Editorial

Dissemination reports are concise informative reports of health-related research supported by the Health and Medical Research Fund administered by the Health Bureau. In this edition, we present 10 dissemination reports of projects related to infectious diseases, preventive medicine, mental health, cancer, liver diseases, and advanced technology. In particular, research findings of three projects may provide insights to enhance clinical practices and help inform health policy formulation in Hong Kong.

Seasonal influenza epidemics are a major cause of severe illness and death around the world with older adults being mainly affected. Seasonal influenza vaccination is safe and effective, but uptake is low among older adults in Hong Kong. Wang et al[1] developed a seasonal influenza vaccination promotion programme based on a chatbot that delivers customised intervention pathways according to the participants' stage-of-change regarding vaccine uptake and their responses to various questions and prompts. They conducted a randomised controlled trial comparing the efficacy between the online stage-customised intervention and a standard non-stage-customised online intervention among nearly 400 Chinese-speaking community-dwelling elders aged >65 years who had not received the upcoming seasonal influenza vaccine. Six months after the intervention, the seasonal influenza vaccine uptake rate was higher in the intervention group than in the control group (50.5% vs 35.4%, P=0.002). The chatbot-based intervention was a highly feasible and acceptable tool for promoting health among older adults.

Metabolic syndrome is associated with elevated risks of diabetes, prediabetes, and cardiovascular disease. E-health technology via mobile phones is an effective way of delivering educational interventions to support patients with diabetes or metabolic syndrome. Leung et al[2] incorporated a custom-designed mobile application (app) into an existing lifestyle intervention programme for patients with metabolic syndrome. They conducted a randomised controlled trial comparing health-related outcomes over 24 weeks among 264 Chinese patients with metabolic syndrome who received the health-education programme via mobile app, booklet, or usual care. Compared to usual care, both the app- and booklet-based interventions led to significantly greater reductions in body weight, waist circumference, body mass index, and systolic blood pressure, as well as increased total exercise time and amount, within 24 weeks.

Psychosis is a serious mental health condition and is associated with a high risk of relapse in the early stages of illness. Psychosocial interventions can help improve symptoms and reduce relapses. Chien et al[3] evaluated the effectiveness of a peer-support, worker-led, self-management programme compared with psychoeducation and treatment-as-usual in a multicentre, three-arm, randomised controlled trial among 480 Chinese adults with recent-onset psychotic disorder. The peer-led programme, in addition to usual care, was an effective intervention for people with recent-onset psychosis and significantly improved patients' recovery during long-term follow-up. The peer-led programme significantly improved patients' functioning, symptoms, illness insight, and service satisfaction, as well as reduced re-hospitalisation rates over an 18-month follow-up period compared with psychoeducation or usual care alone.

Supplement editors

Dr Anne Fung
Head
Research and Data Analytics Office
Health Bureau

Dr Richard A Collins
Senior Scientific Reviewer
Research and Data Analytics Office
Health Bureau

References

1. Wang Z, Lau JTF, Mo PKH, Zhang Q, Wong MCS. Online intervention to increase seasonal influenza vaccination among community-dwelling older people: a randomised controlled trial (abridged secondary publication). Hong Kong Med J 2024;30(Suppl 7):S4-8.
2. Leung DYP, Wong EML, Leung AMY, Cheung ASP, Cheung KC. Lifestyle intervention using a mobile application versus booklet for adults with metabolic syndrome: a multicentre randomised controlled trial (abridged secondary publication). Hong Kong Med J 2024;30(Suppl 7):S12-6.
3. Chien WT, Bressington D, Gray R, Chan SY, Lubman DI. Peer-led self-management programme for people with recent-onset onset psychosis: a randomised controlled trial (abridged secondary publication). Hong Kong Med J 2024;30(Suppl 7):S22-7.