

Abstract

Objectives: The purpose of this study was to examine the effectiveness of the Wellness Recovery Action Planning (WRAP), an illness self management recovery program among Chinese people with serious mental illness in Hong Kong. Participants were recruited from the service units of New Life Psychiatric Rehabilitation Association (NLPCA). *Methods:* 59 participants were assigned to WRAP and 59 participants were selected as matched controls. Assessments were done before, immediately after and three months after the program. The intervention consisted of eight weekly sessions delivered by social workers who were certified WRAP facilitators. *Results:* The mean number of WRAP sessions attended was 6.75. Fidelity of the sessions ranged from 80% to 100%. Analysis using repeated measures analysis was conducted. Compared with control group, WRAP participants reported significant increase in perceived general support. No significant change was noted in recovery, empowerment, hope, and symptom severity. *Conclusion:* Discrepancy was noted between the results from the present study and that from previous studies. WRAP was shown to be effective in enhancing perceived general support for Chinese. Further studies are needed to confirm the effectiveness of WRAP among Chinese.