

Abstract of thesis entitled:

**BACKGROUND :** A sizable amount of individuals in the community are presented with various kinds of physical and mental health problems which are either undetected, untreated or inadequately treated, due to the limitations on the availability and accessibility of the services in the existing health care system, or to other social and personal reasons. The current study evaluated the effectiveness of a newly developed modality of health-enhancing treatment – the Mindfulness-based Dejian Mind-Body Intervention, as compared to that of a Group Psychoeducational Treatment, in alleviating depressive mood and improving physical health of adult individuals in the community.

**METHOD :** Forty adult volunteers with various degree of depressive mood and physical problems who expressed interest in receiving either Dejian Mind-Body Intervention or Group Psychoeducational Treatment were recruited in the current study. They were matched for gender, age, education and level of depression, and were randomly assigned to either treatment group.

**RESULTS:** Both the Dejian Mind-Body Intervention and Group Psychoeducation Treatment were effective in bringing about a significant reduction in depressive mood among treatment completers. However, differential effectiveness emerged among

those presented with moderate to severe depressive mood, where Dejian Mind-Body Intervention resulted in significantly greater treatment-related reduction in depressive mood compared with the Group Psychoeducational Treatment. Besides, Dejian Mind-Body Intervention brought about significant increase in an objective QEEG measure of positive affect, and improvements in physical health (i.e., bowel functioning) that were not evidenced in the Group Psychoeducation Treatment.

CONCLUSIONS: Findings of the current study suggest that compared with the Group Psychoeducational Treatment, Dejian Mind-Body Intervention might be more effective in enhancing the emotional and physical health of community individuals presented with moderate to severe depressive mood and/or problems with bowel functioning.

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## 摘要

背景：不少社區中的人士都有或多或少的身體及精神健康的問題。但因為現存醫療制度及資源所限，或其他社會及個人因素，他們的健康問題尚未得到妥善的治療。本研究旨在檢視一種促進健康的「新」療法——「德建身心療法」對比於「心理教育小組治療」在減低社區人士的抑鬱情緒及改善其身體健康的療效。

研究方法：在社區的健康講座中，研究員召集了 40 名自願參予者。他們都是有不同程度的抑鬱情緒或身體健康的問題而又有興趣參與「德建身心療法」或「心理教育小組治療」的人士。在對照基本資料後（如年齡、學歷、性別及抑鬱程度），他們被隨機分派到「德建身心療法」或「心理教育小組治療」接受治療。

結果：整體而言，「德建身心療法」及「心理教育小組治療」同樣成功地減低社區人士的抑鬱情緒。但對於患有中度或嚴重抑鬱情緒的人士，它們的療效有顯著的分別。對比於「心理教育小組治療」，「德建身心療法」為這些有較嚴重抑鬱的人士帶來更大幅度的抑鬱情緒舒減。此外，「德建身心療法」更帶來一些「心理教育小組治療」所未見的療效；包括一個客觀而有關正面情緒的量化腦電波(QEEG)指數的上升，以及腸道功能的改善。

總結：本研究的結果顯示「德建身心療法」對比於「心理教育小組治療」可能更有效地改善那些有較嚴重抑鬱情緒或腸道功能問題的社會人士之情緒及身體健康。