

Editorial

Dissemination reports are concise informative reports of health-related research supported by the Health and Medical Research Fund (and its predecessor funds) administered by the Food and Health Bureau. In this edition, we present nine dissemination reports of projects related to mental health, sleep medicine, and physical activity. In particular, three projects are highlighted for their potentially significant findings, impact on healthcare delivery and practice, and/or contribution to health policy formulation in Hong Kong.

Schizophrenia spectrum disorders account for the majority of all psychiatric cases worldwide and these patients often have suboptimal compliance with antipsychotic medication. Chien et al¹ conducted a randomised controlled trial in 134 Chinese patients with schizophrenia spectrum disorders to evaluate the effects of motivational interviewing adherence therapy. They found that compared with routine care, adherence therapy was an effective alternative for people with schizophrenia with poor medication adherence and short duration of illness. Adherence therapy significantly improved patient adherence to antipsychotic medication, insight into illness/treatment, and re-hospitalisation rate, as well as psychotic symptoms and functioning over 12-month follow-up.

Insomnia is the most common sleeping complaint and leads to fatigue, irritability and impaired function. Although effective pharmacological treatments for insomnia are available, their use is limited by concerns regarding long-term efficacy and the potential for abuse, dependence, and adverse effects. Chung et al² conducted a randomised, assessor-blind, parallel-group trial with a 3:3:1 ratio of acupuncture alone,

combined acupuncture with auricular acupuncture, and waiting list in 224 Chinese subjects with clinically defined insomnia disorder. They found that acupuncture alone and a combination of acupuncture and auricular acupuncture were well-tolerated and better than the waiting list for the treatment of insomnia. Acupuncture alone and combination treatment both produced durable effects on sleep, anxiety, and depressive symptoms, and improved daytime functioning up to at least 13 weeks after treatment.

Adolescence is a critical period for predicting adult obesity, which is a major contributor to chronic non-communicable diseases. Cerin et al³ conducted surveys in 1299 secondary school students and their primary caregivers to identify obesity-related behaviours, including physical activity, diet, neighbourhood and household environment, and parental practices. They found that environmental factors were the strongest correlates of physical activity and sedentary behaviour, while availability of certain foods at home and self-efficacy for eating or avoiding certain foods were the strongest correlates of adolescents' dietary behaviours. The authors conclude that intervention strategies to promote a healthy and active lifestyle in Hong Kong adolescents should involve communities, schools, and families.

We hope you will enjoy this selection of research dissemination reports. Electronic copies of these dissemination reports and the corresponding full reports can be downloaded individually from the Research Fund Secretariat website (<https://rfs2.fhb.gov.hk/>). Researchers interested in the funds administered by the Food and Health Bureau also may visit the website for detailed information about application procedures.

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3. Cerin E, Sit CH, Wong SH, et al. Relative contribution and interactive effects of psychological, social, and environmental correlates of physical activity, sedentary behaviour, and dietary behaviours in Hong Kong adolescents. *Hong Kong Med J* 2019;25(Suppl 2):S34-9.