

Sample of Abstract (Research-related Paper)

| | |
|---|---|
| Title of abstract: | Self-Management of Health and Illness: A Community Telephone Survey |
| Author's name and organisation: | Andrew M. H. Siu ¹ , ¹ Department of Rehabilitation Sciences, The Hong Kong Polytechnic University, HKSAR |
| Co – author names and organisation(s): | Dominic Y. Y. Chui ² , Peter K. K. Poon ² , and Jenny S. K. Lau ² ² The Hong Kong Society for Rehabilitation, HKSAR |
| Abstract: Your abstract <u>must</u> use Times New Roman 12 font and not be more than 300 words in length. | <p>Background: Self-management has been found to be useful for enhance the people with chronic illnesses to reengage in health behaviors. The research among the Asian population however is relatively scarce. This study aimed to examine the self-management strategies used for coping with illnesses among the people in Hong Kong; the relationship between demographic factors and self-management behaviors were also studied.</p> <p>Methods: Using telephone survey, 746 respondents were interviewed (response rate=67.7%).</p> <p>Results: Nearly half of the respondents reported at least one health problem in the past three months. Among them, 30% needed to seek regular medical advice. The most common types of health problems were revealed to be the chronic pain, and problems in the respiratory system and emotion. In general, the respondents reported that chronic diseases would impact on their emotions, work or study, and self-care. In coping with the illnesses, most people chose taking rest and nutritious foods, and few chose engaging in exercises, seeking social support, and/or health information. The people who had reported having a job were found to have lower self-efficacy in keeping themselves healthy than those without a job. More self-management behaviours were found to relate to higher self-efficacy in health maintenance. The females tended to be more willing to undertake self-management behaviour than the males.</p> <p>Conclusion: People in Hong Kong tended to rely on a limited scope of self-management behaviour, This calls for development of more educational and promotional programs for enhancing self-management among the people who suffered from chronic illnesses.</p> |