



香港表達藝術治療服務中心
 Hong Kong Expressive Arts Therapy Service Center

The Art of Life Journey

Expressive Arts Therapy Multi-Ethnics Active Aging Community Scheme

Brief Evaluation Report

10/2023 - 9/2024



戲劇 DRAMA 舞蹈與動作 DANCE & MOVEMENT 音樂 MUSIC 視覺藝術 VISUAL ARTS 創意寫作 CREATIVE WRITING 心理治療 PSYCHOTHERAPY

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 EXPRESSIVE ARTS PSYCHOTHERAPY

Abstract

Background

In a concerted effort to heighten public understanding of the profound impact of expressive arts therapy, the Hong Kong Expressive Arts Therapy Services Center (HKEXAT) and the Chinese University of Hong Kong, Department of Psychology collaborated to conduct an extensive evaluation of the efficacy of the **'The Art of Life Journey' Expressive Arts Therapy Multi-Ethnics Active Aging Community Scheme** in 2023-2024. This report encapsulates the key findings resulting from the research.

Service Intervention: Introduction to Expressive Arts Therapy

HKEXAT uses Expressive Arts Therapy (ExAT) as the primary psychotherapeutic approach to improve mental wellbeing. Through arts, participants are provided with a platform to express their emotions, explore their inner resources and foster community connections to nurture mutual support. ExAT is a body-mind-spirit intervention in multi-modal therapeutic approach that fosters therapeutic outcome integrating various arts, like visual art, music, drama, dance and movement, creative writing, in a supportive environment. ExAT is a kind of psychotherapy to provide an opportunity for non-verbal expression and communication.

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1. Project Overview

The Art of Life Journey: Expressive Arts Therapy Multi-Ethnic Active Aging Community Scheme aims to provide cross-cultural emotional support and life-and-death education resources to ethnic minorities and Chinese elders living in Hong Kong. Due to language and cultural barriers, ethnic minority elders often lack sufficient emotional support and life-and-death education, which can lead to feelings of helplessness when dealing with personal emotional and life development issues. This project employed expressive arts therapy—including visual arts, music, and dance—to break through these language and cultural barriers, helping elders alleviate anxiety and depression while fostering interaction between ethnic minority and Chinese seniors. The project encouraged them to learn from and understand one another with open minds. It also organized exhibitions where the elders could display their artworks, enhancing interaction with the public and promoting an inclusive society.

Main Activities of the Project:

1. Expressive Arts Therapy Emotional Relief Group
2. Expressive Arts Therapy Caregiver Stress Relief Group
3. Expressive Arts Therapy Journey of Life Group
4. Ethnic Minority & Chinese Elders Life Connect Workshop
5. Life Journey Art Exhibition & Workshop



2. Effectiveness Evaluation

2.1 Evaluation Tools

For multi-session activities (e.g. 6-session groups), the evaluation adopted a pretest-posttest design. Participants were invited to fill out evaluation surveys both before and after the service to assess changes in their emotional health awareness, knowledge, emotions related to life and death, social functioning and day-to-day task abilities. For one-time activities (e.g. exhibitions), a single posttest design was adopted. All participants were invited to assess their satisfaction with the service.

Emotional Health

A self-developed 7-item questionnaire (Tables 1 and 2) was used to measure participants' awareness and knowledge of emotional health. Participants were asked to rate how much they agreed or disagreed with the statements in the questionnaire on a scale from 1 to 6, where 1 = Strongly Disagree and 6 = Strongly Agree.

Table 1. Emotional Health Questionnaire

(used for pretest-posttest design)

Please indicate how much the following statements apply to you.

1. I feel that I could express myself using the arts.
2. I feel good.
3. I am aware of my feelings and emotion.
4. I learnt ways to express my feelings and emotion.
5. Arts expression helps improve my feelings and emotion.
6. I know about emotion.
7. Emotion and mental health is important.

Table 2. Emotional Health Questionnaire

(used for single posttest design)

Please indicate how much the following statements apply to you.

1. I feel that I could express myself using the arts.
2. I feel good.
3. I become more aware of my feelings and emotion.
4. I learnt ways to express my feelings and emotion.
5. Arts expression helps improve my feelings and emotion.
6. I know more about emotion.
7. Emotion and mental health is important.

Emotions Related to Life and Death Issues

A self-developed 3-item questionnaire (**Tables 3 and 4**) was used to measure participants' emotions related to life and death issues. Participants were asked to rate how much they agreed or disagreed with the statements in the questionnaire on a scale from 1 to 5, where 1 = Strongly Disagree and 5 = Strongly Agree.

Table 3. Emotions Related to Life and Death Issues Questionnaire
(used for pretest-posttest design)

Please indicate how much the following statements apply to you.

1. I am aware of emotion related to life and death issues.
2. I am capable of expressing emotion related to life and death issues.
3. I feel anxious to life and death issues.

Table 4. Emotions Related to Life and Death Issues Questionnaire
(used for single posttest design)

Please indicate how much the following statements apply to you.

1. I became more aware of emotion related to life and death issues.
2. I became more capable of expressing emotion related to life and death issues.
3. My anxiety related to life and death issues decreased.

Social Functioning and Day-to-day Work Abilities

The Work and Social Adjustment Scale (W-SAS)¹ was used to assess the impact of distress on participants' social functioning and ability to perform day-to-day tasks. The scale consists of five items, each addressing a different aspect of daily life. Participants were asked to rate the extent to which their distress affected these areas.

Social Inclusion

A self-developed single-item questionnaire (**Table 5**) was used to measure the subjective perception of ethnic minority participants regarding the attitudes of the local community toward them. Participants were asked to rate how much they agreed or disagreed with the statement in the questionnaire on a scale from 1 to 6, where 1 = Strongly Disagree and 6 = Strongly Agree.

Table 5. Social Inclusion Questionnaire

Please indicate how much the following statements apply to you.

1. I feel accepted and supported by the local community.

1 Mundt, J. C., I. M. Marks, et al. (2002). "The Work and Social Adjustment Scale: A simple measure of impairment in functioning." *Br. J. Psychiatry* 180: 461-4.

2.2 Results

Expressive Arts Therapy Emotional Relief Group & Caregiver Stress Relief Group

The Expressive Arts Therapy Emotional Relief Group and the Caregiver Stress Relief Group provide 6 sessions of psychotherapy to emotionally disturbed ethnic minority elders and stressful ethnic minority caregivers through the use of arts. 41 ethnic minority elders participated in both the pretest and posttest evaluations.

The results showed statistically significant improvements across all emotional health indicators (**Table 7**). For instance, participants' scores on the item "I feel that I could express myself using the arts" increased by 15%, indicating that they became more comfortable expressing their emotions through arts. Additionally, the scores for "I feel good" and "Arts expression helps improve my feelings and emotion" increased by 7% and 17%, respectively, demonstrating the effectiveness of expressive arts therapy in enhancing their emotional well-being.

Table 7. Changes in Emotional Health for Participants in the Expressive Arts Therapy Emotional Relief Group and the Caregivers Stress Relief Group

Please indicate how much the following statements apply to you.	Average Score			<i>p value</i>
	Before	After	Percentage Difference	
1. I feel that I could express myself using the arts.	4.95	5.71	+15%	0.000
2. I feel good.	5.37	5.76	+7%	0.002
3. I am aware of my feelings and emotion.	5.27	5.78	+10%	0.000
4. I learnt ways to express my feelings and emotion.	5.24	5.78	+10%	0.001
5. Arts expression helps improve my feelings and emotion.	4.90	5.76	+17%	0.000
6. I know about emotion.	5.22	5.76	+10%	0.000
7. Emotion and mental health is important.	5.46	5.93	+8%	0.000
Average	5.20	5.78	+11%	0.000

Note: Agreement was rated on a scale from 1 to 6, where 1 = Totally Disagree, 2 = Disagree, 3 = Slightly Disagree, 4 = Slightly Agree, 5 = Agree, and 6 = Totally Agree. A two-tailed paired t-test was conducted, with $P < 0.05$ indicating statistical significance. $N = 41$ participants were included.

In addition to improvements in emotional health, participants also showed significant enhancements in social functioning and day-to-day task abilities (**Table 8**). Distress levels related to home management, social activities, hobbies, and family relationships were significantly reduced by 30-40%. This indicates that expressive arts therapy had positive effects in reducing emotional burdens, improving social skills, and enhancing daily task management.

Table 8. Changes in Social Functioning and Day-to-day Task Abilities for Participants in the Expressive Arts Therapy Emotional Relief Group and the Caregiver Stress Relief Group

People's problems sometimes affect their ability to do certain day-to-day tasks in their lives. To rate your problems look at each section and determine on the scale provided how much your problem impairs your ability to carry out the activity.	Average Score			<i>p</i> value
	Before	After	Percentage Difference	
1. WORK (if you are retired or choose not to have a job for reasons unrelated to your problem, please click N/A)	N/A	N/A	N/A	N/A
2. HOME MANAGEMENT – Cleaning, tidying, shopping, cooking, looking after home/children, paying bills etc	1.97	1.26	-36%	0.020
3. SOCIAL LEISURE ACTIVITIES - With other people, e.g. parties, pubs, outings, entertaining etc.	1.64	1.18	-28%	0.037
4. PRIVATE LEISURE ACTIVITIES – Done alone, e.g. reading, gardening, sewing, hobbies, walking etc.	1.65	1.03	-38%	0.043
5. FAMILY AND RELATIONSHIPS – Form and maintain close relationships with others including the people that I live with	1.90	1.18	-38%	0.011
Average	1.74	1.09	-37%	0.003

Note: Since the majority of participants were retired or not working, the impairment in work was excluded from the analysis. The level of impairment was rated on a scale from 0 to 8, where 0 = Not at all, 2 = Slightly, 4 = Definitely, 6 = Markedly, and 8 = Very Severely. A two-tailed paired t-test was conducted, with $P < 0.05$ indicating statistical significance. $N = 40$ participants were included.

Furthermore, the average score for the item "I feel accepted and supported by the local community" increased by 13% (**Table 9**). This suggests that the activity not only helped relieve personal emotions but also enhanced the sense of belonging and support among ethnic minority elders, thereby fostering greater community inclusion.

Table 9. Changes in Attitudes Toward the Local Community Among Ethnic Minority Participants in the Expressive Arts Therapy Emotional Relief Group and the Caregiver Stress Relief Group

Please indicate how much the following statements apply to you.	Average Score			<i>p</i> value
	Before	After	Percentage Difference	
1. I feel accepted and supported by the local community.	4.90	5.56	+13%	0.002

Note: Agreement was rated on a scale from 1 to 6, where 1 = Totally Disagree, 2 = Disagree, 3 = Slightly Disagree, 4 = Slightly Agree, 5 = Agree, and 6 = Totally Agree. A two-tailed paired t-test was conducted, with $P < 0.05$ indicating statistical significance. $N = 41$ participants were included.

Expressive Arts Therapy Journey of Life Group

53 participants completed the pretest and posttest evaluations, including 28 ethnic minority elders and 25 Chinese elders. The results showed that the group not only improved their emotional health but also helped the elderly address emotions related to life and death.

Firstly, participants' scores on items, including "I feel that I could express myself using the arts", "I feel good", and "Arts expression helps improve my feelings and emotion", were increased by 12% to 18% (**Table 10**), indicating overall emotional improvement and anxiety alleviation after attending the activities.

Table 10. Changes in Emotional Health for Participants in the Expressive Arts Therapy Journey of Life Group

Please indicate how much the following statements apply to you.	Average Score			<i>p</i> value
	Before	After	Percentage Difference	
1. I feel that I could express myself using the arts.	4.60	5.45	+18%	0.000
2. I feel good.	5.00	5.60	+12%	0.000
3. I am aware of my feelings and emotion.	5.04	5.60	+11%	0.000
4. I learnt ways to express my feelings and emotion.	4.92	5.34	+8%	0.001
5. Arts expression helps improve my feelings and emotion.	4.62	5.34	+16%	0.000
6. I know about emotion.	4.85	5.45	+12%	0.000
7. Emotion and mental health is important.	5.42	5.72	+6%	0.003
Average	4.92	5.50	+12%	0.000

Note: Agreement was rated on a scale from 1 to 6, where 1 = Totally Disagree, 2 = Disagree, 3 = Slightly Disagree, 4 = Slightly Agree, 5 = Agree, and 6 = Totally Agree. A two-tailed paired t-test was conducted, with $P < 0.05$ indicating statistical significance. $N = 53$ participants were included.

Regarding the ability to handle life-and-death-related emotions, the score for "I am aware of emotion related to life and death issues" increased by 18%, while "I am capable of expressing emotion related to life and death issues" increased by 21% (**Table 11**), indicating that the group effectively enhanced participants' awareness and their ability to express these emotions through arts. Although the score for "I feel anxious to life and death issues" decreased by 12%, this reduction did not reach statistical significance, likely due to the deep emotional complexity of life and death, which may take longer to address fully.

Table 11. Changes in Emotions Related to Life and Death Issues for Participants in the Expressive Arts Therapy Journey of Life Group

Please indicate how much the following statements apply to you.	Average Score			<i>p</i> value
	Before	After	Percentage Difference	
1. I am aware of emotion related to life and death issues.	3.87	4.57	+18%	0.000
2. I am capable of expressing emotion related to life and death issues.	3.68	4.45	+21%	0.000
3. I feel anxious to life and death issues.	3.21	2.83	-12%	0.072

Note: Agreement was rated on a scale from 1 to 5, where 1 = Totally Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, and 5 = Totally Agree. A two-tailed paired t-test was conducted, with $P < 0.05$ indicating statistical significance. $N = 53$ participants were included.

In addition to the improvement in emotional expression, the group also had a positive impact on participants' social functioning and ability to handle day-to-day tasks. There was a significant reduction in distress related to household management, social activities, hobbies, and family relationships, with distress from social activities decreasing by 57% (**Table 12**).



Table 12. Changes in Social Functioning and Day-to-day Task Abilities for Participants in the Expressive Arts Therapy Journey of Life Group

People's problems sometimes affect their ability to do certain day-to-day tasks in their lives. To rate your problems look at each section and determine on the scale provided how much your problem impairs your ability to carry out the activity.	Average Score			<i>p</i> value
	Before	After	Percentage Difference	
1. WORK (if you are retired or choose not to have a job for reasons unrelated to your problem, please click N/A)	N/A	N/A	N/A	N/A
2. HOME MANAGEMENT – Cleaning, tidying, shopping, cooking, looking after home/children, paying bills etc	2.16	1.08	-50%	0.000
3. SOCIAL LEISURE ACTIVITIES - With other people, e.g. parties, pubs, outings, entertaining etc.	2.54	1.10	-57%	0.000
4. PRIVATE LEISURE ACTIVITIES – Done alone, e.g. reading, gardening, sewing, hobbies, walking etc.	2.22	1.25	-43%	0.000
5. FAMILY AND RELATIONSHIPS – Form and maintain close relationships with others including the people that I live with	2.63	1.35	-49%	0.000
Average	2.35	1.11	-53%	0.000

Note: Since the majority of participants were retired or not working, the impairment in work was excluded from the analysis. The level of impairment was rated on a scale from 0 to 8, where 0 = Not at all, 2 = Slightly, 4 = Definitely, 6 = Markedly, and 8 = Very Severely. A two-tailed paired t-test was conducted, with $P < 0.05$ indicating statistical significance. $N = 51$ participants were included.

Notably, all ethnic minority participants selected the highest option, "strongly agree" for the statement "I feel accepted and supported by the local community" in the posttest, with scores increasing by 17%, from 5.14 to 6.00 (Table 13). This highlights that the group's significant role in promoting cultural integration and a sense of belonging among ethnic minority elders within the local community. Through expressive arts therapy, participants not only expressed their emotions but also strengthened their connections within the community, feeling more supported.

Table 13. Changes in Attitudes Toward the Local Community Among Ethnic Minority Participants in the Expressive Arts Therapy Journey of Life Group

Please indicate how much the following statements apply to you.	Average Score			<i>p</i> value
	Before	After	Percentage Difference	
1. I feel accepted and supported by the local community.	5.14	6.00	+17%	0.000

Note: Agreement was rated on a scale from 1 to 6, where 1 = Totally Disagree, 2 = Disagree, 3 = Slightly Disagree, 4 = Slightly Agree, 5 = Agree, and 6 = Totally Agree. A two-tailed paired t-test was conducted, with $P < 0.05$ indicating statistical significance. $N = 28$ participants were included.

Ethnic Minority & Chinese Elders Life Connect Workshop

The Life Exchange Workshop is jointly participated by ethnic minority and Chinese elders. Through the 2-session workshop, elders from different cultural environments are given an open opportunity to learn about different cultures of life and death and exchange their feelings towards life and death. 64 participants completed the posttest, including 36 ethnic minority participants and 28 Chinese participants.

According to the results, participants strongly agreed with several emotional health indicators (**Table 14**). 97% agreed with the statement "Arts expression helps improve my feelings and emotion" with an average score of 5.63. Similarly, 98% agreed with "I feel good" with an average score of 5.70. These findings demonstrate that the workshop was highly effective in providing emotional relief. Additionally, 100% of participants unequivocally agreed with "I become more aware of my feelings and emotion" and "I learnt ways to express my feelings and emotion", indicating that expressive arts, as a cross-cultural means of expression, effectively facilitated emotional expression and self-awareness.

Table 14. Evaluation of Emotional Health for Ethnic Minority and Chinese Elders Participants After the Life Connect Workshop

Please indicate how much the following statements apply to you.	Average Score	Agreement Rate
1. I feel that I could express myself using the arts.	5.58	97%
2. I feel good.	5.70	98%
3. I become more aware of my feelings and emotion.	5.67	100%
4. I learnt ways to express my feelings and emotion.	5.61	100%
5. Arts expression helps improve my feelings and emotion.	5.63	97%
6. I know more about emotion.	5.59	98%
7. Emotion and mental health is important.	5.86	100%
Average	5.66	98%

Note: Agreement was rated on a scale from 1 to 5, where 1 = Totally Disagree, 2 = Disagree, 3 = Slightly Disagree, 4 = Slightly Agree, 5 = Agree, and 6 = Totally Agree. The agreement rate includes the selection of options 4–6. N = 64 participants were included.

In terms of life-and-death-related emotions, 89% agreed with "I became more aware of emotion related to life and death issues", 86% agreed with "I became more capable of expressing emotion related to life and death issues" and 84% agreed with " My anxiety related to life and death issues decreased" (**Table 15**), showing that the workshop was successful in guiding participants to address emotions related to life and death and alleviating their anxiety on the subject.

Table 15. Evaluation of Emotions Related to Life and Death Issues for Ethnic Minority and Chinese Elders Participants After the Life Connect Workshop

Please indicate how much the following statements apply to you.	Average Score	Agreement Rate
1. I became more aware of emotion related to life and death issues.	4.61	89%
2. I became more capable of expressing emotion related to life and death issues.	4.61	86%
3. My anxiety related to life and death issues decreased.	4.52	84%
Average	4.58	81%

Note: Agreement was rated on a scale from 1 to 5, where 1 = Totally Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, and 5 = Totally Agree. The agreement rate includes the selection of options 4-5. N = 64 participants were included.

Most notably, all ethnic minority participants selected "strongly agree" for the statement "I feel accepted and supported by the local community", with an average score of 6.00 (**Table 16**). This highlights the workshop's exceptional role in promoting cultural integration and a sense of belonging for ethnic minority participants within the local community. The findings also suggest that expressive arts not only help relieve emotions but also strengthen cross-cultural connections.

Table 16. Evaluation of Attitudes Toward the Local Community Among Ethnic Minority Participants After the Life Connect Workshop

Please indicate how much the following statements apply to you.	Average Score	Agreement Rate
1. I feel accepted and supported by the local community.	6.00	100%

Note: Agreement was rated on a scale from 1 to 5, where 1 = Totally Disagree, 2 = Disagree, 3 = Slightly Disagree, 4 = Slightly Agree, 5 = Agree, and 6 = Totally Agree. The agreement rate includes the selection of options 4-6. N = 36 participants were included.

Life Journey Art Exhibition & Workshop

The Life Journey Art Exhibition & Workshop allows participants to explore their own life and death after viewing artworks on life and death created by ethnic minorities and Chinese elders. The participants in this exhibition and workshop ranged widely, from young students to retirees over 60 years old, reflecting the project's inclusivity and appeal across different age groups. A total of 47 participants completed the post-evaluation, including 45 Chinese participants and 2 ethnic minority participants.

The evaluation results show that participants greatly benefited in terms of emotional health through this exhibition and workshop (**Table 17**). For example, 98% agreed with the statement "I feel that I could express myself using the arts" with an average score of 5.17. Similarly, 96% and 98% agreed with "I feel good" and "Arts expression helps improve my feelings and emotion", respectively. Regarding emotional awareness, 98% agreed with "I become more aware of my feelings and emotion" and "I learnt ways to express my feelings and emotion" with average scores of 5.23 and 5.13, respectively. These results indicate that participants learned to better recognize and manage their emotions through the activity. The findings show that participating in the exhibition not only helped relieve emotions but also promoted self-awareness and emotional expression.

Table 17. Evaluation of Emotional Health for Participants After the Life Journey Art Exhibition and Workshop

Please indicate how much the following statements apply to you.	Average Score	Agreement Rate
1. I feel that I could express myself using the arts.	5.17	98%
2. I feel good.	5.23	96%
3. I become more aware of my feelings and emotion.	5.23	98%
4. I learnt ways to express my feelings and emotion.	5.13	98%
5. Arts expression helps improve my feelings and emotion.	5.23	98%
6. I know more about emotion.	5.15	98%
7. Emotion and mental health is important.	5.49	100%
Average	5.23	100%

Note: Agreement was rated on a scale from 1 to 5, where 1 = Totally Disagree, 2 = Disagree, 3 = Slightly Disagree, 4 = Slightly Agree, 5 = Agree, and 6 = Totally Agree. The agreement rate includes the selection of options 4-6. N = 47 participants were included.

The activity also had a significant impact on managing emotions related to life and death, though the scores for this aspect were lower compared to other activities (**Table 18**). After the activity, 83% of participants reported that they "became more aware of emotion related to life and death issues", with an average score of 4.20. Additionally, 83% stated that they were "more capable of expressing emotion related to life and death issues". Furthermore, 74% of participants noted that their "anxiety related to life and death issues decreased". These findings suggest that the activities enabled participants to face life-and-death topics more calmly and healthily.

Table 18. Evaluation of Emotions Related to Life and Death Issues for Participants After the "Life Journey" Art Exhibition and Workshop

Please indicate how much the following statements apply to you.	Average Score	Agreement Rate
1. I became more aware of emotion related to life and death issues.	4.20	83%
2. I became more capable of expressing emotion related to life and death issues.	4.07	83%
3. My anxiety related to life and death issues decreased.	3.93	74%
Average	4.07	72%

Note: Agreement was rated on a scale from 1 to 5, where 1 = Totally Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, and 5 = Totally Agree. The agreement rate includes the selection of options 4-5. N = 46 participants were included.

As with other activities, the exhibition not only benefited individual emotional health but also fostered connections between ethnic minority participants and community members. All ethnic minority participants agreed with the statement "I feel accepted and supported by the local community" (**Table 19**).

Table 19. Evaluation of Attitudes Toward the Local Community Among Ethnic Minority Participants After the "Life Journey" Art Exhibition and Workshop

Please indicate how much the following statements apply to you.	Average Score	Agreement Rate
1. I feel accepted and supported by the local community.	5.00	100%

Note: Agreement was rated on a scale from 1 to 5, where 1 = Totally Disagree, 2 = Disagree, 3 = Slightly Disagree, 4 = Slightly Agree, 5 = Agree, and 6 = Totally Agree. The agreement rate includes the selection of options 4-6. N = 2 participants were included.



Overall Service Satisfaction

In total, 259 participants from different ethnic groups and age ranges completed the service satisfaction questionnaire after the service (**Table 20**). The results indicate a very high level of satisfaction with the Art of Life Journey: Expressive Arts Therapy Multi-Ethnic Active Aging Community Scheme, which successfully met the emotional and social needs of participants across various ethnicities and age groups.

According to the service satisfaction questionnaire, 99% or more of participants expressed a high level of satisfaction with the overall organization, content, and format of the activities. This suggests that the scheduling, content design, and activity format all met participants' expectations. Additionally, 99% of participants found the activities "new and interesting", showing that the design effectively engaged participants, especially elderly individuals who may have had less exposure to artistic creation. Furthermore, all participants agreed that the "content is inspiring", reflecting not only the emotional relief offered by expressive arts therapy but also its capacity to foster deeper self-reflection and help participants address emotional challenges in their lives.

Table 20. Overall Service Satisfaction Evaluation

This activity/'s...	Average Score	Agreement Rate
1. has suitable arrangement	5.65	99%
2. content is plentiful	5.67	99%
3. has a good tutor	5.79	100%
4. content is inspiring	5.68	100%
5. is new and interesting	5.66	99%
6. facility is satisfactory	5.62	99%
7. venue is satisfactory	5.65	99%
8. overall is satisfactory	5.71	99%
Average	5.68	99%

Note: Agreement was rated on a scale from 1 to 5, where 1 = Totally Disagree, 2 = Disagree, 3 = Slightly Disagree, 4 = Slightly Agree, 5 = Agree, and 6 = Totally Agree. The agreement rate includes the selection of options 4-6. N = 259 participants were included.

These findings demonstrate that the program was highly effective in helping ethnic minority elders relieve their emotions, improve emotional awareness, and promote community inclusion, while also providing a novel, engaging, and inspiring environment that fulfilled their needs.

3. Conclusion

The Art of Life Journey: Expressive Arts Therapy Multi-Ethnic Active Aging Community Scheme has achieved significant results in promoting emotional health and community integration among ethnic minority and Chinese elders. Through expressive arts, the program successfully helped participants overcome language and cultural barriers, facilitating emotional expression and enhancing psychological well-being. Participants reported positive impacts across various aspects, including emotional relief and awareness, discussions around life and death topics, and social inclusion.

Based on data from 259 service users, 99% or more expressed high satisfaction with the content, teaching quality, and overall design of the activities. The program not only provided a means for emotional relief but also helped participants confront the heavy topic of life and death through education, reducing anxiety related to these issues. With an overall satisfaction rate of 99%, the program has proven highly effective in promoting emotional well-being and fostering community connections.

In summary, Art of Life Journey: Expressive Arts Therapy Multi-Ethnic Active Aging Community Scheme provided a safe and inclusive space for ethnic minority and Chinese elders, allowing them to express their emotions through arts, strengthen their connections with the community, and promote cultural integration within the community.



Staff List

Service Implementation and Management

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(In no particular order)

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Hong Kong Christian Service Support to Ethnic Elderly (SEE) Project

HKSKH Outreaching Team for Multi-Cultural Community

New Life - The Wellness Centre (Tin Shui Wai)

St. James' Settlement So Uk Neighbourhood Elderly Centre

NAAC Shamshuipo District Elderly Community Centre

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Hong Kong Expressive Arts Therapy Service Center

《藝術生命軌跡》表達藝術治療多元種族活齡社區計劃成效評估簡要報告 2023-2024

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