the brick-and-mortar casinos. However, the existing responsible gaming training is only available to the casino staff members who are directly and physically work in casinos. To face the challenging of work-from-home circumstance, more virtual ethnography (Hine, 2000) research by the means of digital anthropological research skill under the umbrella of Ethnomethodology (Garfinkel, 1967) to understand such novel gaming type is needed, because how betting operators make capital out of eSports without considering the community's voice. Further, as the perspective of the computing-consumer's health, eSports communities --they are streamers, gamers, eSports spectators etc --and their users' experiences. These topics, to social workers, it is the entry point from service user who might potentially to be a problem gambler (the client of Gambling disorder (DSM-V) or Internet gaming disorder (WHO:ICD-11)), because online interactive gambling is easily misperceiving like skill-based gaming for gamer. Therefore, this paper, focusing on how to way out of stigmatized identity rather than characterising an individual's dysfunctional feature and its personal disorder symptoms. Besides, the alternative approach might either via the Computer-mediated art, or by partnerships game influencers.

Friday, 27 November, 13:45 - 15:45

Moderator: Dr. CHONG King-ye

Track 1 Current Situation and Development of Online Counselling Service of Problem Gambling in Macao

Authors: Wilson LOU Wai-seng, Mini LAO Mei-I
S.K.H. Macau Social Services Coordination Office, Macau, China
Presenters: Mr. Wilson LOU Wai-seng, Ms. Mini LAO Mei-I

Macao has been actively implementing "Responsible Gambling" policies since 2008. It is a practice that cooperating by the five stakeholders, including government, gaming operators, educational institutions, gamblers, family members and their friends and finally problem gambling prevention and treatment centers. It aims at confining the gambling-related damage to a socially acceptable level. S.K.H. Macau Social Services Coordination Office, being a part of the problem gambling prevention and treatment centers, has been invited by Social Welfare Bureau to organize and operate "24-hour helpline and online counselling service" in 2014. This paper indicates the importance and effect of 24-hour online counselling service towards localized gambling problems in Macau. During 6-year time and experience, this service has processed over 15,000 approaches through 24-hour hotline and several different online methods. It provides immediate intervention, crisis assessment and resources connection, etc. Using our self-designed multimedia, such as combining pictures, media, online promotion and online interactive counseling activities to allow more Macao local young residents and Chinese from outside to remedy their problem gambling behavior and educate proper sense of values before addicting into excessive gambling.

Abstracts of Paper Presentations

Friday, 27 November, 13:45 - 15:45

Moderator: Dr. CHONG King-ye

Track 1 Social Media Marketing Practices by Alcohol Brands and Drinking Venues: Do They Encourage Alcohol Misuse in HongKong?

Authors: Rufina CHAN H.W., DONG Dong, YU Jiazhou, Jean KIM H.
Jockey Club School of Public Health and Primary Care, The Chinese University of Hong Kong, Hong Kong, China

Presenter: Ms. Rufina CHAN H.W.

Objectives:
Young adults are highly active users of social networking sites. Past studies have shown that social media use is correlated with the use of illicit drugs and tobacco. In recent years, the alcohol industry has scaled up its digital advertising expenditures on sites such as Facebook with broad-reaching campaigns in order to encourage young adults to consume their products. This content analysis examines social media marketing practices targeting Hong Kong young adults by popular alcohol brands and local drinking venues.

Significant findings:
We collected 168 Facebook posts published by five alcohol brands and four alcohol-serving venues in 2018 and 2019. Both alcohol brands and venues employ highly engaging social media marketing strategies. The sample contains 73 alcohol brand posts with an average of 269.2 reactions (i.e. giving likes) and 13.5 shares per post. The main marketing practices involved were asking fans to do something (53.4%) and consumption suggestions (53.4%). The main themes invoked by these branded alcohol posts were creating a distinct identity (83.6%) i.e. friendship (28.8%), followed by displaying sense fun/humor (35.6%). For venues, 95 posts were captured (14.8 reactions and 3.18 shares per post). The main marketing practices employed were association with time and place (83.2%) and asking fans to reserve a table (44.2%). The main themes were crafting an identity (82.1%) with posts associating the venue with an aspirational lifestyle (33.7%) and celebration (29.5%). Of note, only 1.8% of the posts by brands and none by the venues contains message promoting responsible consumption.

Implications and impact:
The absence of 'responsible drinking' messages combined with the promotion of social drinking images where binge drinking commonly occurs is likely to encourage heavy alcohol consumption in this age group. Government health authorities should consider establishing regional, evidence-based policies on alcohol social media marketing.

Theme: Inspirations from research on the etiology, prevention, identification and treatment of problem gambling and addiction

Friday, 27 November, 13:45 - 15:45

Moderator: Dr. Elda CHAN Mei-lo

Track 2 Using the Syndrome Model of Addiction: Pre & Post Treatment Psychological Correlates for Chemical and Behavioral Expressions of Addiction in the Chinese Population

Authors: Ryan WONG H.Y., Elda CHAN M.L., CHING Fung-ye, Vanice CHAN W.Y., Matthew A. TOM, Alessandra B. GROSSMAN, Alexander S. LARAJA, Howard J. SHAFFER
Integrated Centre on Addiction Prevention & Treatment, Tung Wah Group of Hospitals, Hong Kong, China; Division on Addiction, Cambridge Health Alliance, Teaching Affiliate of Harvard Medical School, USA

Presenters: Dr. Elda CHAN M.L., Mr. Ryan WONG H.Y., Ms. CHING Fung-ye

This research project is a collaboration between the Division on Addiction, Cambridge Health Alliance, a Harvard Medical School Teaching Hospital, and the Integrated Centre on Addiction Prevention and Treatment (ICAPT) of the Tung Wah Group of Hospitals (TWGHs) in Hong Kong.

Our initial report identified several common psychological vulnerabilities shared among treatment seekers across various expressions of addiction (i.e., both chemical and behavioural). As an extension to our previous research effort, in this article we include a larger sample size representing the three groups of treatment seekers in this study: (1) a group seeking treatment for chemical expressions of addiction (n = 78); (2) a group seeking treatment for behavioral expressions of addiction (n = 268); and (3) a control group seeking service unrelated to addiction (n = 19). The aims of the study are: (1) to consolidate the findings of demographic and psychological characteristics of the three groups of treatment seekers; and (2) assess responsiveness to treatment by comparing pre and post treatment psychosocial correlates. The results of this study confirmed the observations about the shared psychological vulnerabilities among the chemical expression and behavioral expression groups: namely depression, state anxiety, trait anxiety, using emotional support and venting as psychological coping, and higher level of attentional impulsiveness. Regarding the pre- and post-treatment psychosocial correlates, as expected, we observed similar improvements for the chemical and behavioral expression groups in several areas (e.g., trait anxiety, state anxiety, depression, using emotional support and humor as psychological coping). Although these findings substantiate the conceptualization of addiction as a syndrome among a Chinese population, future studies should explore more effective ways of measuring treatment responsiveness among people who exhibit different expressions of addiction.

Abstracts of Paper Presentations

Friday, 27 November, 13:45 - 15:45

Moderator: Dr. Elda CHAN Mei-lo

Track 2 Promotion of Heated Tobacco Products in Hong Kong Using Facebook: a Content Analysis

Authors: WU Yongda, CHAN Hiu-laam, HO Sai-yin, ZHAO Shengzhi, LUK Tzu-tsun, LAM Tai-hing, WANG Man-ping
School of Nursing, The University of Hong Kong, Hong Kong, China;
School of Public Health, The University of Hong Kong, China

Presenter: Dr. WU Yongda

Objectives:
Heated tobacco products (HTPs) are increasingly popular in Hong Kong (HK) even though they have not been formally launched and sale of duty-not-paid tobacco sticks is illegal. We investigated how Facebook was used against regulations to promote HTPs in HK.

Methods:
We screened Facebook pages run by HTP business targeting HK users in June 2019 and included pages with over 300 "Likes" for inductive content analysis by coding their "About" descriptions and all posts including comments published since January 2017. HTPs included heating devices, accessories, and tobacco sticks. Various attributes were recorded including methods of customer inquiries (telephone, Instant Messaging (IM), address), business responses (comments or private messages, PM), and services provided (warranty/repair).

Results:
Among 30 pages (50.9% of all 59 eligible pages with related information on HTPs), two-thirds provided phone numbers (66.7%), IM accounts (65.5%) and addresses (66.7%). Most pages sold the heating devices (26, 86.7%) and accessories (22, 73.3%) with over 72% providing phone numbers, IM accounts or addresses. Only 8 pages (26.7%) sold tobacco sticks with 75.0% providing telephone numbers but fewer provided IM accounts (62.5%) and addresses (50.0%). All pages responded using PMs and only 12.5% also used comments. Warranty/repair services were provided by 43.3% of the pages.

Conclusions and implications:
Facebook pages were used as dedicated stores to promote and sell HTPs, including supplied the heating device, accessories, and even illicit heat sticks of HTPs to users in HK, where HTPs have not been launched. These pages may have enabled the rapid increase of local HTP users and slow down the decrease in the smoking population or even increase it. Similar scenarios may appear in other countries, where online sales can not be strictly regulated.

Friday, 27 November, 13:45 - 15:45

Moderator: Dr. Elda CHAN Mei-lo

Track 2 Factors in Determining Development of Problem Gambling and Motivation to Change of Offenders

Author: Bernard FAN
Curtin University, Perth, Australia

Presenter: Mr. Bernard FAN

The purpose of this study is to explore the factors in developing gambling problem and in motivating to change their gambling addiction among offenders in Australia. In the pathways to their gambling problems, there are a number of contextual factors contributing to their gambling disorder. Some problem gamblers may finally resort to crime in order to pay their gambling related debts and to continue their gambling so as to chase their previous losses. They may be caught in a vicious cycle of problem gambling, illegal behaviours and recidivism. It is hypothesised that the contextual factors including cultural values and family environment of the problem gamblers will influence developing problem gambling and motivation to quit their gambling addiction later. There are two parts of studies in this research. The first part is a qualitative study and the second one is a quantitative analysis. In study one, Glaser and Strauss' Grounded Theory of Qualitative approach was applied. The researcher interviewed fifteen problem gamblers with criminal histories in the community. After gathering and analysing data, a new theoretical model was designed to explain the pathways of developing their problem gambling and their motivation to change among problem gamblers with histories of committing offences. The second part of the study is to conduct an ANOVA analysis of two variables, family attitude and prognosis of problem gamblers. It is hypothesised that high level of expressed emotional of CSO will associate with relapse while CSO's low level of expressed emotion with positive appraisal and warmth will associate with motivation to quit among gamblers. This study provided empirical support for a new model which explains the mechanism of family's attitude in navigating to either as their risk factors of relapse or as a protective factors of motivation to quit their gambling addiction.

Abstracts of Paper Presentations

Friday, 27 November, 13:45 - 15:45

Moderator: Dr. Elda CHAN Mei-lo

Track 2 Short-term Effect of a Short-bout Handgrip and Isometric Exercise for Reducing Nicotine Craving and Withdrawal Symptoms in Tobacco Users: A Randomized Controlled Trial

Authors: Derek CHEUNG Yee-tak, WANG Qi, LAM Tai-hing
School of Nursing, The University of Hong Kong, Hong Kong, China;
School of Public Health, The University of Hong Kong, Hong Kong, China

Presenter: Dr. Derek CHEUNG Yee-tak

Objectives

Brief isometric exercises may increase smoking abstinence, but whether such exercise can reduce craving is unclear. This randomized control trial tested the effect of practicing short-bout handgrip and isometric exercises on nicotine craving, smoking urges, and withdrawal symptoms in adult quitters.

Significant findings

Daily cigarette smokers (N = 30) who had abstained from smoking for at least 9 hours were randomly assigned to an exercise session or a healthy-diet (control with equal intervention length) intervention session. The exercise session included a 5-minute video which demonstrated the handgrip and isometric exercises, followed by a 5-minute guided-practice of the exercises. Participants in the control only watched two 5-minute videos about healthy diet. The primary outcomes included craving strength (measured by a single item scale 1-7), smoking urge (measured by the Questionnaire of Smoking Urges-Brief, QSU-B), withdraw symptoms (measured by the Mood and Physical Symptoms Scale, MPSS), and positive and negative affect (measured by the Positive and Negative Affect Schedule, PANAS). A linear mixed model was used to analyze the interaction effect between group allocation and time).

Results

Participants in the exercise group showed a significantly greater reduction in craving strength ($F = 10.330$, $P < 0.001$, QSU-B ($F = 12.832$, $P < 0.001$), and MPSS ($F = 3.784$, $P < 0.05$) than the healthy-diet group at the 2 post-intervention assessments (immediately and 10 minutes after the intervention) compared to baseline. However, results did not reveal significant differences on the positive ($F = 1.174$, $P = 0.32$) and negative ($F = 0.304$, $P = 0.74$) affect between the groups at the 2 assessments.

Implications and impacts

We found that simple and brief handgrip and isometric exercises could reduce nicotine cravings and withdrawal symptoms in adult smokers who have quit for a short time. A larger trial on the effectiveness of the exercises and increasing exercise compliance is warranted.

Theme: Emerging trends and insights of addiction in behavioral, psychological, medical, epidemiological and sociological perspectives

Saturday, 28 November, 09:15 - 11:15

Moderator: Dr. Alex CHAN Chi-keung

Track 4 Online Gambling in Online Gaming Platforms

Authors: Alex CHAN Chi-keung, Eugene CHAU Yui-chi, LAU Wing-yan, Raymond CHUI Chi-fai, YUEN Wai-hang, Nicolson SIU Yat-fan, KUNG Man-wai
Department of Counseling & Psychology, Hong Kong Shue Yan University, Hong Kong, China;
Hong Kong Children and Youth Services, Hong Kong, China;
Department of Social Work, Hong Kong Shue Yan University, Hong Kong, China

Presenters: Dr. Alex CHAN Chi-keung, Mr. Eugene CHAU Yui-chi, Ms. LAU Wing-yan, Dr. Raymond CHUI Chi-fai, Mr. Anderson YUEN Wai-hang, Dr. Nicolson SIU Yat-fan, Ms. KUNG Man-wai

Online gaming has become a mainstream activity for adolescents and youth. In Hong Kong, Wang et al. (2014) reported that 94% of secondary students had played online games, of which 15.6% had gaming addiction. A survey from the Hong Kong Federation of the Youth Groups (2018) targeted youth between 15 and 29 years old found 38.3% have watched eSports competition while 13.7% have engaged in eSports competition. Although a lot of previous local research have focused on gaming and gambling addictions, there is a lack of local research focusing on gambling behaviors in online gaming (including eSports) platforms. This study aims to examine the prevalence of gambling behaviors in online gaming (including eSports) platforms as well as to investigate the relations of self-perceived gaming addiction and online gambling addictive symptoms. An online questionnaire was administered to 2,570 youth aged 15-39 in between June and July 2020. The questionnaire consists of Internet Gaming Disorder Scale Short Form (Pontes & Griffiths, 2015), Online Gambling Symptom Assessment Scale (OGSAS; Kalkan & Griffiths, 2018), online gambling behaviors in online gaming platforms, and perceived gaming and gambling addictions. The weighted analysis results indicated that one-fifth (19.9%) of respondents were addicted gamers (with 5 or more IGD indicators) and 10.9% respondents had mild to extreme online gambling symptoms. About one-quarter (24.7%) of respondents had gambling behaviors in online gaming platforms. Gambling in online gaming was significantly associated with online gaming addiction ($X^2 = 147.77$, $p < .001$), online gambling symptoms ($X^2 = 82.88$, $p < .001$), perceived gaming addiction ($X^2 = 238.15$, $p < .001$), and perceived gambling addiction ($X^2 = 31.40$, $p < .001$). These results suggested that youth with higher risks for online gaming and/or gambling (online/offline) addiction (from both objective and subjective measures) are more likely to be potential gamblers in online gaming platforms. The findings of this study provided significant implications for diagnosing the interplay of both addictive behaviors with gambling in gaming behaviors among youth and for designing tailored intervention for clients diagnosed with various mixes of the levels of these addictive behaviors.

Abstracts of Paper Presentations

Saturday, 28 November, 09:15 - 11:15

Moderator: Dr. Alex CHAN Chi-keung

Track 4 Stereotype of Online Addiction

Authors: Joe TANG Chun-yu, KWONG Ka-yan
Hong Kong Christian Service, Hong Kong, China
Presenters: Mr. Joe TANG Chun-yu, Ms. KWONG Ka-yan

Internet addiction is a social issue that has caught the attention of the media in the past few years. Although the definitions of Internet addiction (IA) might have a little difference in different studies, the term of IA in the studies also refers to the phenomenon of pathological or excessive use of the Internet by an individual which causes negative functional influence in daily life. Several studies show that the atmosphere of the public towards IA might lead to a stigma to Internet addicts.

Saturday, 28 November, 09:15 - 11:15

Moderator: Dr. Alex CHAN Chi-keung

Track 4 Association of Heated Tobacco Product Use and Smoking Cessation in Chinese Cigarette Users: Secondary Analysis of a Community-based Randomized Controlled Trial

Authors: LUK Tzu-tsun, WENG Xue, WU Yongda, Antonio KWONG Cho-shing, Vienna LAI Wai-yin, LAM Tai-hing, WANG Man-ping
School of Nursing, The University of Hong Kong, Hong Kong, China;
Hong Kong Council on Smoking and Health, Hong Kong, China;
School of Public Health, The University of Hong Kong, Hong Kong, China
Presenter: Dr. LUK Tzu-tsun

Introduction:

Heated tobacco products (HTPs) are being touted as less harmful alternatives to cigarettes by the tobacco industry, but evidence on their effectiveness on smoking cessation is lacking. We examined the predictors of HTP initiation and prospective association of HTP use with cigarette abstinence in cigarette smokers.

Methods:

We did secondary analyses of a randomised controlled trial of brief smoking cessation advice (ClinicalTrials.gov, number NCT03565796). Participants were 1,213 carbon monoxide-verified daily cigarette smokers with intentions to quit or reduce smoking and proactively recruited from community sites throughout Hong Kong. The main exposure measure was current (past 7-day) use of HTP at baseline. The main outcome was self-reported 7-day point-prevalence cigarette abstinence (including exclusive HTP users) at 6 months after baseline.

Results:

201 (16.6%) and 60 (4.9%) were ever and current HTP users at baseline, respectively. Between baseline and 6-month follow-up, 110 of 1012 (10.9%) never users at baseline initiated HTP use. Younger age and higher education significantly predicted HTP initiation. Current HTP use at baseline was not associated with cigarette abstinence at 6 months (adjusted prevalence ratio (aPR) 1.08, 95% CI 0.63–1.85), after adjusting for baseline sociodemographic factors, cigarette dependence, previous quit attempts, and readiness to quit. The results were similar in those who used HTP persistently from baseline up to 3-month follow-up (versus non-users; aPR 1.14, 95% CI 0.57–2.29). Use of smoking cessation service between baseline and 3-month follow-up predicted cigarette abstinence (aPR 1.70; 95% CI 1.26–2.30).

Conclusions:

HTP use was not associated with increased cigarette abstinence in a prospective cohort of smokers intending to quit or reduce smoking in Hong Kong. The findings, coupled with the lack of evidence showing HTPs are less harmful than cigarettes, support the Government's proposal to ban HTPs.

Funding: Hong Kong Council on Smoking and Health.

Abstracts of Paper Presentations

Saturday, 28 November, 09:15 - 11:15

Moderator: Dr. Alex CHAN Chi-keung

Track 4 Comparison of the Retention Rate of Two Innovative Recruitment Methods in Smoking Cessation Intervention

Authors: Patrick FOK W.Y., Raymond HO K.S., KWOK S.L.
Integrated Centre on Smoking Cessation, Tung Wah Group of Hospitals, Hong Kong, China

Presenter: Mr. Patrick FOK W.Y.

Introduction:

The smoking of tobacco is the most preventable cause of illness and premature death in the world. Each year over 5000 deaths are attributable to active smoking in Hong Kong. Quitting smoking is the most effective preventive means to reduce the health burden of many non-communicable diseases. Tung Wah Group of Hospitals Integrated Centre on Smoking Cessation has established six smoking cessation clinics in Hong Kong under the subvention of the Department of Health HKSAR since 2009. It provides free counseling and pharmacotherapy for smokers who come for smoking cessation. In recent years, the service demand has decreased, innovative recruitment methods have been introduced to attract more smokers to enroll in our service. Cochrane review has already indicated that recruitment methods should be more proactive in nature with more intensive recruitment elements (i.e. those strategies that require increased contact with potential participants).

Methodology:

Since 2017, a mobile truck decorated with big banners went to different smoking hotspots in Hong Kong. A nurse and a counselor stationed in the truck would receive smokers who were interested in smoking cessation. Brief counseling would be given and methods of smoking cessation were introduced. One-week supply for free NRT was given to those suitable smokers who wished to try out. At the same time an appointment would be arranged to receive a formal treatment programme in our centres. The appointment time was given according to the client's preference and time slot availability. A few days lapsed were deliberated to allow clients to try out NRT. The concept of NRT sampling was based on a study by Carpenter et al.⁴ who claimed that by providing smokers with free NRT samples, it can encourage them to engage in temporary abstinence, resulting in meaningful change in motivation and self-efficacy, which in turn influence smoking outcomes. We defined engagement as clients who volunteered to come up to our truck to give their personal particulars and willing to enroll our smoking cessation programme. Another recruitment method was the utilization of QR code. Stickers printed with promotional slogans and a QR code were sent to general practitioners, dentists, hospitals, and management offices of public housing. They were also stuck onto garbage bins of smoking hotspots on streets. Interested smokers scanned the QR code with their mobile phone and were directed to an online form to apply for smoking cessation service. The smokers had to fill in their name, mobile phone numbers, Fagerstrom questionnaire, the preferred centre to receive service and the preferred date and time of appointment. Identity card number was not required. We pledged to return the call within two working days to confirm the date of appointment. The appointment time was given according to the client's preference and time slot availability. Thereafter, recruitments from both groups received the same intervention, i.e. pharmacology plus counselling for 8 weeks. We collected data from 1 April 2019 to 31 December 2019. Those who came up to our centres to enroll for service would be counted as successful recruitment. On the day of first appointment, we would capture basic demographics such as age, gender, education level, marital status, employment status, daily cigarette consumption, previous quit attempt, Fagerstrom score, confidence of quitting and importance of quitting. We noted the date of application of service and the actual first appointment date for the QR CODE GROUP; and also the date of engagement and the actual first appointment date in MOBILE TRUCK GROUP. The retention rate, defined as those who could turn up for first appointment, was also captured. Finally, those who could complete the whole course of treatment phase (8-12 wks) were also counted.

Result:

During the study period, there were 196 cases applied for service through QR Code and 172 cases (88%) enrolled as service users while 427 cases were engaged in the mobile truck and 241 cases (56.44%) enrolled in this mobile truck group.

Conclusion:

QR code recruitment is an effective innovative method for recruitment of smokers as compared with mobile truck recruitment. It is convenient for clients and application can be done after office hours and on Sundays. The retention rate of this method is also satisfactory and it is recommended the waiting time for the appointment should be less than one week.

Abstracts of Paper Presentations

Theme: Inspirations from research on the etiology, prevention, identification and treatment of problem gambling and addiction

Saturday, 28 November, 09:15 - 11:15

Moderator: Ms. CHING Fung-ye

Track 5 **From Gambling to Expressing through Arts:
A Randomized-Controlled Study of an Expressive Arts-based
Intervention for Adults with Gambling Disorder**

Authors: Rainbow HO Tin-hung, Adrian WAN Ho-yin, Mandy WU Sze-man
Centre on Behavioral Health, The University of Hong Kong, Hong Kong, China
Presenters: Dr. Adrian WAN Ho-yin, Mr. Joshua YAU Chun-yin

Background:
Research in the use of expressive arts as treatment for addiction-related problems are accumulating. This study explores the potential benefits of a professional-led, integrated, intervention programme using expressive arts in reducing gambling urges and behaviours, enhancing gambling-related self-efficacy, self-control, and managing stress among adults with gambling problems.

Method:
This study adopted a non-blind, 2-arm randomized-controlled study design, utilizing both quantitative and qualitative methods of data collection. Data were collected using self-administered questionnaires at baseline, post-intervention, and 3-month post-intervention, while semi-structured focus group interviews were conducted at 3-month follow-up. Repeated measures ANOVA with Bonferroni corrected post-hoc tests were conducted to examine program effectiveness. Thematic analysis was conducted on the qualitative data to further explore the potential benefits and underlying mechanisms of the expressive arts-based intervention program.

Results:
68 Chinese adults with gambling disorders participated in the evaluation study. Compared with the control group, the intervention group showed sustainable improvements in their efficacy in managing physical discomfort, cravings-related impairment, as well as tests of personal control at post-intervention (T1) and at 3-month follow-up (T2). A between-group difference was also found in the severity of problem gambling at post-intervention (T1). Furthermore, the intervention group reported improvements in exercising craving-related self-control as well as mitigating gambling-related and craving-related distress at 3-month follow-up (T2), when compared with the control. Qualitative data suggested that positive gains might be attributable to enhanced awareness of emotions, facilitating emotion expressions, and acquiring a broadened perspective towards the potential detrimental impacts on gambling.

Conclusions:
Expressive arts intervention helped alleviate severity of gambling problems improving self-control and efficacy in abstinence of gambling for adults with gambling problems. The present study showed encouraging results to support the furtherance of expressive arts intervention as reliable, safe, and enjoyable therapeutic options to gambling rehabilitation in the Chinese context.

Saturday, 28 November, 09:15 - 11:15

Moderator: Ms. CHING Fung-ye

Track 5 **The Impact of Problem Gambling on the Female Spouses of Male
Chinese Gamblers in Hong Kong: Emergence of a
Multiple-Self Model**

Authors: Edward KWAN, Alun JACKSON, Samson TSE S.K.
Department of Social Work and Social Administration,
The University of Hong Kong, Hong Kong, China
Presenter: Dr. Edward KWAN

Although problematic gambling is a widespread problem among Chinese populations across the globe, there is limited research on how it affects the female spouses of male Chinese problem gamblers. This paper contains findings from a wider grounded theory study that explored the experiences and coping strategies of Chinese spouses of problem gamblers in Hong Kong. Analysis of narratives from 23 female spouses of male gamblers revealed nine categories of impact. Based on these impacts and taking a constructivist perspective, we propose a culturally-informed multiple-self model for understanding participants' perceptions, interpretations, and constructions of the impacts. Implications for assessment, treatment, and directions for future research are discussed.

Abstracts of Paper Presentations

Saturday, 28 November, 09:15 - 11:15

Moderator: Ms. CHING Fung-ye

Track 5 An 8-steps Programme to Promote Healthy Living to Curb Problem Gambling

Authors: **Gracemary LEUNG, John BACON-SHONE**
Social Sciences Research Centre, Faculty of Social Sciences, The University of Hong Kong,
Hong Kong, China;

Presenter: **Dr. Gracemary LEUNG**

This project, funded by PingWo Fund for SSRC HKU, was intended to explore and design Healthy Living and stop gambling. A survey questionnaire was given to a group of 167 students to find out their living habits and their patterns of using internet gaming and gambling (aged between 10-20) and similarly with a group of 57 problem gamblers (aged between 20-60) in Hong Kong. Results revealed that both groups spent a long time using the internet, participating in social media, entertainment, in addition to work-related activities. Of concern were their (a) indulgence in gaming, gambling or pornography, adoption of unhealthy living-styles, and (c) having financial, psychological or moral problems. Data suggested that these individuals would fare better by (a) becoming physically healthier (being mindful of eating habits and living environment), (b) enhancing their self-esteem (improving physical appearance, being mindful of their integrity) and control their gambling and gaming habits. They could also be helped by learning how to self regulate (vis-a-vis urges) and to cope with guilt and shame. A remedial programme designed by the author to promote healthy living to help problem gamblers and youngsters stop indulging in Internet gaming and gambling. The 8 psychological step model is an adaptation of the Chinese teachings on how to live: following - Appearance, Eating, Living and Moral Behaviors (i.e. 衣, 食, 住, 行). It is hoped that all carers, teachers and counsellors can use this model to help youngsters and adults to have a healthy living lifestyle and curb their problem gambling and gaming. There is also a printed booklet for guidance.

Saturday, 28 November, 09:15 - 11:15

Moderator: Ms. CHING Fung-ye

Track 5 Interventions for Internet Addiction and Gaming Disorder: A Review of Current Literature and Perspectives from Practitioners

Author: **Camilla LO K.M.**
Department of Applied Social Sciences, The Hong Kong Polytechnic University,
Hong Kong, China

Presenter: **Dr. Camilla LO K.M.**

In view of consistent evidence showing the negative impacts of Internet addiction and gaming disorder on the affected individuals' mental health and social relationships, a number of interventions have been developed. Previous systematic reviews and meta-analyses have provided important evidence that existing interventions of Internet addiction/gaming disorder are effective in improving Internet addiction/gaming disorder status, time spent online, depression, and anxiety. What is still unclear is whether existing interventions are also effective in improving other aspects of life, such as quality of life and social relationship, and whether particular intervention characteristics may moderate intervention effects. Furthermore, little is known about family involvement in treatment for Internet addiction and gaming disorder.

This presentation will address these questions by discussing findings of two studies conducted by the author. Study 1 is a meta-analysis with the aims of synthesizing effect sizes of existing interventions of Internet addiction/gaming disorder for different outcomes at post-intervention, and identifying study and intervention characteristics (moderator variables) that may contribute to a promising intervention. This study covered publications in electronic databases, including PubMed, Medline, PsychInfo, Embase, Web of Science, ERIC, and Cochrane Clinical Trials Library. A systematic search for publications published up to February 2020 was conducted. This presentation will discuss the results of the effect sizes and moderator analyses and provide implications for research and clinical practice. Study 2 is a qualitative study of 10 individual interviews with practitioners who had experience working with young people with Internet addiction/gaming disorder in Hong Kong. This presentation will discuss their views on the challenges and clinical considerations in regard to involving family members in treatment for Internet addiction/gaming disorders.

Abstracts of Paper Presentations

Theme: Emerging trends and insights of addiction in behavioral, psychological, medical, epidemiological and sociological perspectives

Saturday, 28 November, 13:30 - 15:15

Moderator: Dr. Paul WONG Wai-ching

Track 7 Adult Maladaptive Internet Use, Depression, and Self-Efficacy in Hong Kong

Authors: Scarlett MATTOLI, Melanie SHAW, Scott BURRUS
The Psynamo Group Limited, Hong Kong, China;
California Southern University, California, USA

Presenter: Dr. Scarlett MATTOLI

Internet use for nearly all daily activities has escalated over the last 20 years as an adaptive response to increased provision of devices, programs, and access. Positive results include increased connectivity and negative results include maladaptive Internet use (MIU), frequently investigated in youth under a variety of names, despite the lack of concordance on a model. Common factors identified include age, male gender, amotivation for responsibilities, depressive symptomatology, and low self-efficacy. There is a distinct absence of research on adult populations, hindering full development of the concept of MIU. The focus of this research was to assess the relationship between levels of Internet use and depression, self-efficacy, age, and gender in an adult population in Hong Kong. A quantitative correlational online survey design was employed to assess the levels of the above in a sample of residents. Participants (n=203) included in the survey were English speaking adults, aged between 22 and 65, resident in Hong Kong, representing 28 nationalities, with 32.51% male (n=66), and 67.48% female (n=137). The survey consisted of inventories for Internet Addiction, Depression, Self-Efficacy, and demographic items. MIU was significantly correlated with depression, age, and self-efficacy, but not gender. There is an adult population who present with significantly maladaptive Internet use patterns correlated with depression, low self-efficacy, and lower age, which could significantly impact youth MIU, where adults provide guidance and modelling of behaviors. The absence of a standardised definition greatly hinders the provision of adequate awareness, diagnosis, treatment, and prevention measures for all.

Saturday, 28 November, 13:30 - 15:15

Moderator: Dr. Paul WONG Wai-ching

Track 7 Exploring Dynamics of Gambling among Young People of Hong Kong

Authors: Katherine LEUNG Ying-ying, Esther CHOW Ngar-ying
Middlesex University, London, UK;
Sunshine Lutheran Centre, Hong Kong Lutheran Social Service, LC-HKS, Hong Kong, China

Presenter: Ms. Katherine LEUNG Ying-ying

Aim of research:
DSM-V (Diagnostic and Statistical Manual of Mental Disorders 5th Ed.) has re-categorized gambling disorder as an addiction rather than impulsive control disorder. Recent research studies found that gambling among youths has been increasing in Hong Kong. The current study aims to explore how individuals develop and perceive their gambling behaviors and what particular factors they believed contribute to their gambling behaviors. The most popular gambling activities among young people are also explored in this study.

Research method used:
This current study conducted interviews with young gamblers and employed interpretative phenomenological analysis (IPA) and aimed to explore dynamics of gambling experiences of sixteen young gamblers, including 10 frequent recreational gamblers and 6 current problem/recovering problem gamblers (Age: 18 to 24). 10 frequent recreational gamblers were recruited from community and universities. 6 current problem/recovering problem gamblers were recruited from Lutheran Social Service (gambling counseling centre) in Hong Kong.

Significant findings:
The IPA produced super-ordinate themes accounting for the contributing factors of the gambling for the 10 frequent recreational gamblers and the 6 current problem/recovering problem gamblers respectively. The 8 super-ordinate themes for frequent recreational gamblers were boredom relief, excitement seeking, social gathering, practicing gambling strategies, convenience of gambling, luck, family influence, and stress reduction/coping. The 6 super-ordinate themes for current problem/recovering problem gamblers were perceiving gambling as a way to earn money, the downward spiral (early big wins and then chasing loss), boredom relief, fantasy of win, negative relationship/life experience, and family influence.

Implications and impacts:
The findings showed that the similarities and differences of contributing factors of gambling between recreational gamblers and current problem/recovering problem gamblers. The current findings and implications of the emergent themes may have practical implication for future gambling prevention and intervention.

Abstracts of Paper Presentations

Saturday, 28 November, 13:30 - 15:15

Moderator: Dr. Paul WONG Wai-ching

Track 7

Exploratory Study on the Impact of Gamification in Online Gambling for ACG lovers

Authors: Eugene CHAU Yui-chi, Wayne WONG Ho-chi
Hong Kong Children and Youth Services, Hong Kong, China
Presenters: Mr. Eugene CHAU Yui-chi, Mr. Wayne WONG Ho-chi

The boundary between games and gambling is diffusing when both activities co-exist in an online environment. Gamification helps to bring a softer interface for the gambling activities, while the online games can be transformed to a gambling activity when luck and chance intersect with monetary returns. Kinds of lucky draw are commonly found in many mobile games, in which the young people pay to buy chances for winning special items for the building of their favourite game character. The game companies target those Anime, Comic and Games (ACG) lovers to launch the popular anime games that attract many ACG lovers to spend time and money looting for items through a de facto gambling activity in mobile games.

According to the observations of HKCYS eSm[^]iley CYST, many ACG lovers participated in aforementioned gambling when they were playing mobile games. This study aims at exploring phenomena, attitude towards gambling and negative influence of ACG lovers participating in in-games gambling illustrated by three case studies.

The young people in this study shows that ACGs lovers play 5 to 20 mobile games at the same time. One youngster at age 22 has a debt around \$200,000 because of playing games while another two at age 22 spend \$2,000 per month playing games. They believed that conventional activities, like betting on horseracing are the only forms of gambling, and didn't realize that they were participating in gambling.

The young people indulge themselves in building up an attractive cyber identity in reinforcing their self-confidence and self-esteem in the real world, and also act as an agent for comparison with their friends in ACG subculture. A distant family relationship and low self-confidence contribute part of the problems. The inner needs of the young people and the online social life through the mobile games intensify their gambling behavior subtly.

Theme: Inspirations from research on the etiology, prevention, identification and treatment of problem gambling and addiction

Saturday, 28 November, 15:30 - 17:00

Moderator: Dr. CHU Cheong-hay

Track 8

Beyond the Assessment Score: Examine the Meaning of Tolerance and Withdrawal Symptoms in Individuals Affected by Gambling Disorder

Authors: Lawrence LEE S.K., Samson TSE
Department of Social Work and Social Administration, The University of Hong Kong, Hong Kong, China
Presenters: Mr. Lawrence LEE S.K., Prof. Samson TSE

Gambling disorder is the first behavioural addiction classified in the DSM-5. Despite the centrality of tolerance and withdrawal symptoms as diagnostic criteria, both symptoms remain poorly understood in gambling disorder (Blaszczynski et al., 2008, Lee et al., 2020). Notwithstanding Christensen et al. (2015) found these two symptoms bearing high predictive value for gambling disorder, Kardefelt-Winther et al. (2017) called for a paradigm shift by dissipating withdrawal from the fundamental construct of behavioural addiction. Willful choice and maladaptive coping were the exclusion criteria in the proposed paradigm for the sake of better diagnostic consideration. Through collaboration with two Hong Kong gambling treatment units, the current qualitative study explored the theoretical link between traditional concepts related to substance addiction and gambling disorder. The research team adopted the constructivist grounded theory approach (Charmaz, 2000) in the present study and we enhanced the data credibility by collecting the participants' affective states over a typical week through a Spire stone, a wearable mood tracking device. Four themes related to diagnostic criteria were identified. Gambling withdrawal and tolerance appear to be clinically relevant factors which perpetuate the urge to gamble. Clarifying the concepts and functional roles of tolerance and withdrawal in gambling disorder, we seek to advance an important clinical discussion about how to differentiate an addictive disorder from excessive participation in certain activities, in turn, may improve the operationalization of diagnostic criteria in the field of addiction.

Abstracts of Paper Presentations

Saturday, 28 November, 15:30 - 17:00

Moderator: Dr. CHU Cheong-hay

Track 8 Collective Motivational Interviewing: A New Intervention to Promote Joint Changes among People with Problem Gambling

Authors: Nick TSE, Samson TSE
Department of Social Work and Social Administration, The University of Hong Kong,
Hong Kong, China

Presenter: Mr. Nick TSE

Collective Motivational Interviewing (CMI), which is co-developed by Nick Tse and Samson Tse, is a brief, client-centred, directional, multiparty psycholinguistic counselling approach for working with persons with addictive behaviours. CMI takes advantage of individually and evidence-based motivational interviewing (MI) and extends the practice to incorporate the social nexus paradigm in the motivational process. The first two sessions are to adopt individually based MI involving the clients and their nominated concerned significant others (CSOs) separately, followed by a conjoint session engaging both the clients and the CSOs. The preliminary results of applying CMI in the addiction field have been encouraging in reducing the frequency of addictive behaviours, enhancing motivation to change, and strengthening social connectedness. Based on the preliminary findings, the present authors applied CMI with a person with a problem gambling. This presentation has three objectives: 1) Introduce the conceptual framework of CMI by referring to the four-quadrant theory of collective motivation; 2) Use a single case to highlight the CMI's application and the feedback gathered from the client and his spouse; 3) Discuss directions for future research and its potential implementation for people with a variety of activity addictions or lifestyle issues.

Saturday, 28 November, 15:30 - 17:00

Moderator: Dr. CHU Cheong-hay

Track 8 Validating a Mindfulness-Based Relapse Prevention (MBRP) for Substance Abusers

Authors: Raymond CHUI Chi-fai, Ernest NGAN Chi-sing, TSUI Wai-man,
Rainbow CHUNG, Alice CHAN, Margaret WONG, Daphne YEUNG Nam-ying
Department of Social Work, Shue Yan University, Hong Kong, China;
Alcohol Abuse Prevention & Treatment Service, Tung Wah Group of Hospitals, Hong Kong, China;
CROSS Centre, Tung Wah Group of Hospitals, Hong Kong, China

Presenters: Dr. Raymond CHUI Chi-fai, Mr. Ernest NGAN Chi-sing

Mindfulness-Based Relapse Prevention (MBRP) has been widely adopted and confirmed as an effective addiction treatment approach for substance abusers by overseas studies. MBRP focuses on reducing maladaptive and automatic avoidance of negative affect, enhancing distress tolerance and appropriate coping skills to prevent substance use and reduce relapse vulnerability. It also helps to improve psychological well-being and quality of life of abusers. The application of mindfulness in addiction treatment is unpopular in Hong Kong and there is a lack of empirical research into the effectiveness of this intervention in the local Chinese context, especially for abusers with multiple expressions of addiction. The research team incorporates MBRP into individual counselling, group workshops and experiential activities with locally sensitive content. Each mindfulness group session lasts for at least 1.5 hours and is facilitated by an experienced mindfulness teacher with relevant qualifications. Each session has a central theme with experiential exercises and group discussions. Substance abusers who have completed prior substance abuse intervention for at least 3 months are targets of this study. Pre-test and post-test design and focus groups were adopted to examine effects of the MBRP. Questionnaire survey are employed to collect key outcomes of the intervention. The frequency of drug use in the past 30 days, the AUDIT Alcohol Consumption Questions, the Chinese version of the Drug Avoidance Self-Efficacy Scale, the Alcohol Abstinence Self-Efficacy Scale, and the 27-item Chinese version of Stimulant Relapse Risk Scale are used to measure the risk and self-efficacy of relapse. Initial findings of the study confirmed the effectiveness of the intervention to reduce the risk of relapse ($n=17$, $p=.022$), increase alcohol abstinence self-efficacy ($n=15$, $p<.001$) and reduce level of alcohol use (AUDIT-C, $n=15$, $p=.025$; frequency of use in previous month, $n=17$, $p=.002$) for substance abusers.

Abstracts of Sharing Sessions

Theme: Moving the boundaries: co-creating innovated addiction service with medical and business collaboration

Friday, 27 November, 13:45 - 15:45

Moderator: Mr. Ivan MA Hon-ki

Track 3 Promotion of Healthy Use of Internet and Prevention of Gaming Disorder and Related Addictive Behaviours

Author: **Thomas CHUNG**
Consultant Community Medicine (Family and Student Health), Department of Health,
Hong Kong, China

Presenter: **Dr. Thomas CHUNG**

Information and Communications Technology has become an inseparable part of our daily lives. We use Internet and related electronic products for learning, communication and entertainment. While the use of Internet and related products brings us a lot of convenience and benefits, improper use of the new technology may have potential health risks. The age when one starts using this technology and related products is getting younger and younger, and this raises concern about health impact, in particular, on the kids. More and more research findings have suggested that improper or excessive use of Internet and /or related electronic products for various activities, in particular video gaming (including on-line and off-line), are associated with adverse health consequences. The World Health Organization (WHO) has been conducting activities related to the public health implications of excessive use of the Internet, computers, smartphones and similar electronic devices since 2014 in response to concerns expressed by professional groups, WHO collaborating centers, academics and clinicians about the public health relevance of health conditions associated with excessive use of the Internet and other communication and gaming platforms. The WHO included Gaming Disorder and Hazardous Gaming in the 11th Edition of the International Classification of Diseases in June 2018. The Department of Health (DH) of Hong Kong has been participating in the WHO meetings since 2014. Through working with other government departments and organizations in Hong Kong, the DH has been promulgating the healthy use of Internet and electronic screen products so the public especially the younger generation can enjoy the benefits and convenience brought along by these tools and avoid the adverse health effects from problematic use of them.

Friday, 27 November, 13:45 - 15:45

Moderator: Mr. Ivan MA Hon-ki

Track 3 Management of Substance Misuse and Mental Illness with Information and Communication Technology

Author: **Matthew WONG Shun-ming**
Resident Specialist, Department of Psychiatry,
Pamela Youde Nethersole Eastern Hospital, Hong Kong, China

Presenter: **Dr. Matthew WONG Shun-ming**

The use of Information and Communication Technology (ICT) has played an increasingly important role in healthcare over the past decade. The management of substance misuse and co-morbid mental illness follows the same trend. In Europe, many countries have invested substantially in the development of ICT in healthcare. ICT has gained a wider acceptance and are being deployed more than ever. However, it has also faced a lot of criticisms and concerns because of the changes from the traditional medium of service. Further investigation is also warranted on the effectiveness and cost benefit in specific populations. In Hong Kong, the use of ICT has assisted our everyday clinical services in multiple dimensions. Apart from quality patient care, ICT has also made major contribution in the enhancement of the efficiency and convenience of our operation. With the exploding advancement of new technology and rapidly growing researches in the field, clinicians are expected to embrace the impact of ICT on how we design and deliver our services. There are plenty of opportunities in further development of ICT amid the problems and challenges before it can be fully utilized and accepted by both the service providers and users. In this sharing session, the local and worldwide situations on use of ICT will be explored. The view from a clinician on ICT's implication on the clinical services will also be discussed.

Abstracts of Sharing Sessions

Friday, 27 November, 13:45 - 15:45

Moderator: Mr. Ivan MA Hon-ki

Track 3 Cross-sector Collaboration for Effective Harm Reduction - A Case Study on SOSKELY Outreach Programs

Author: Cindy NG Tsz-man
KELY Support Group, Hong Kong, China
Presenter: Ms. Cindy NG Tsz-man

Internationally, substance use (including drug and alcohol) is closely associated with large scale event goers, such as music festivals. The prevalence of substance use for these event attendees is usually much higher than that specific age-group in the general population. In Australia, a study conducted at a music festival found that a majority (73.4%) of festival attendees aged 18-30 had a history of illicit drug use. With Asia being a more conservative culture with more hidden drug use, this made large scale events a crucial first point of contact with youth engaged in these risky behaviours.

For the very reason, KELY has started working with different partners at their events since 2012, including sport and music events, to provide substance and alcohol harm reduction service onsite. The experience has allowed us to have more insight on how to support our partners in promoting and implementing health and safety protocols at their events and the critical role that KELY as a youth organisation has in providing a safe environment for their event attendees. In this sharing session we will share our experiences on:

1. The harm reduction service KELY provides at large scale events
2. Partnership development and ways to mobilize different stakeholders to support event goers
3. The challenges and lessons learned

Theme: Integrating knowledge of new technology into service development or implementation

Saturday, 28 November, 09:15 - 11:15

Moderator: Ms. Doris TING Lai-fan

Track 6 Applying User Journey Mapping to Develop New Technology in Addiction Prevention and Treatment

Authors: CHAU Yuk-shan, CHU Man-ling, Ernest NGAN Chi-sing
CROSS Centre, Tung Wah Group of Hospitals, Hong Kong, China;
Even Centre, Tung Wah Group of Hospitals, Hong Kong, China;
Alcohol Abuse Prevention & Treatment Service, Tung Wah Group of Hospitals, Hong Kong, China
Presenters: Mr. Ernest NGAN Chi-sing, Ms. CHU Man-ling

The application of new technology across different multi-media platforms in social service settings is very popular nowadays. Its coverage ranges from data collection, need assessment, prevention education, delivery of intervention, monitoring treatment progress etc. While there are many available online resources, it is still necessary to develop some innovative applications to fill the service gap. User Journey Mapping is a visualization of an individual's relationships with a product over time. It creates a shared vision among the development team to look at the entire experience from the user's standpoint and serves as a cornerstone for strategic recommendation on design problems. Understanding users' touch points and especially their pain points as they interact with our new technology product is crucial to developing a meaningful and fruitful experience. Besides, two development methodologies, agile and waterfall, are commonly applied to project management. The main difference is that waterfall projects are completed sequentially whereas agile projects are completed iteratively in a cycle. Both methodologies carry their own set of advantages and disadvantages. Which one to choose is highly dependent on the project type and circumstances. The use of technology has been widely adopted in prevention and treatment among several addiction services of Tung Wah Group of Hospitals. In 2014, a self-help mobile app namely "eBAC Calculator" was launched with an aim to increase user's awareness of their amount of alcohol consumption and the possible adverse consequences. In 2018 & 2019, three Virtual Reality (VR) gaming, namely "Anti-gambling games on Interactive Device", "An adventure over the mountain, a journey to resist gambling" and "Attack on Cannabis" were developed respectively. With the excitement and amusement, anti-gambling and anti-drug messages could be promoted while players are enjoying these innovative VR experiences. In mid-2020, a mobile App named "Vtalk - Online Counselling System" was launched to provide a more accessible option apart from traditional face-to-face counselling service. It also matches the rising need for online service delivery under COVID-19. In the presentation, the presenter will share the experience of how User Journey Mapping, waterfall and agile methodologies were applied in the development process of the technology tools in addiction service of TWGHs.

Abstracts of Sharing Sessions

Saturday, 28 November, 09:15 - 11:15

Moderator: Ms. Doris TING Lai-fan

Track 6 Use of Multi-media and Online Technology in Anti-gambling Education

Authors: Ken LEE Chi-kwong, TAI Na-na
Youth Crime Prevention Center, The Hong Kong Federation of Youth Groups, Hong Kong, China
Presenters: Mr. Ken LEE Chi-kwong, Ms. TAI Na-na

The purpose of the paper is to share the experience of using multi-media and online technology to conduct anti-gambling education to the youth.

With the rapid development of information technology, young people no longer rely solely on traditional media to access information and knowledge but are shifting to the Internet. The widespread use of the Internet lets young people expose to mobile gambling applications (apps) and mistrusted gambling information easier. Moreover, traditional anti-gambling education programs are not attractive to young people.

Therefore, with the support from Ping Wo Fund, The Hong Kong Federation of Youth Groups Youth Crime Prevention Center has conducted the anti-gambling education program – “Youth! Don't gamble” - from 2014 to 2020. This education program aims at enhancing young people awareness of the scourge of gambling and breaking its myth.

Our social workers used different innovations and creative methods as well as multi-media technology to promote Non-Gambling Culture to young people through online and offline platforms. Online gambling risk assessment tools, anti-gambling information apps, interactive videos, hologram videos, infographic videos, musical videos, mini mobile games, and anti-gambling electronics exhibitions have been conducted. The creative anti-gambling information is delivered on social media platforms, e.g. WhatsApp, Facebook, YouTube, in order to enhance the attractiveness and enable easy access by young people.

Over the past six years, more than 75,000 people received our anti-gambling messages and over 3,000 young people attended anti-gambling education workshops. 90% of participants indicated that their awareness of the risks of gambling was heightened. Thus, the use of multi-media and online technology to deliver anti-gambling education is more attractive and easily accessed by young people.

Saturday, 28 November, 09:15 - 11:15

Moderator: Ms. Doris TING Lai-fan

Track 6 Project i-Change : An Exploration of Chatbot Technology

Authors: Agnes LEUNG Y.K., Lawrence LEE S.K.
Evangelical Lutheran Church Social Service, Hong Kong, China
Presenters: Ms. Agnes LEUNG Y.K., Mr. Lawrence LEE S.K.

The Project i-Change of Evangelical Lutheran Church Social Service-HK is funded by The Ping Wo Fund to provide advanced information technology support for local gambling counselling services. A team of multi-disciplinary versatile professionals has developed an artificial intelligence computer program, the ready to chat i-Change Chatbot to encourage help-seeking for gambling disorder. The Chatbot also signposts further sources of solid assistance (e.g. face-to-face interview) with aims to alleviate the harms inflicted from excessive gambling behaviour.

Workshop

Saturday, 28 November, 14:00 - 17:00

Moderator: Ms. Helen CHAN Ching-han

Mindfulness Approach to Addiction

Speakers: **Prof. Samuel WONG Yeung-shan**
Professor & Director, JC School of Public Health and Primary Care,
The Chinese University of Hong Kong

Mr. TING Ka-tsun
Clinical Psychologist, Kowloon Hospital, Hospital Authority

This 3-hour workshop aims at giving participants an update about the application of mindfulness in the field of addiction. Mindfulness-based Relapse Prevention (MBRP) is one of the most studied mindfulness-based programs for addiction. A brief overview of MBRP would be given. This workshop is experiential in nature. The participants would experience some of the mindfulness practices together. Local adaptation of MBRP would also be shared. This workshop is suitable for people who have no experience in mindfulness.

Poster Presentations

Metacognitive Correlates of Internet Gaming Disorder

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**Study on Changes of Gambling Behavior among Casino Workers After
(Law 17/2018) Came into Effect**

Authors: **Larry SO; Saka TANG; Jessica TAM**
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**Associations of Gaming Behaviors with Internet Gaming Disorder in
University Students in Hong Kong: A Cross-sectional Study**

Authors: **GUO N.; WU Y.; LUK T.T.; WONG J.Y.H.; SHEN C.; CHEUNG D.Y.T.; FONG D.Y.T.;
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Childhood Risks and Smartphone Addiction: A Life History Approach

Authors: **ZHANG Meng-xuan; Anise WU M.S.; YU Shu M.**
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**Nicotine Dependence in Adolescent Exclusive Cigarette Users and
Concurrent Users of New Tobacco Products**

Authors: **WANG Lijun; HO Sai-yin**
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Poster Presentations

**The Second-hand Harms of Alcohol Misuse in University Dorm Residents
in Hong Kong**

Authors: Rufina CHAN H.W.; Jay LEE J.; Ben FONG Y.F.; Samuel WONG Y.S.; Sky SIU; YU Jiazhou;
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**CROSS Fitness – A Community-based Rehabilitation Project –
An Exercise-based Intervention for Relapse Prevention**

Authors: Jack CHENG Chun-cheong; CHAN Chak-kit; Chrissy HO Kiu-yan
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Reaching out Program on Street Gamblers in Hong Kong

Authors: Alfred CHAN Chi-wah; Ivan CHAN King-lok; Terence TANG Tsz-kin
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**Responsible Gaming Practices and Internet Gaming Disorder among
Chinese Adult Gamers**

Authors: ZHAO Shuguang; YU Shu M.; WU Xuan
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**Nurse-led Alcohol Brief Intervention Plus Mobile Personalized Chat-based
Support on Reducing Alcohol Use in University Students: A Pilot Feasibility Trial**

Authors: CHAU S.L.; WU Y.; LUK T.T.; WONG J.Y.H.; LEE J.J.; HO S.Y.; LO H.H.; KIM J.H.;
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School of Public Health, The University of Hong Kong, Hong Kong, China;
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**The Application of the Chinese Internet Gaming Disorder Checklist
(C-IGDC) to Identifying Risk Factors for Gaming Disorder**

Authors: Juliet CHEN Honglei; YU Shu M.; Anise WU M.S.
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Internet and Illegal Gambling among Adolescent Students in Hong Kong

Authors: Irene WONG Lai-kuen; CHU Cheong-hay; LI Lim
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Adult Maladaptive Internet Use, Depression, and Self-Efficacy in Hong Kong

Authors: Scarlett MATTOLI; Melanie SHAW; Scott BURRUS
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Addiction Recovery and the Role of Therapeutic Alliance during Treatment

Authors: Ryan WONG H.Y.; Elda CHAN M.L.; CHING Fung-ye; Vanice CHAN W.Y.;
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CE Accreditation

Accreditation	Organization	Eligible Applicants
CE DCP	Division of Clinical Psychology, The Hong Kong Psychological Society Ltd.	Clinical psychologists and members of DCP
CME	Continuing Medical Education, Hong Kong Academy of Medicine	Specialists under following colleges and specialty IDs: <ul style="list-style-type: none"> • College of CM (Community Medicine) – CM (Community Medicine) or PM (Public Health Medicine) • College of FP (Family Physicians) – FM (Family Medicine) • College of PS (Psychiatrists) – PS (Psychiatry)
CNE	Continuing Nursing Education, Nursing Council of Hong Kong	Registered nurses in Hong Kong
CPD	Voluntary Continuing Professional Development Scheme for Registered Social Workers, Social Workers Registration Board	Registered social workers in Hong Kong

Procedure

1. Follow the instruction to check in:

- Please follow the instruction to sign in Zoom and click the link of the session you would like to attend with your registered email. Your attendance will be recorded by Zoom, in which your check in and out time would be provided for the organization to verify the no. of CE points to be awarded.

2. Submit the evaluation form after all the sessions you have finished:

Conference Attendees:

<https://forms.gle/nsmbbs2YhgEmbrxT7>



Workshop Attendees:

<https://forms.gle/mocTyrvJXADzbiwj6>



- Please make sure your email address provided in the evaluation form is **same as the email you registered** for the conference to verify your attendance.

3. E-certificate of attendance

- It will be issued to attendees by email after the verification of attendance and the submission of evaluation form.

Obtained by self-report to the online system for Voluntary Continuing Professional Development Scheme of Social Workers Registration Board. Details, please refer to <https://www.swrb.org.hk/cpd/en/CPD.asp?Uid=12>.

Bad Weather Arrangement

The followings are the special arrangements during bad weather:

When Tropical Cyclone Signal No.3 or Red Rainstorm Warning Signal is in force, all conference programs will continue to be held as scheduled, unless otherwise announced by the organizer.

When the Hong Kong Observatory announces that Tropical Cyclone Signal No. 8 (or above) or Black Rainstorm Warning Signal will be issued within the next 2 hours, special arrangements may be required based on the prevailing weather situation. Conference participants can visit the conference website (www.appgac.org) to check for any special arrangements.

When Tropical Cyclone Signal No. 8 (or above) or Black Rainstorm Warning Signal is in force, the following arrangements shall apply:

For conference programs not yet started

Weather Condition	Action to be Taken
Morning Session	
Tropical Cyclone Signal No. 8 (or above) or Black Rainstorm Warning Signal is in force at or after 6:30am	All morning activities (8:30am to 2:00pm) will be suspended and postponed to the afternoon starting at 2:00pm.
Afternoon Session	
Tropical Cyclone Signal No. 8 (or above) or Black Rainstorm Warning Signal is cancelled at or before 10:00am	All suspended activities will be resumed at 2:00pm in the scheduled order*.
Tropical Cyclone Signal No. 8 (or above) or Black Rainstorm Warning Signal is in force after 10:00am	All afternoon activities (2:00pm - 5:30pm) will be suspended and postponed to the next day. Please call the Conference Secretariat or visit the conference website for the contingency arrangement.

For Programs already started

Weather Condition	Action to be Taken
Tropical Cyclone No. 8 (or above) is issued	All programs will be suspended immediately and contingency arrangement will be announced.
Black Rainstorm Warning is issued	All programs (except those held outdoors) will continue until the end of that session, unless the organizer announces that session be suspended.

If all the presentations cannot be completed due to bad weather, the organizer will invite both overseas and local speakers/presenters to videotape the presentations at a future date. All recorded presentations will be uploaded to online platform and viewed by the participants. For details, please refer to the contingency arrangements to be announced.

**5th Asian Pacific Problem Gambling and Addiction Conference 2020
Conference Secretariat**

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Conference E-book



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PowerPoint Presentations



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