

THE UNIVERSITY OF HONG KONG
FACULTY OF SOCIAL SCIENCES

Centre Annual Report

Name of Centre / Institute:

THE HKJC CENTRE FOR SUICIDE RESEARCH AND PREVENTION

Period (July 1st to June 30th): July 1st, 2013 – June 30th, 2014

I. Mission

Founded in 2002, The Hong Kong Jockey Club Centre for Suicide Research and Prevention (CSRP), in the Faculty of Social Sciences at the University of Hong Kong has advocated the Public Health Approach in tackling the aforementioned problems. We adhere to the promotion of community focused suicide prevention measures to further lower suicidal tendencies, all the while, advocating diagnosis and treatment intervention to individuals at risk. In this regard, suicide and its prevention is inherently a multi-disciplinary subject, requiring a diverse array of perspectives and expertise.

CSRP strives to understand and prevent suicide through research and education. A synergetic team of experts in psychiatry, psychology, social work, statistics and mathematics, together with networks within the community, our aim is to facilitate the development and implementation of multi-dimensional prevention practices through the use of innovative research designs and evaluation. We also dedicate ourselves to building a mentally healthy environment to vulnerable individuals impacted by suicide into.

CSRP also serves as a suicide trend surveillance centre and media outlet for the recommendation of strategic prevention plans. Training and workshops are also regularly provided for gatekeepers.

II. Strategy (and its alignments with the Faculty strategy and Centre mission)

The Faculty of Social Sciences strives for excellence in theoretical, applied and clinical research. And it is seen as a knowledge hub in the region of social sciences and members of the Faculty are encouraged to contribute their expertise to both public and private sectors as consultants or advisors. CSRP shares the same vision and objectives.

An advocate of the Public Health Approach, CSRP believes in not only intervention for suicidal individuals but also prevention of the risk factors and enhancing protective factors for the community at large. This cost-effective but high impact approach mobilises

and empowers the community so that the mental well-being in general can be uplifted while making the entire population less susceptible to suicide. Besides, CSRP places a strong emphasis on identifying patterns of suicide and suicidal behaviours in a group of population. CSRP searches for evidence-based measures; particularly those involve improving environment to protect people against suicide and changing behaviours that put people at suicide risk.

CSRP has developed a number of yardsticks to be achieved in areas of research, training and knowledge exchange. They are:

1. Academic Publications
2. Research Studies
3. Forthcoming Projects
4. Knowledge exchange activities
5. Collaborations with renowned scholars, locally and internationally

III. Director's Reflection (1/2 page)

a. Performance in the last academic year

The year of 2013/2014 is another exciting year for the HKJC Centre for Suicide Research and Prevention at the University of Hong Kong. Since establishment, we have adopted a public health approach towards suicide prevention in the community. Over the past year, CSRP has made significant achievements in understanding the causes of suicide and poverty in areas of research, knowledge dissemination and community services. Our Centre has been consulted by many local and international collaborators (including the WHO, South Korean Government, and the Macau Government) on suicide prevention. To name a few, we have started the Chief Executive community project on poverty alleviation in Jan 2014 and the project will last for three years. Also, we have been invited to participate in the International Congress on Suicide Prevention and overseas conferences as keynote speakers. The World Health Organization has also invited us to take part in the write up of the World Suicide Report.

Another important area of achievement is academic publications. About 20 peer-reviewed papers have been published in the past academic year in BMJ, Social Science and Medicine etc. In addition, the mentoring program has been well received by the community. The Wharf and Lion Club have continuously provided support for the program especially in evaluating the effectiveness of the project.

These are our commitment to strive for excellence in research and has demonstrated our ability to achieve it. We feel very privileged to serve the local and international communities by identifying good practice models for suicide prevention. We are indeed very fortunate to be supported by private donors, foundations, and the Government in the past. We are also well advised by a group of esteemed international suicide researchers so that we can form a knowledge hub of suicide prevention practices in Hong Kong.

b. Way forward

In 2013, the suicide rate is at the low level in the past two decades (i.e. 12.5 per 100,000). However, suicide is still the 7th leading cause of death in the population and the leading cause of death among the youth of aged 15-29. The recent increase of suicide cases among the youth and women aged 20-39 is worrying. Moreover, the number of suicide attempt and deliberate self-harm cases are estimated to be 10 to 50 times higher than the number of completed suicides. And it has caused tremendous cost to the health care system every year. We shall continue to take the lead in research, training and education especially in understanding the geographical difference of suicide deaths in the community. The aim of such is to better allocate the community resources for suicide prevention. Encouraging results have been obtained from the experience in the Northern District and we are ready to engage other communities for suicide prevention.

Furthermore, we have started to work on the second Chief Executive community project to examine the causes of poverty and how to mitigate poverty in the community for the period

2014-2017. It is a joint project with the School of Economics and the University of Science and Technology. Some initial findings on the spatial distribution have been identified and more work need to be done in understanding the match or mismatch of the community resources in alleviating poverty.

Our Centre has also been identified by the Education Bureau as an education hub in conducting mental health research and training for the schools in Hong Kong. They have invited us to prepare a proposal for Quality Education Fund Thematic Network.

The Federation of Insurers has also invited us to conduct a study on the mental well-being and recovery pathway analysis on injury workers.

We are also making progress with the media in improving disseminating the news and social media content on reports of suicide news. We are going to hold some research and training workshop with media professionals using the Knowledge Exchange research resources.

We are teaming up with the Rochester University and others for an e-learning mental health program for the region in application for a NIMH grant.

Some collaboration has been established with the National Taiwan University and Melbourne University on the area of research in population health.

We shall take the lead, as always, in striving for a healthy work environment in Hong Kong such as maintaining work-life balance, cultivating social support from colleagues, and promoting mental wellbeing. On the other hand, we will contribute to the collective wisdom locally and internationally and develop more evidence-based practice and intervention models for suicide prevention. Last but not the least, we are thankful to have the support from the Faculty and the University in the past years, we appeal to you to provide continuous support for the Centre in its endeavors.

1. Output (at least one author must indicate Centre affiliation in paper and only those research outputs affiliated with the Centre/Programme could be listed, must not repeat publications listed in earlier reports)

a. Journals

2013-2014

1. **Law, Y. W., Yip, P. S., Zhang, Y., & Caine, E. D.** (2014). The chronic impact of work on suicides and under-utilization of psychiatric and psychosocial services. *J Affect Disord*, 168C, 254-261. doi: 10.1016/j.jad.2014.06.031

2. Chan, C. H., Caine, E. D., **You, S., Fu, K. W., Chang, S. S., & Yip, P. S.** (2014). Suicide rates among working-age adults in South Korea before and after the 2008 economic crisis. *J Epidemiol Community Health*, 68(3), 246-252. doi: 10.1136/jech-2013-202759

3. **Cheng, Q., Fu, K. W.,** Caine, E., & **Yip, P. S.** (2014). Why do we report suicides and how can we facilitate suicide prevention efforts? Perspectives of Hong Kong media professionals. *Crisis*, 35(2), 74-81. doi: 10.1027/0227-5910/a000241

4. Ju Ji, N., Young Lee, W., Seok Noh, M., & **Yip, P. S.** (2014). The impact of indiscriminate media coverage of a celebrity suicide on a society with a high suicide rate: epidemiological findings on copycat suicides from South Korea. *J Affect Disord*, 156, 56-61. doi: 10.1016/j.jad.2013.11.015

5. Mok, C. C., Chan, K. L., Cheung, E. F., & **Yip, P. S.** (2014). Suicidal ideation in patients with systemic lupus erythematosus: incidence and risk factors. *Rheumatology (Oxford)*, 53(4), 714-721. doi: 10.1093/rheumatology/ket404

7. Wang, C. W., Chan, C. L., & **Yip, P. S.** (2014). Suicide rates in China from 2002 to 2011: an update. *Soc Psychiatry Psychiatr Epidemiol*, 49(6), 929-941. doi: 10.1007/s00127-013-0789-5

8. **Kwok, C. L., Yip, P. S.,** Gunnell, D., Kuo, C. J., & Chen, Y. Y. (2014). Non-fatal repetition of self-harm in Taipei City, Taiwan: cohort study. *Br J Psychiatry*. doi: 10.1192/bjp.bp.113.130179

9. **Yip, P. S.,** Lee, C. K., Chow, C. B., & Lo, W. T. (2014). What makes the hospitalisation system more efficient? An application of the decomposition method to Hong Kong morbidity data. *BMJ Open*, 4(3), e003903. doi: 10.1136/bmjopen-2013-003903

10. **Zhang, Y., Yip, P. S., & Fu, K. W.** (2014). Validation of the Chinese version of the Reynolds' Suicidal Ideation Questionnaire: psychometric properties and its short version. *Health Qual Life Outcomes*, 12, 33. doi: 10.1186/1477-7525-12-33

11. Chen, Y. Y., **Yip, P. S.**, Chan, C. H., **Fu, K. W.**, **Chang, S. S.**, Lee, W. J., & Gunnell, D. (2014). The Impact of a Celebrity's Suicide on the Introduction and Establishment of a New Method of Suicide in South Korea. *Arch Suicide Res*. doi: 10.1080/13811118.2013.824840
12. **Chang, S. S.**, Chen, Y. Y., **Yip, P. S.**, Lee, W. J., Hagihara, A., & Gunnell, D. (2014). Regional changes in charcoal-burning suicide rates in east/southeast Asia from 1995 to 2011: a time trend analysis. *PLoS Med*, 11(4), e1001622. doi: 10.1371/journal.pmed.1001622
13. Li, T. M., Chau, M., **Yip, P. S.**, & **Wong, P. W.** (2014). Temporal and Computerized Psycholinguistic Analysis of the Blog of a Chinese Adolescent Suicide. *Crisis*, 1-8. doi: 10.1027/0227-5910/a000248
14. **Yip, P. S.**, & Chen, F. (2014). A study on the effect of exclusion period on the suicidal risk among the insured. *Soc Sci Med*, 110C, 26-30. doi: 10.1016/j.socscimed.2014.03.023
15. **Chang, S.S.**, Chen, Y.Y., Heron, J., Kidger, J., Lewis, G., Gunnell, D. (2014). IQ and adolescent self-harm behaviours in the ALSPAC birth cohort. *Journal of Affective Disorders*. 152-154: 175-82 doi:10.1016/j.jad.2013.09.005
16. Ho, R. C., Zhang, M. W., Tsang, T. Y., Toh, A. H., Pan, F., **Yip, P. S.**, Mak, K. K. (2014). The association between internet addiction and psychiatric co-morbidity: a meta-analysis. *BMC Psychiatry*, 14, 183. doi: 10.1186/1471-244X-14-183
17. Chen, Y. Y., **Yip, P. S.**, Lee, C. K., Gunnell, D., & Wu, K. C. (2014). The diffusion of a new method of suicide: charcoal-burning suicide in Hong Kong and Taiwan. *Soc Psychiatry Psychiatr Epidemiol*. doi: 10.1007/s00127-014-0910-4
18. **Yip, P. S.**, So, B. K., Kawachi, I., & **Zhang, Y.** (2014). A Markov chain model for studying suicide dynamics: an illustration of the Rose theorem. *BMC Public Health*, 14, 625. doi: 10.1186/1471-2458-14-625
19. Chen, Y.Y., Gunnell, D., Lu, C.L., **Chang, S.S.**, Lu, T.H., Li, C.Y. (2013); Perinatal risk factors for suicide in young adults in Taiwan. *International Journal of Epidemiology*. 42:1381–1389. doi: 10.1093/ije/dyt129.
20. **Chang, S.S.**, Stuckler, D., **Yip, P.S.**, Gunnell, D. (2013). Impact of 2008 global economic crisis on suicide: time trend study in 54 countries. *BMJ*. 347. doi: 10.1136/bmj.f5239.
21. Hung, G. C., Huang, M. C., **Yip, P. S.**, Fan, H. F., & Chen, Y. Y. (2013). Association between childhood adversities and suicide attempts among alcoholic inpatients in Taiwan. *Journal of studies on alcohol and drugs*, 74(4), 559-564.

22. Chen, Y. Y., Kwok, C. L., Yip, P. S., & Wu, K. C. (2013). A test of the substitution hypothesis: an analysis of urban and rural trends in solid/liquid poisoning suicides in Taiwan. *Social science & medicine*, 96, 45-51. doi: 10.1016/j.socscimed.2013.06.031

b. Books published or contracted

c. Book chapters

d. Conference papers

1. 24th September – 28th September, 2013, Oslo, Norway. *The XXVII World Congress of International Association for Suicide Prevention*

- Suicidal Behaviours in Hong Kong: An Update (Prof. Yip Paul SF)
- A Study on the Mutual Causation of Suicide Reporting and Suicide Incidences (Prof. Yip Paul SF)
- The Effectiveness of Volunteer Mentorship Program for Young Adults with Deliberate Self-harm Behaviors (Dr. Law, Yik Wa)
- The efficacy of Community-based Interventions for Suicide Prevention – A Pilot Project in Hong Kong (Dr. Law, Yik Wa)
- The Epidemic Spread of Charcoal-burning Suicide in East Asia: A Trend analysis. (Dr. Chang, Shu-Sen)
- Accessing Suicide-Related Information on the Internet: A Retrospective Observational Study of Search Behavior (Dr. Wong, Paul Wai-Ching)
- The Study of “Suicide Contagion” during Dawning Social Media Era: A Critical Review from a Network Science Perspective (Dr. Cheng, Qijin)
- The Interaction Between Traditional Media and New Media in Suicide News Production and Dissemination in Chinese Societies (Dr. Cheng, Qijin)
- Associations of Change in Risk Factor Between the Baseline and Follow-up Assessments with the Incidence of Suicidal Ideation (Dr. Zhang Yi)
- The Psychometric Properties and the Short Form of the Reynolds’ Suicidal Ideation Questionnaire (SIQ) in Hong Kong Adolescents (Dr. Zhang Yi)
- The Effect of Economic Recession on Suicide Mortality Among South Korean Working-age Adults: A 7-year Observational Analysis (Chan, CH)
- Non-fatal Repetition of Self-harm in Taipei City, Taiwan: Cohort Study (Kwok, RCL)
- Self-efficacy of Volunteer Mentors of Helping Patients with Deliberate Self-harm (Lai C CS)
- An Evaluation Study of a Universal, Internet-based Mental Health Enhancement Programme for Adolescents with Parental Involvement in Hong Kong (Lai SY)
- Evaluation of a pilot online outreach and engagement of at risk youths project in Hong Kong (Chan MKY)

2. 2nd – 3rd November, 2013 Taipei, Taiwan. *The 52nd Annual Conference of the Taiwanese Society of Psychiatry.*
 - The epidemic of charcoal-burning suicide in East/Southeastern Asia: a trend analysis.
(Chang, S.-S., Chen, Y.-Y., Yip, P.S.F., Lee, W.J., Hagihara, A., and Gunnell, D.)
 3. 10th – 13th June, 2014 Tahiti, French Polynesia. *The 6th Asia Pacific Regional Conference of the International Association for Suicide Prevention*
 - A study on the effect of exclusion period on the suicidal risk among the insured.
(Prof. Yip Paul SF)
 4. 11th June – 14th June, 2014 Hong Kong. *The 10th International Conference on Grief and Bereavement in Contemporary Society*
 - Suicide and bereavement on the Chinese social media.
(Cheng Q., Gao R. and Zhu T.)
 - Controversial practices with reporting suicide news in Hong Kong, Mainland China, and Taiwan.
(Cheng Q., Gao R. and Zhu T.)
- e. **Public or consultancy reports**
1. Consolidation and redevelopment work on QEF projects on developing students' positive attitudes and values
- f. **Other intellectual property (including software, training materials, etc.)**
1. Programme manual for "A Web-based Mental Health Programme for Adolescents with Parental Involvement"
 2. Training manual for "Knowledge exchange of problem-solving program"
 3. Guidebook for people with self-harm behavior (Funded by Lotteries Fund)

IV. Activities (must be active during the year, each project should highlight links to Centre strategy)

a. Consultancies

- *An evaluation of e-engagement of vulnerable youths funded by Lottery Fund*
- 17th April 2014 – a seminar jointly organized by the 3 NGOs 網上外展服
何去何從: Presentation at Family Summit 2014 organized by the Family
Council “A study on the phenomenon of divorce in HK – Recommendations on
addressing their needs”
- Consolidation and redevelopment work on QEF projects on developing students’
positive attitudes and values

b. Training

1. Alcohol-related self-harm and suicidal behavior. 11 July, 2013. Tai Po and
North District Local Committee on Services for Young People, Hong
Kong. (Funded by Lotteries Fund)
2. 4-hour volunteer training workshop for Hong Kong Playground
Association 20 July 2013
3. 6-hour suicide prevention training workshop for Society of Rehabilitation
and Crime Prevention 29 August 2013
4. Increasing social capital in the community by multi-disciplinary approach.
24 February, 2014. Social Welfare Department, Yeun Long District
Social Welfare Office, Hong Kong.
5. Awareness training on suicide prevention for youth work social workers. 8
March, 2014. The Boys' & Girls' Clubs Association of Hong Kong, Hong
Kong. (Funded by Lotteries Fund)
6. 3-hour training workshop for school counsellors of Vocational Training
Council. 16 May 2014.
7. 8-hour training workshop for “Knowledge exchange of problem-solving
program”. 4 June 2014.
8. Dissemination seminar for “Consolidation and redevelopment work on
QEF projects on developing students’ positive attitudes and values”.
25 June 2014.
9. Seminar on “Supporting Students with Depression in Secondary
Schools”, organized by Education Bureau and Hospital Authority.
30 June 2014.

c. Research projects

i) List of all research projects

Project Title	Name of Project Holder	Project Start Date
Knowledge Exchange (KE V)	CSRP	2013-2014
Web-based mental health program for students and parents (QEF)	CSRP	2010-2013
KidMatters, a Web and School-based Approach to Mental Health Promotion and Wellbeing of Children in Primary School (QEF) * Appendix 1	CSRP	2013-2015
Volunteer mentorship program for primary school in Tin Shui Wai	CSRP	2011-2013
Helping young people with emotional distress via the world wide web (WWW) * Appendix 2	CSRP	2010-2014
World suicide prevention research support	CSRP	2011-2013
Community-based suicide prevention project in North district (supported by SWD)	CSRP	2011-2015
Evaluation study of three pilot cyber youth outreaching project (SWD)	CSRP	2011-2015
Geography of suicide: mapping suicide attempts in Taipei City, Taiwan	CSRP	2011-2014
Problem solving skills training and mentorship programme for adolescents	CSRP	2012-2014
Consultancy Service for Consolidation and Redevelopment work on QEF Projects on Developing Students' Positive Attitudes and Values	CSRP	2013-2014
Determinants of poverty and potential interventions to alleviate poverty in Hong Kong * Appendix 3 & 4	CSRP	2014-2016
One Hundred Years of Suicide in Taiwan	CSRP	2013-2015
Suicide and self-harm amongst Chinese migrants	CSRP	2014
Evaluation study for HSBC CMB Business Finance Community Work	CSRP	2014
A study on altruism index in Hong Kong	CSRP	March - July. 2014
Monitor online spreading of an emerging suicide method (charcoal burning) in Mainland China.	CSRP	2014-2015
A study on suicide news reporting ecology in Hong Kong and Taiwan: accuracy, stereotyping and mutual causation	CSRP	2012-2014

ii) List of all collaborative projects

Project Title	Name of Project Holder	Name of Collaborator	Project Start Date
Nil			

iii) List of all pro-bono projects

Period	Project Title	Nature (i.e. research or consultancy)
Nil		

d. Conferences organized

- Sept 7 2013 World Prevention Day Press Conference

e. Relationships formed with organizations

Nil

V. Teaching (excluding that credited to departments)

a. Undergraduate courses

Nil

b. Taught Masters courses

Nil

c. Research students (including list of current students and completed)

- For Medical students

Special study module 2013-2014 "Suicide Prevention: Essential knowledge and skills for medical students" by Dr. Shu-Sen Chang and Dr. Saman Yousuf

VI. Collaborations

a. University level (within HKU)

b. Community level

- Coroner Court
- Department of Health, Hong Kong SAR
- Education Bureau
- Family Court
- Health, Welfare and Food Bureau, Hong Kong SAR
- Hong Kong Police Force
- The Hong Kong Federation of Youth Group
- The Samaritans Befrienders Hong Kong
- Suicide Prevention Service

c. Regional level

National Taiwan University

National Singapore University

Ministry of Education of Singapore Government

d. International level

- Center for the Study and Prevention of Suicide, University of Rochester Medical Centre, USA
- Center for Suicide Research, The University of Oxford, UK
- Australian Institute for Suicide Research and Prevention (AISRAP), Griffith University, Australia

- The Christchurch School of Medicine and Health Sciences, University of OTAGO, New Zealand
- Department of Social Medicine, Harvard Medical School
- Suicidal Behaviour in China, Beijing Hui Long Guan Hospital, Ministry of Health, Peking University, PRC
- International Association of Suicide Prevention, IASP
- World Health Organization, WHO
- South Korean Government
- Macau Government

* Appendix 1

KidMatters, a web and school-based mental health promotion programme for primary school children



* Appendix 2

E-learning Mental Health Literacy Programme for Youth by Character Growing Game on Mobile

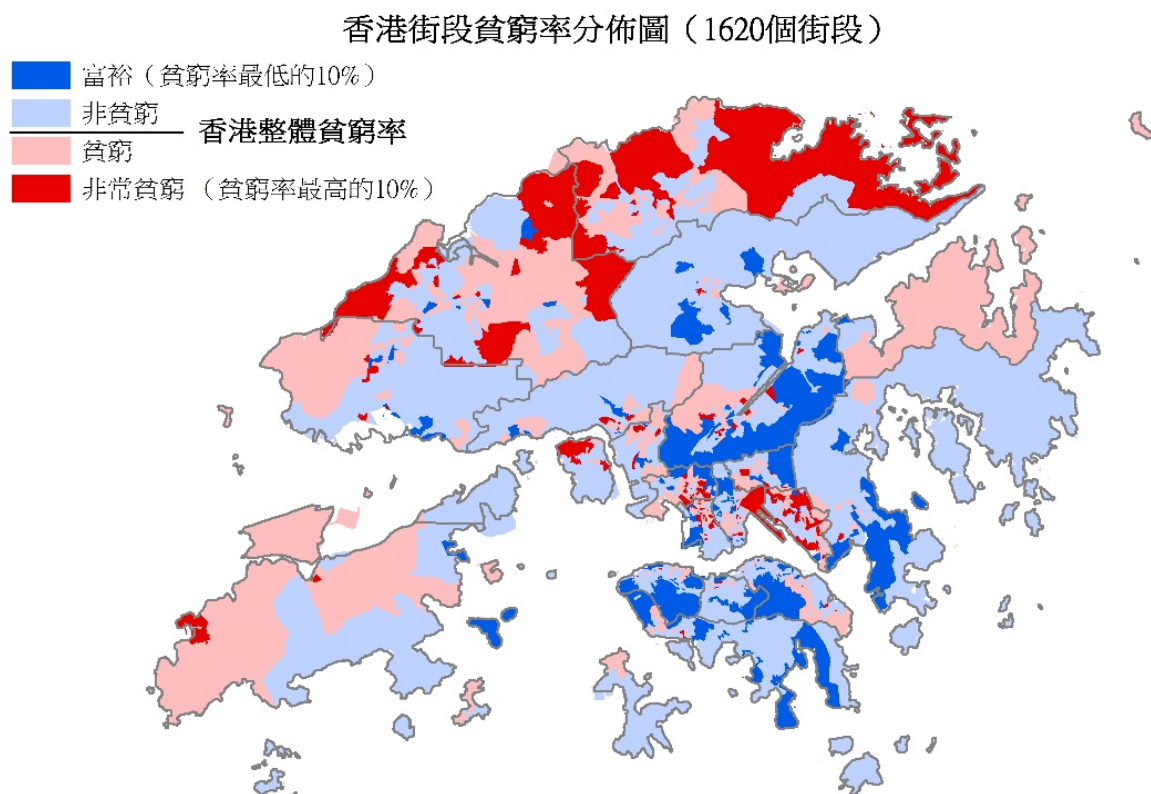


* Appendix 3

Determinants of poverty and potential interventions to alleviate poverty in Hong Kong.

The distribution of poverty rates across large street blocks (LSB) in Hong Kong.

We divided the 1620 Hong Kong large street blocks into 4 groups according to their poverty rates (Figure 1): extremely poor (10% street blocks with the highest poverty rates, in red), poor (street blocks with a poverty rate above the whole Hong Kong poverty rate, in light red), non-poor (street blocks with a poverty rate below the whole Hong Kong poverty rate, in light blue), and rich (10% street blocks with the lowest poverty rate, in blue).



根據香港2011年人口普查資料

* Appendix 4

Determinants of poverty and potential interventions to alleviate poverty in Hong Kong.

The 7 clusters of poverty in Hong Kong.

Using spatial cluster analysis, we identified the below 7 spatial clusters of poverty in Hong Kong –

1. Kwun Tong to Mid-Wong Tai Sin and Kowloon City South cluster;
2. Kwai Tsing North to Tsuen Wan South cluster;
3. Yuen Long North West cluster;
4. Shum Shui Po South to Yau Tsim Mong North cluster;
5. Mid-Tuen Mun cluster;
6. Yuen Long North East to North district North West cluster; and
7. Tung Chung cluster.

香港七大貧窮聚集區（占全港貧窮人口總數約80%）

