

## **EdUHK conducts intervention project to protect elderly from loneliness**

- *Local dailies* reported that EdUHK joined hands with CityU to conduct a study between 2021 and 2023 on how psychological behavioural interventions could protect elderly people affected by the epidemic, alleviate feelings of loneliness, and enhance their well-being.
- The research was done by EdUHK Department of Social Sciences and Policy Studies **Professor Chou Kee-lee** and Associate Professor Jiang Da of the Department of Special Education and Counselling, as well as Professor Yeung Dannii of CityU Department of Social and Behavioural Sciences.
- The research team recruited 375 volunteers aged 50-70 who were interested in volunteering and randomly assigned them to two groups: the volunteer group and the control group.
- Professor Chou noted that although mindfulness intervention and behavioural activation required more social resources, they are more effective in helping the elderly.
- Dr Jiang explained the training on mindfulness intervention, behavioural activation, and befriending services conducted during the study by the volunteers.
- <https://www.eduhk.hk/en/press-releases/protecting-older-people-from-loneliness-during-the-coronavirus-covid-19-and-other-novel-infectious-disease-pandemics-an-intervention-project> (press release)
- [https://www.hk01.com/article/1011101?utm\\_source=01articlecopy&utm\\_medium=referral](https://www.hk01.com/article/1011101?utm_source=01articlecopy&utm_medium=referral)
- <https://news.mingpao.com/pns/%e6%95%99%e8%82%b2/article/20240418/s00011/1713374222723>
- <https://www.wenweipo.com/a/202404/18/AP66202d41e4b009ba85376a1b.html>
- <https://www.scmp.com/news/hong-kong/society/article/3259332/hong-kong-study-finds-volunteer-work-cut-loneliness-elderly-people-over-coronavirus-crisis-and>
- <https://news.rthk.hk/rthk/en/component/k2/1749278-20240417.htm?spTabChangeable=0>
- <https://newstral.com/en/article/en/1252196995/hong-kong-study-finds-volunteer-work-cut-loneliness-in-elderly-people-over-coronavirus-crisis-and-that-seniors-supported-by-them-also-benefited>