

Message from Chief Editor



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Stephen Y K Sun

Chief Editor

It is my honour to be a member of Journal Sub-committee to reactivate the publication of the 'Hong Kong Journal of Mental Health'. It is due to the collective efforts of the authors, the administrative staff, the executive committee members and the editorial board members which make the publication come true.

Mental health issues range across a wide spectrum, and it is impossible to cover all areas in one volume of the journal. In the coming publications, we plan to publish on various areas related to psycho-social perspectives, child and youth, domestic violence, community care, elderly etc. half-yearly in the coming three years. In this issue, the theme is on 'psycho-social perspective' in mental health, and we have five high quality papers.

There are two research papers and three discussion papers contributed by front-line professionals and scholars. The two research papers discussed mental health issues related to 'compulsive buying behaviour' and 'first-time mother'. Compulsive buying behaviour is inadequately discussed in Hong Kong. The factors underlying this behaviour are still inconclusive and research is much needed. The team led by Dr. Daniel F. K. Wong made a very good beginning to explore the prevalence, profiles and mental health conditions of compulsive buyers in Hong Kong. In the research, they presented the common

difficulties of those compulsive buyers facing and the psychological distress level among themselves. The results provided the professional a very good reference to develop right programmes and services to those persons. Dr. Sharron S. K. Leung identified the stressors as well as the significant types and sources of support related to the first-time mothers' postnatal depression during the first six weeks. In view of the scarcity of research in this area in Hong Kong, Dr. Leung's findings help highlight the problems faced by the mothers and the services needed.

The three discussion papers included the areas of 'religion and mental health', 'effectiveness of intervention approach' and 'recruitment difficult of stress management programme to secondary school teachers'. Dr. S.K. Cheung presented a review of relationships between religion and mental health. He proposed a framework integrating the view of God and the view of existential phenomena and illustrated how religious clients can be helped more effectively with Zen methods applied in a Christian context. Most people would find the concise yet pertinent discussion interesting.

It is encouraging to receive a contribution from a front-line professional practitioner, Mr. Adam Wong, who presented a brief report on the use 'multi-sensory approach' to help manage the behavioral problems of an adult suffering from mental handicap. Practice

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wisdom of practitioners is valuable as it sheds light on how theoretical approaches can guide our work and what the actual difficulties can be. We look forward to having more professional exchange papers with further details, reflection and practice implications to appear in the future issues of the Journal.

Last but not the least, the team of Dr. Sharron S. K. Leung presented a report on a cognitive-behavioural therapy programme for secondary school teachers. In addition to their

account of the design and evaluation of the stress management programme, the team also provided a valuable sharing of the problems they faced in recruitment. Those observations will be useful as a reference for professionals to plan and implement any therapeutic/preventive programme for teachers.

Here, I would like to take this opportunity to express my deepest gratitude to those who are involved in this Journal publication. Without your help, our dream cannot come true!

Upcoming Themes

The Hong Kong Journal of Mental Health is the official publication of the Mental Health Association of Hong Kong and is published on a half-yearly basis. It is an interdisciplinary journal intended to serve as a focal point for exchange to enhance the definition and development of the field of mental health and to facilitate the application of facts, principles, and methods derived from psychiatry, psychology, medicine, sociology, epidemiology, anthropology, social work, nursing, education and other health-related disciplines.

The Editorial Board has suggested several upcoming themes including (but not limited to) the followings:

- ◆ Child and Youth Mental Health
- ◆ Community Care of Mental Illness
- ◆ Family Mental Health
- ◆ Elderly Mental Health

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