

Workshop (#12): Theme in “innovative Service Approach”

***Use of Drama to promote Family 3Hs in school,
in family and the community***
以音樂劇推動校園、家庭與社區的「康和樂」

Dr. Ho Sai-yin, Daniel – *Principal Investigator of 3Hs Family Drama Project II,
Associate Professor, School of Public Health, HKU*

Ms. Fung Yuen-ting, Ada – *Project Officer of 3Hs Family Drama Project II,
BGCA*

Use of Drama to promote Family 3Hs in school, in family and the community

以音樂劇推動校園、家庭與社區的「康和樂」

- **Family Drama Project 家添戲FUN計劃**
(2012-2013)
- **3Hs Family Drama Project II - Family**
Interactive Drama with Exercise and Fun
家添好動好戲FUN計劃 (2014-2016)

Introduction of the presentation:

- Review of *the Project* **phase I** and overview of **phase II**
- The integration of 'Best Science' and 'Best Practice' with 'Best Art': **the effectiveness of using drama** to promote family 3Hs in phase I
- **Feedback of the participants**: from viewing drama to participating drama performance in primary school students and their families

All happy families are alike;
each unhappy family is unhappy
in its own way.

快樂的家庭都有很多共通之處，
不快樂的家庭卻是千變萬化。

Leo Tolstoy

列夫·托爾斯泰



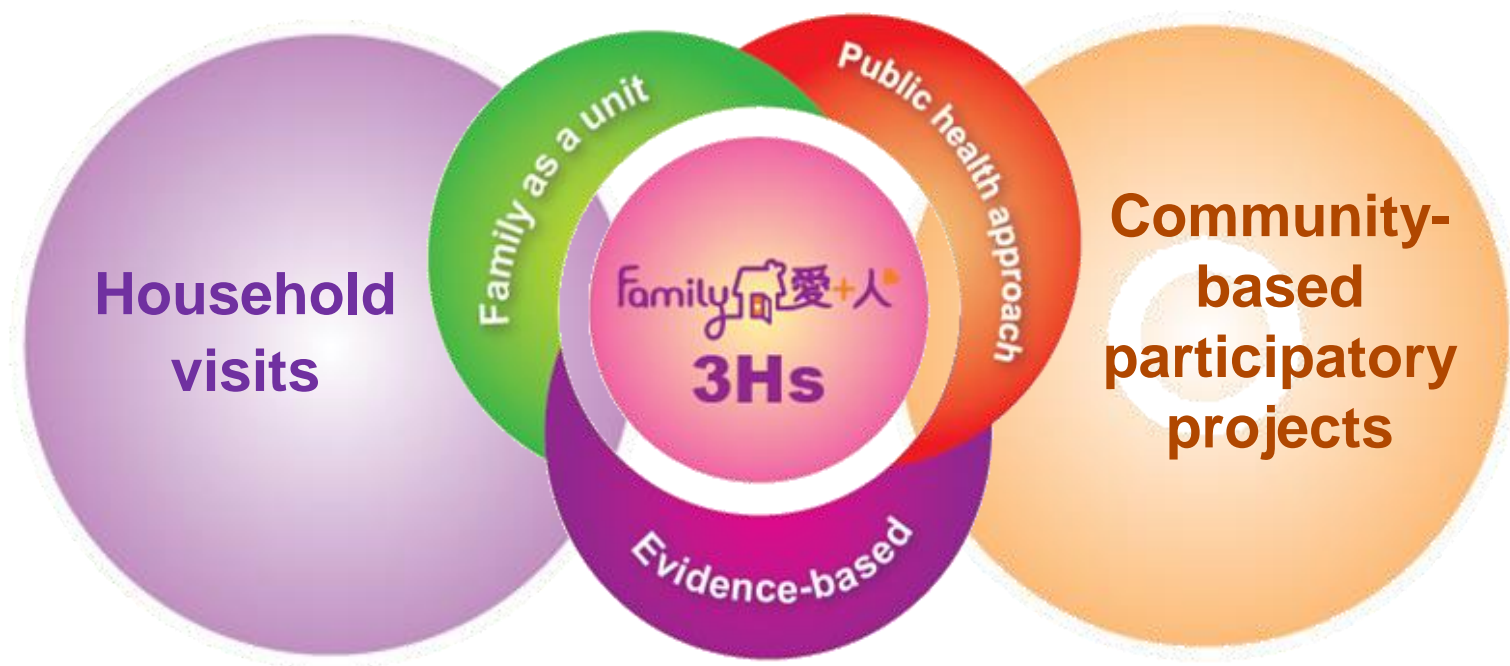
香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust

同心 同步 同進 RIDING HIGH TOGETHER



Evidence

Interventions



The Projects cooperated with HKU and funded by HKJC:

- 04/2012 – 10/2013 *Family Drama Project*



- 12/2014 – 11/2016 *3Hs Family Drama Project II - Family Interactive Drama with Exercise and Fun*



Project Objectives



- To enhance the family HHealth, Happiness and Harmony (3H, in Chinese as the term of 「康和樂」) of the senior primary school students and their families
- To promote the concepts and behaviours of positive family communication among the children and their family members
 - “0-1 Exercises” (零時間運動), healthy diet and positive living attitude
- To train up more health ambassadors (健康戲FUN大使) and trainers in leading simple physical activities and sharing knowledge of healthy living in school as well as community contexts.



Main theme and Intervention:

Live Drama Show with 3Hs message

- Phase I
 - **Training Workshops** on how to write drama scripts and lyrics
 - **Drama Script-writing Competition** and **Lyrics-writing Competition**
 - **School Drama Tour** for 100 schools + booster program
 - DVD shooting and dissemination of the drama show (with academic research purpose)
 - e-Portal on 3Hs and **Online Award Scheme**



- Phase II
 - **Train-the-Trainer Sessions** for the “Health Ambassadors” (健康戲FUN大使)
 - **School Drama Tour** for 100 schools + booster program
 - **Physical Exercise Fun Days (好玩運動同樂日)** (with academic research purpose)
 - **Acting Training Workshops** and **Community-based Drama Shows** for 10 districts

Characteristics of the Project

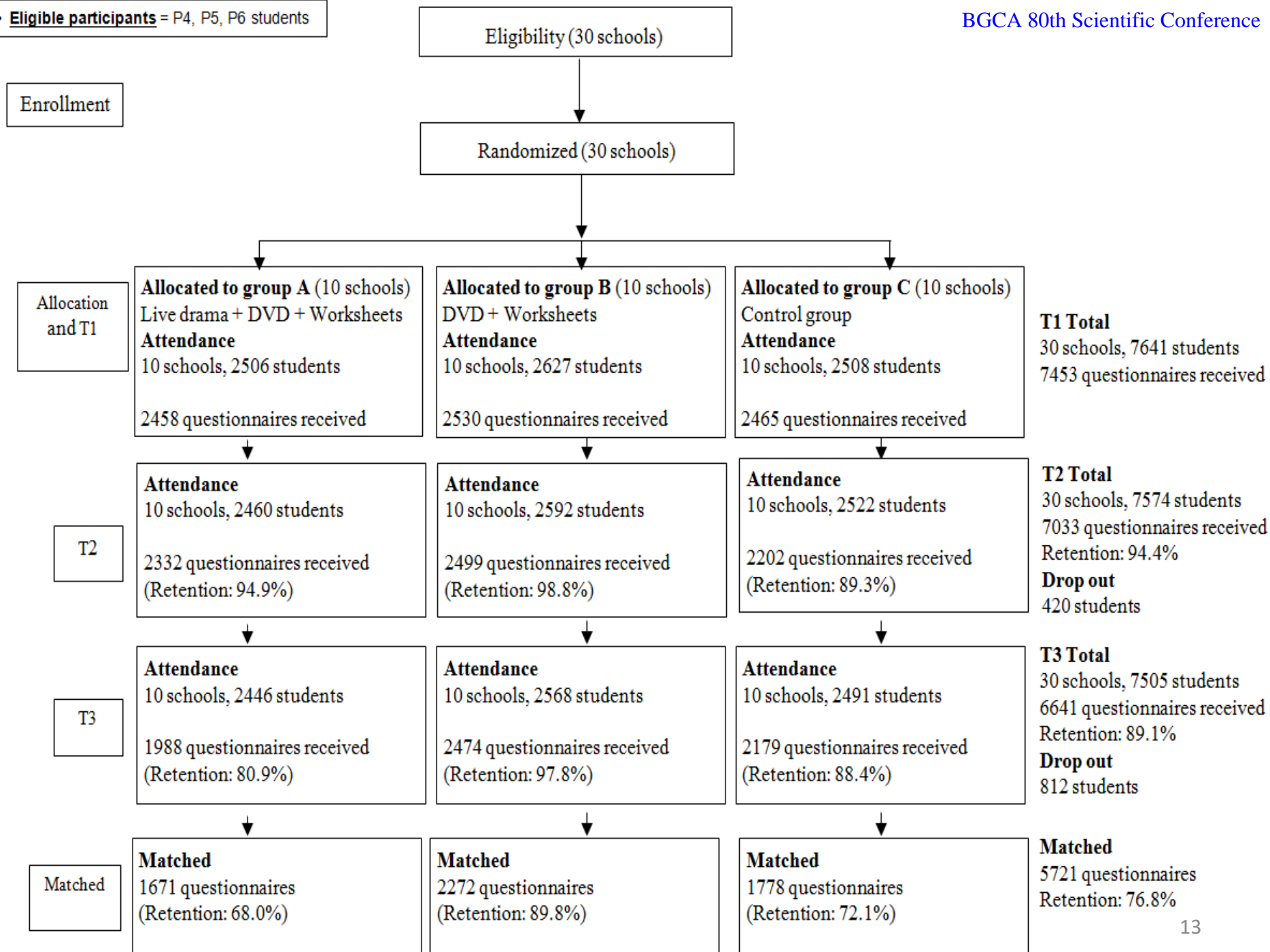




The effectiveness of using drama to promote family 3Hs in phase I

Dr Ho Sai-yin, Daniel

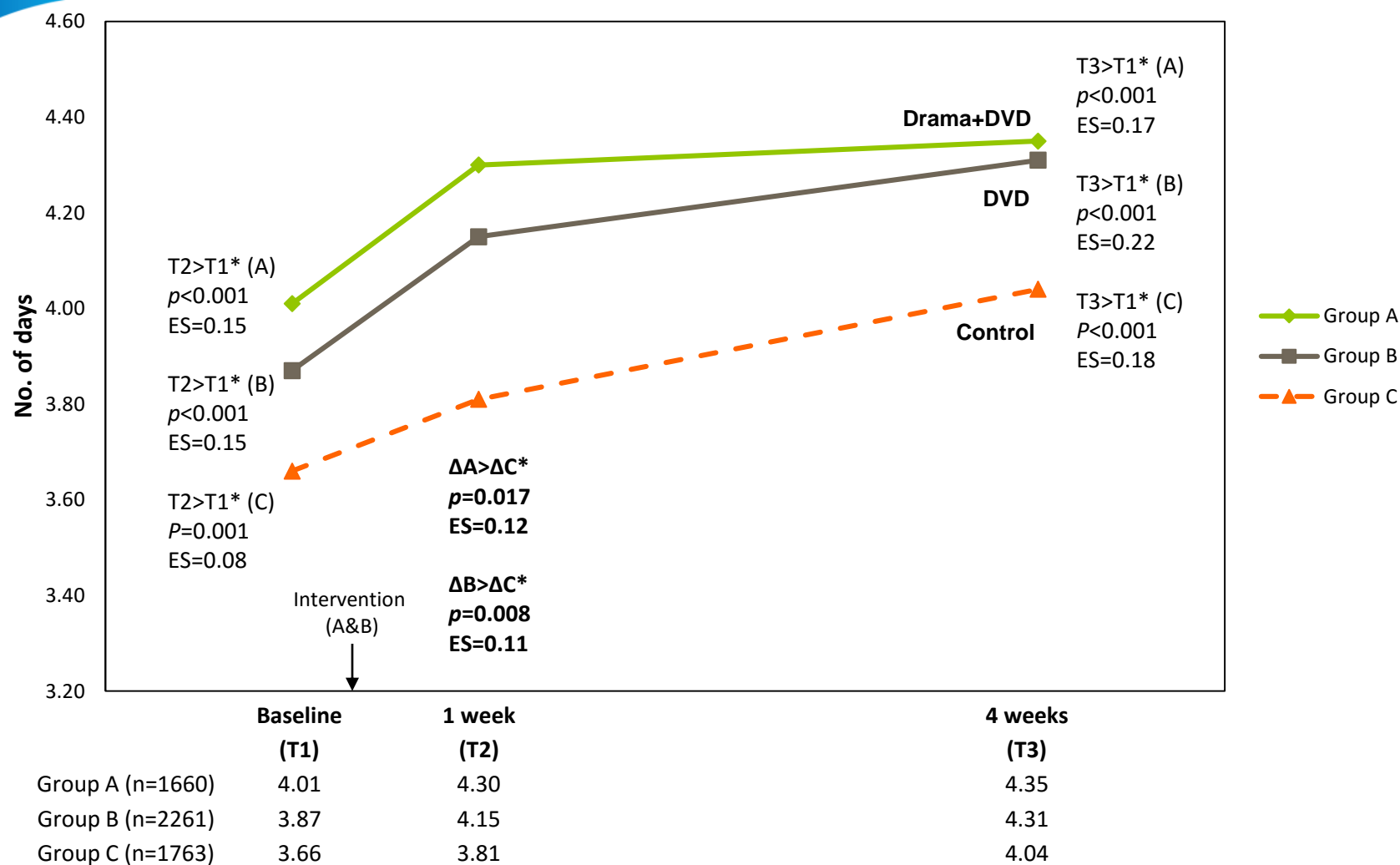
*Principal Investigator of 3Hs Family Drama Project II,
Associate Professor, School of Public Health, HKU*



Health behaviours

- **Number of days in the past 7 days in which students consumed:**
 - at least 2 servings of fruits
 - at least 3 servings of vegetables
 - did moderate to vigorous physical activities for at least 60 minutes

2 servings of fruit

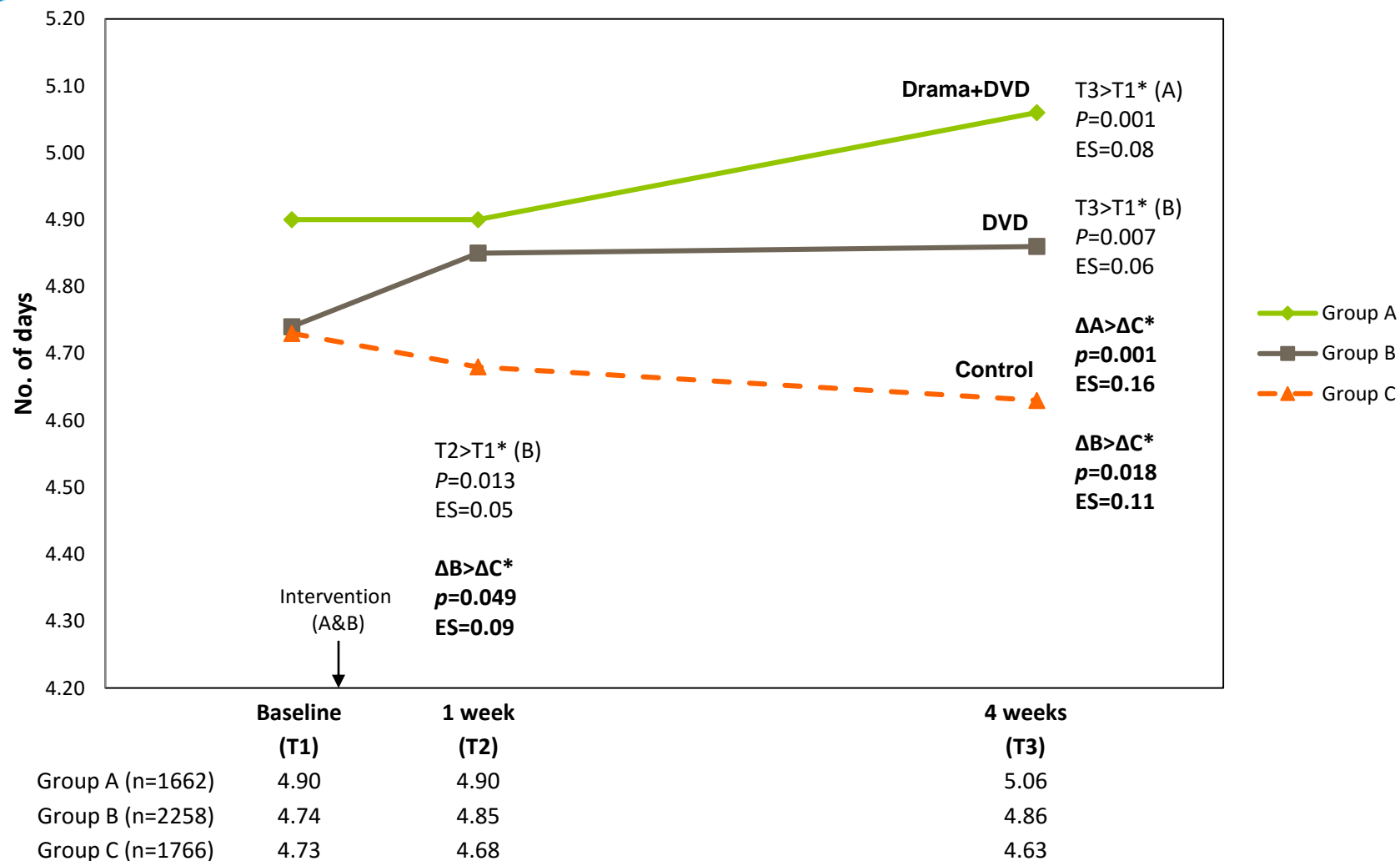


* Statistically significant at $p<0.05$

ES = Effect Size (Cohen's d), small = 0.20, medium = 0.50, and large = 0.80

Adjusting for sex, grade, place of birth, family structure, SES and baseline value. Clustering effect of school was taken into account.

3 servings of vegetables

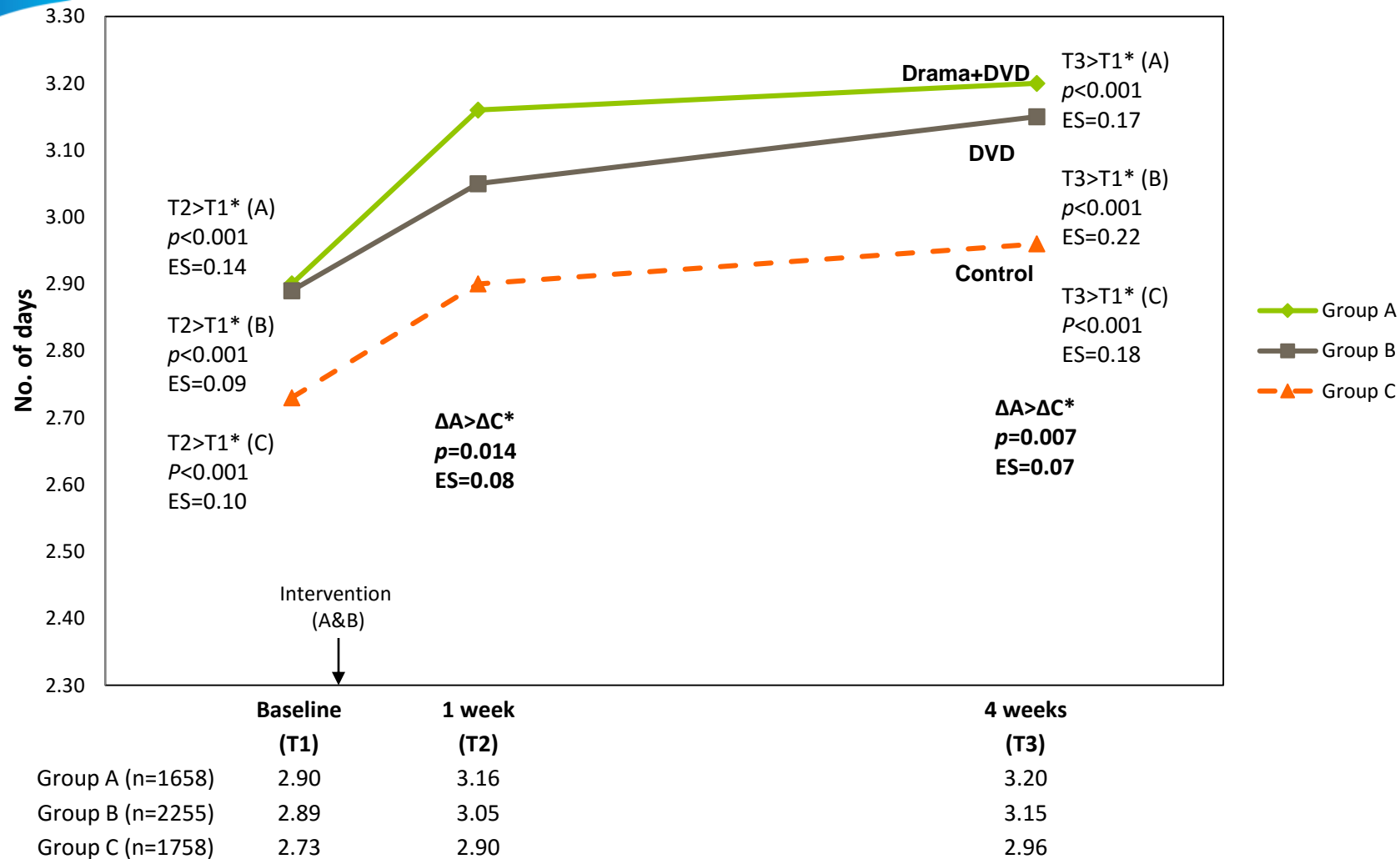


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60 minutes of moderate to vigorous exercise



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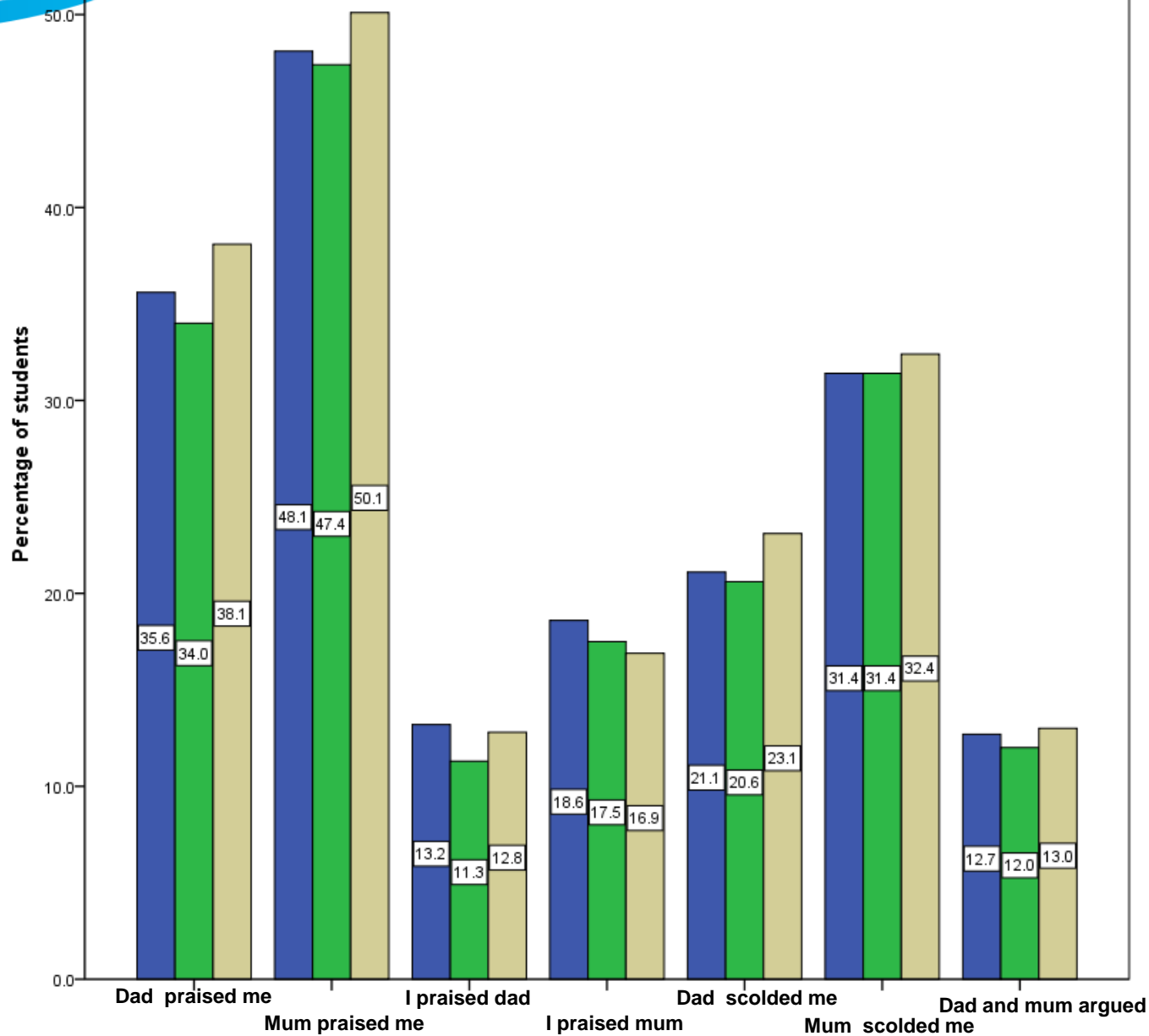
Praising, scolding and parental conflicts

- Students were asked if the 7 events listed below occurred in the past 7 days:
- ① Dad praise me
 - ② Mum praise me
 - ③ I praised dad
 - ④ I praised mum
 - ⑤ Dad scolded me
 - ⑥ Mum scolded me
 - ⑦ Dad and mum argued

Baseline results of praising, scolding and parental conflicts

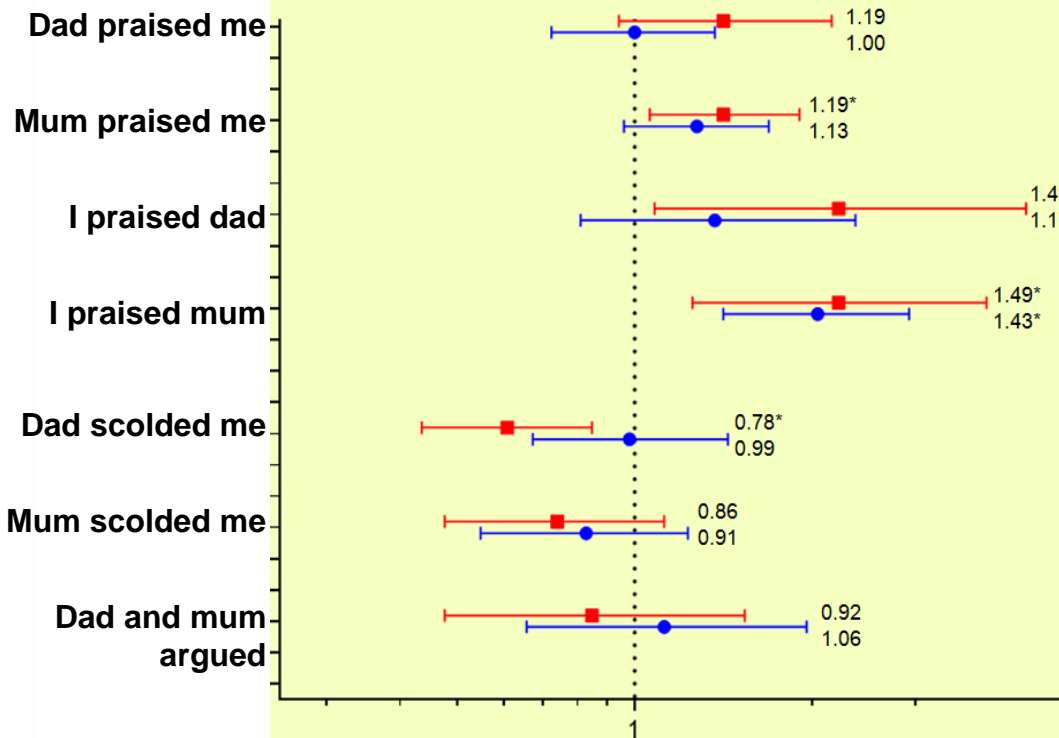
Group

- A (Drama+DVD)
- B (DVD)
- C (Control)

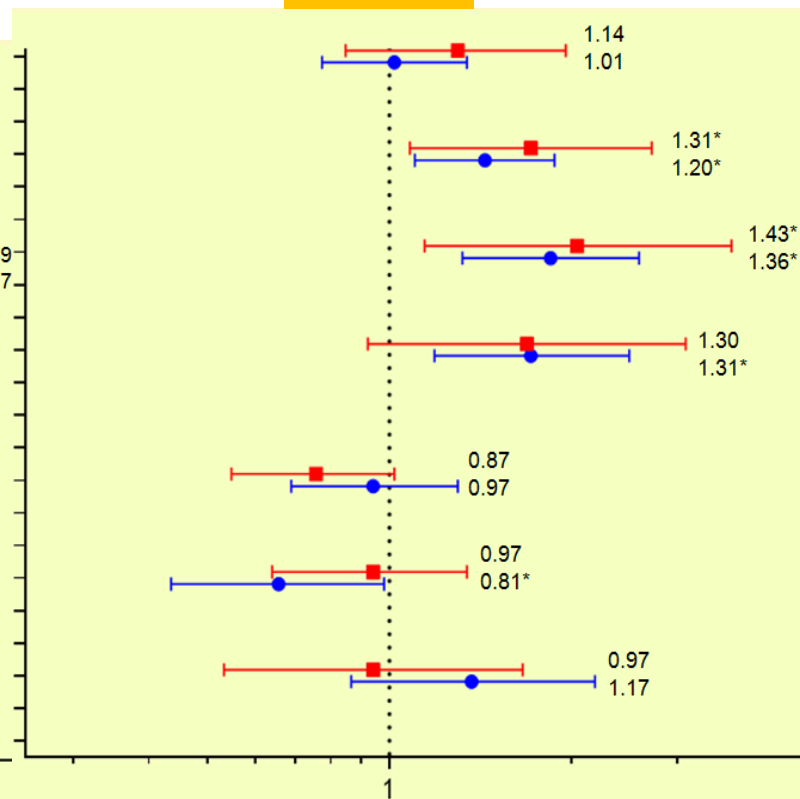


Odds ratio for praising, scolding and parental conflicts

T2 vs T1



T3 vs T1



■ Gp A (Drama+DVD)
vs Gp C (Control)

● Gp B (DVD)
vs Gp C (Control)

Adjusting for sex, grade, place of birth, family structure, SES and baseline value.
Clustering effect of school was taken into account.
95% confidence interval of odds ratio was shown.

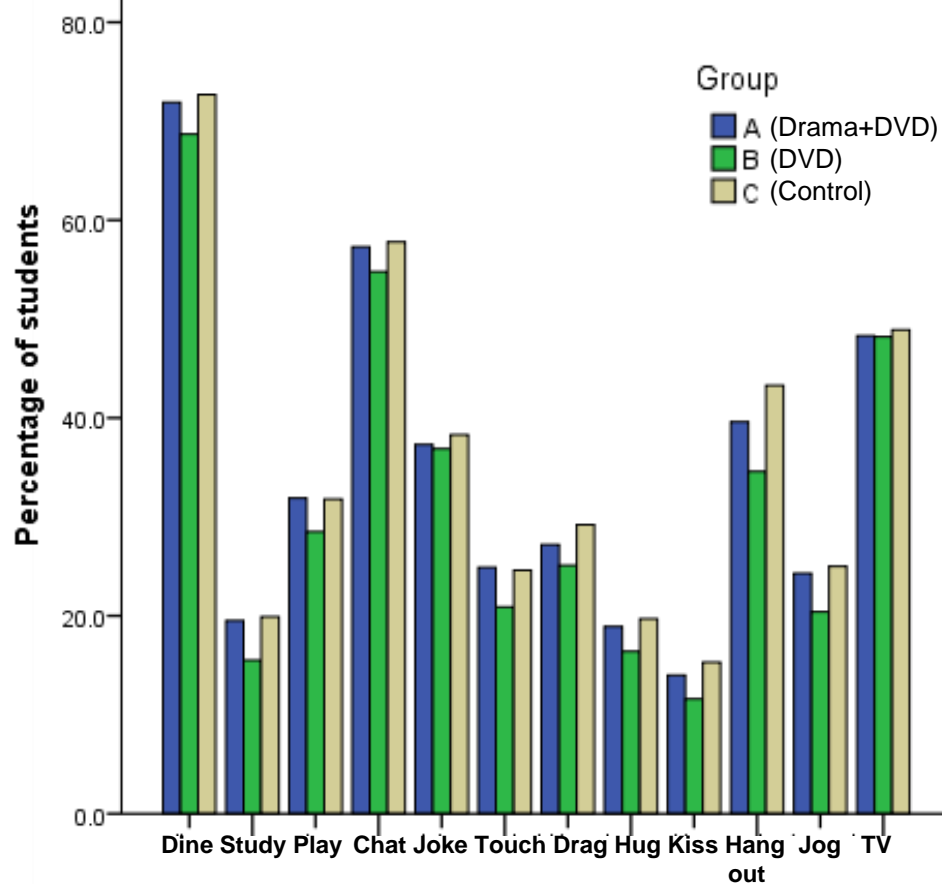
* $P < 0.05$

Regular day-to-day interactions

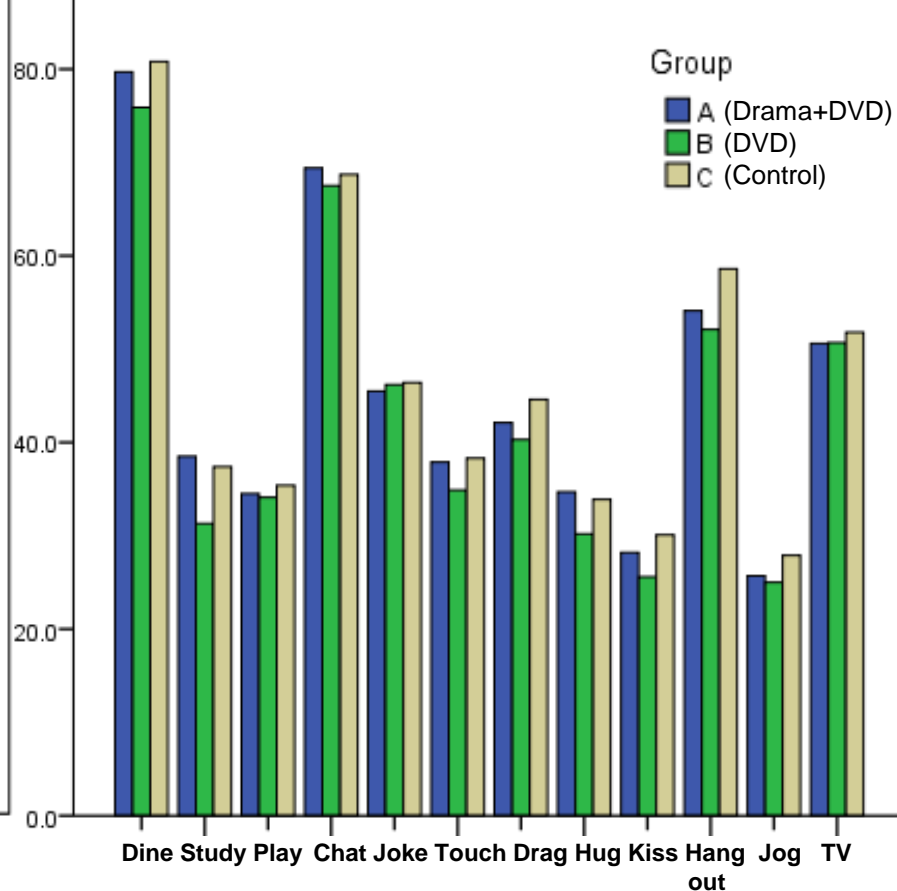
➤ Whether each interaction occurred in the past 7 days with father and mother as follows:

- Dining
- Studying
- Playing
- Chatting
- Joking
- Touching
- Dragging
- Hugging
- Kissing
- Hanging out
- Jogging
- Watching TV

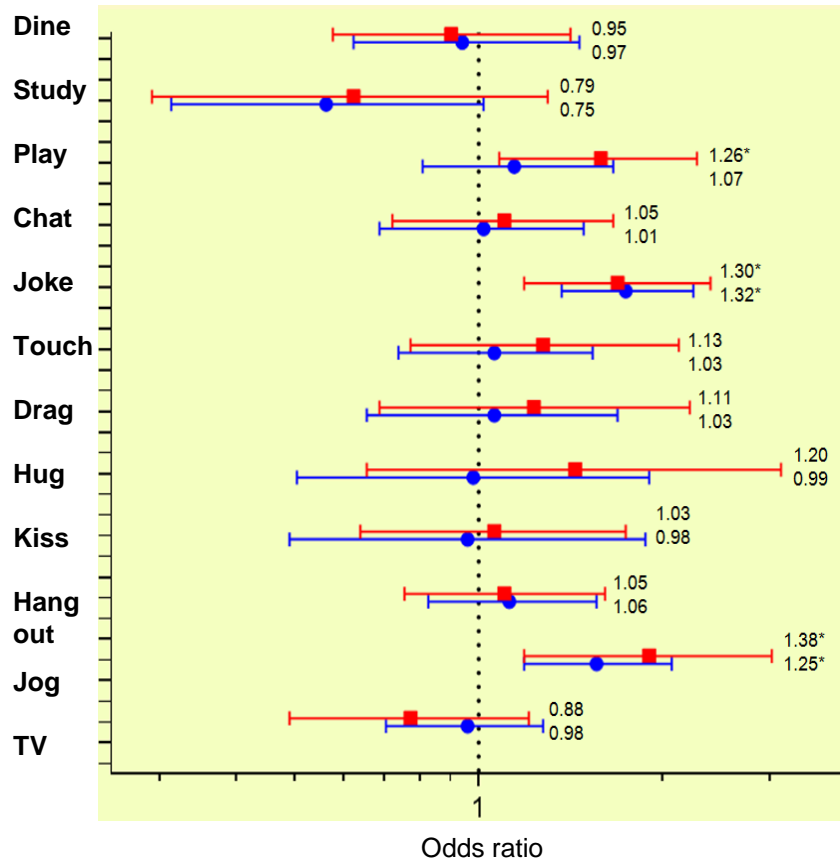
Baseline results of paternal interactions



Baseline results of maternal interactions

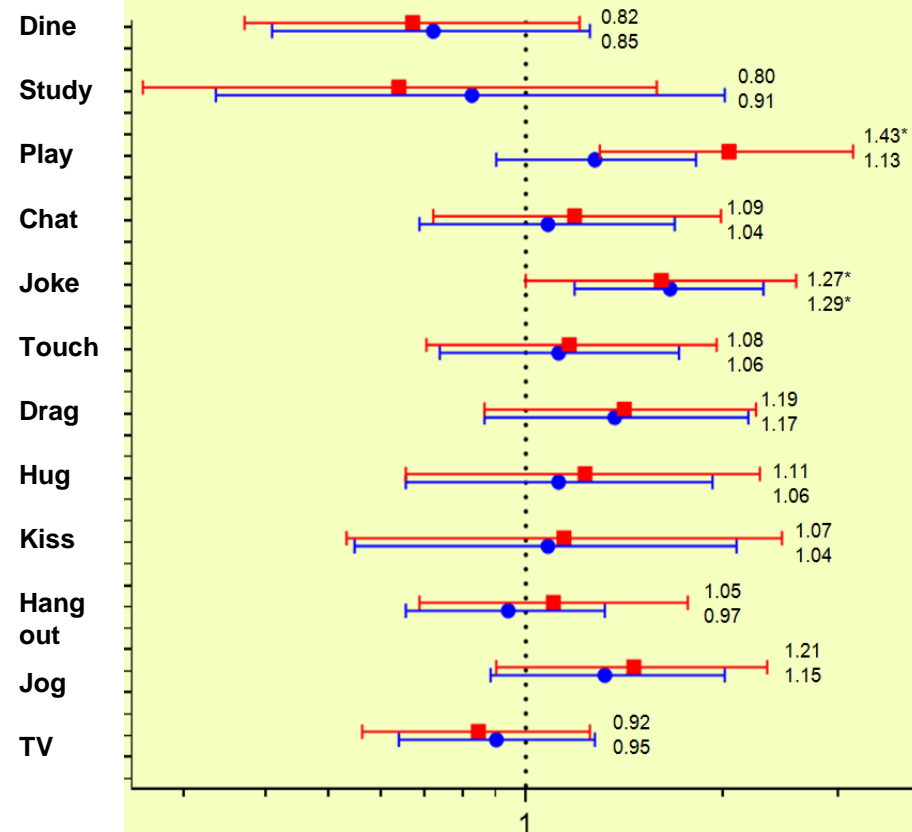


Odds ratio for **paternal** interactions (T2 vs T1)



Adjusting for sex, grade, place of birth, family structure, SES and baseline value.
Clustering effect of school was taken into account.
95% confidence interval of odds ratio was shown.
* $P < 0.05$

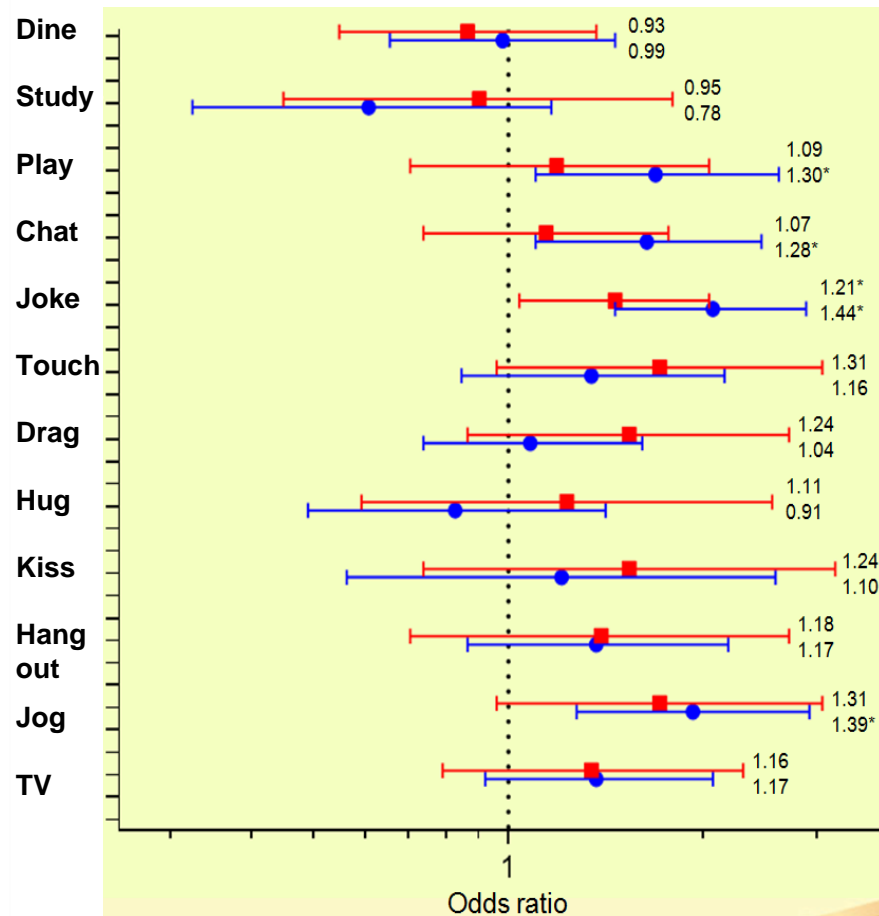
Odds ratio for **maternal** interactions (T2 vs T1)



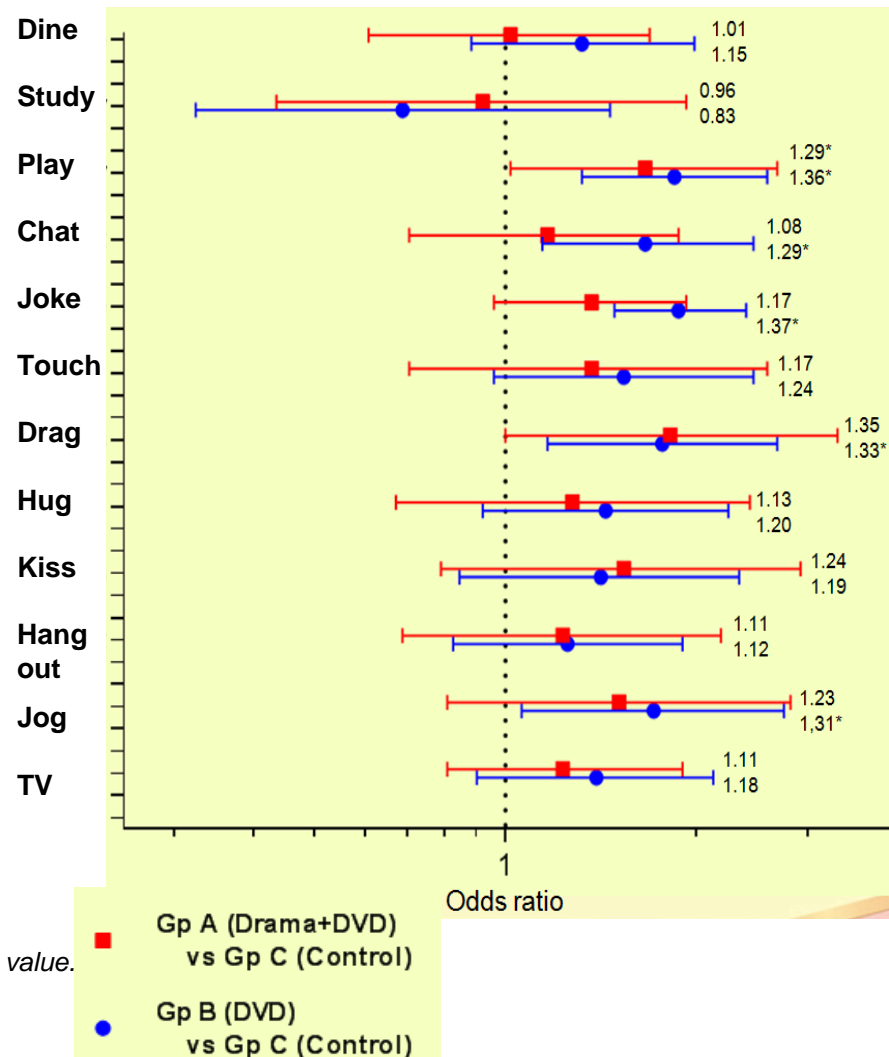
■ Gp A (Drama+DVD)
vs Gp C (Control)
● Gp B (DVD)
vs Gp C (Control)

Odds ratio

Odds ratio for **paternal** interactions (T3 vs T1)



Odds ratio for **maternal** interactions (T3 vs T1)



Adjusting for sex, grade, place of birth, family structure, SES and baseline value.
Clustering effect of school was taken into account.
95% confidence interval of odds ratio was shown.

* $P < 0.05$

Family 3Hs

➤ Health:

- Overall, you rate your health condition as:
1=Poor, 2=Fair, 3=Good, 4=Very good, 5=Extremely good

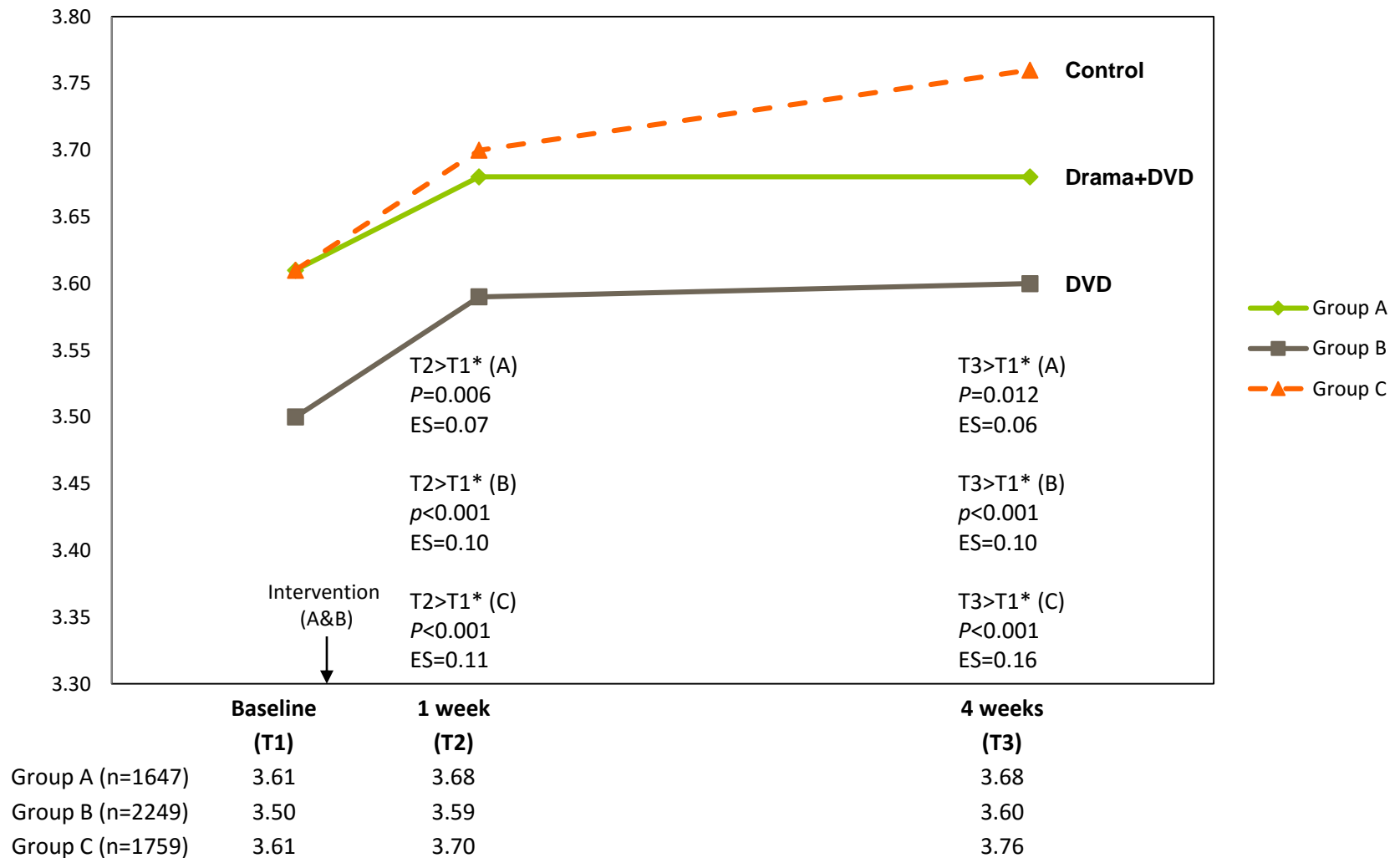
➤ Happiness:

- Overall, you think your family is:
1=Completely unhappy, 2=Not so happy,
3=Happy, 4=Very happy

➤ Harmony:

- My family is harmonious.
1=Strongly disagree, 2=Disagree, 3=No comment,
4=Agree, 5=Strongly agree

Health

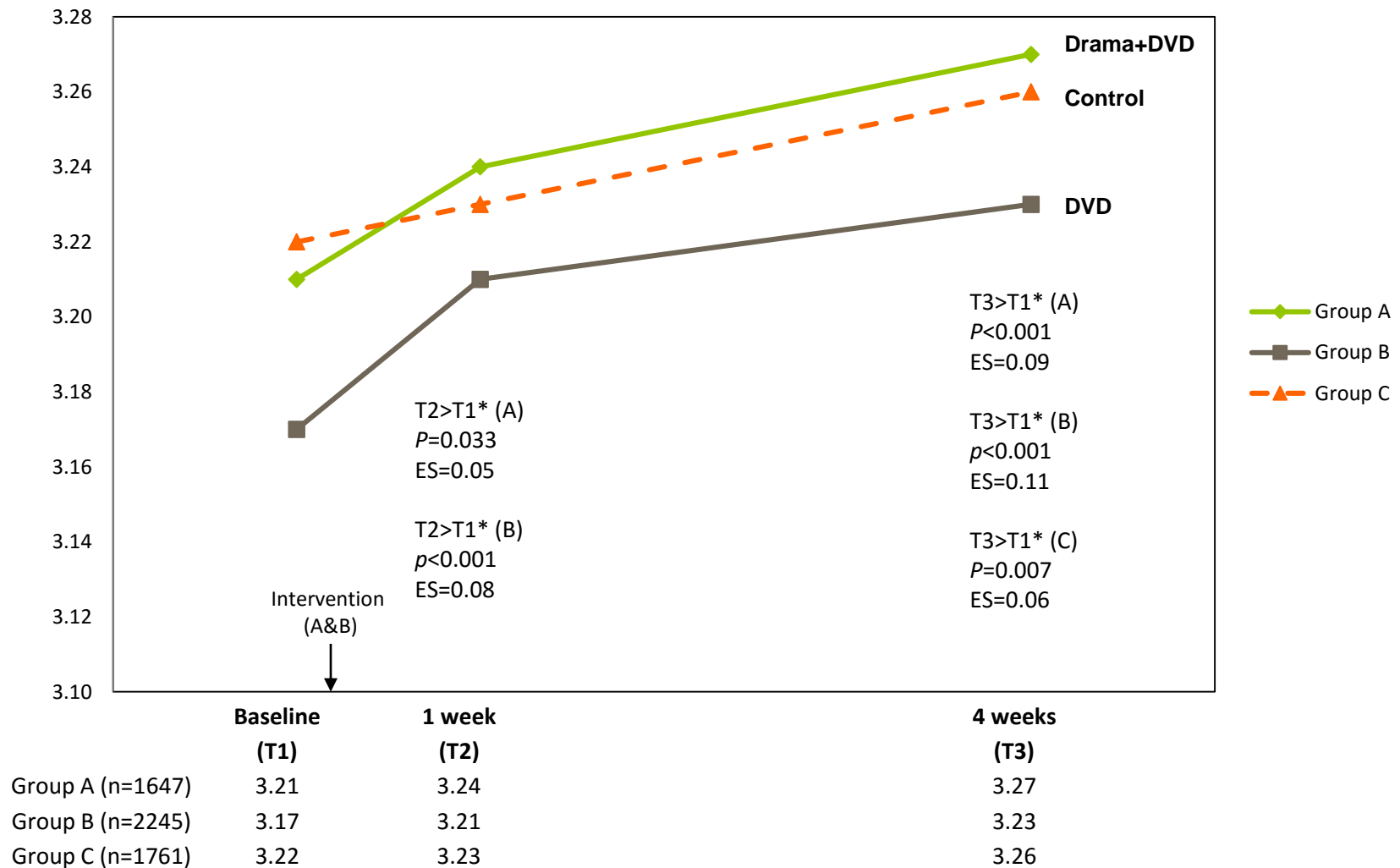


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Happiness

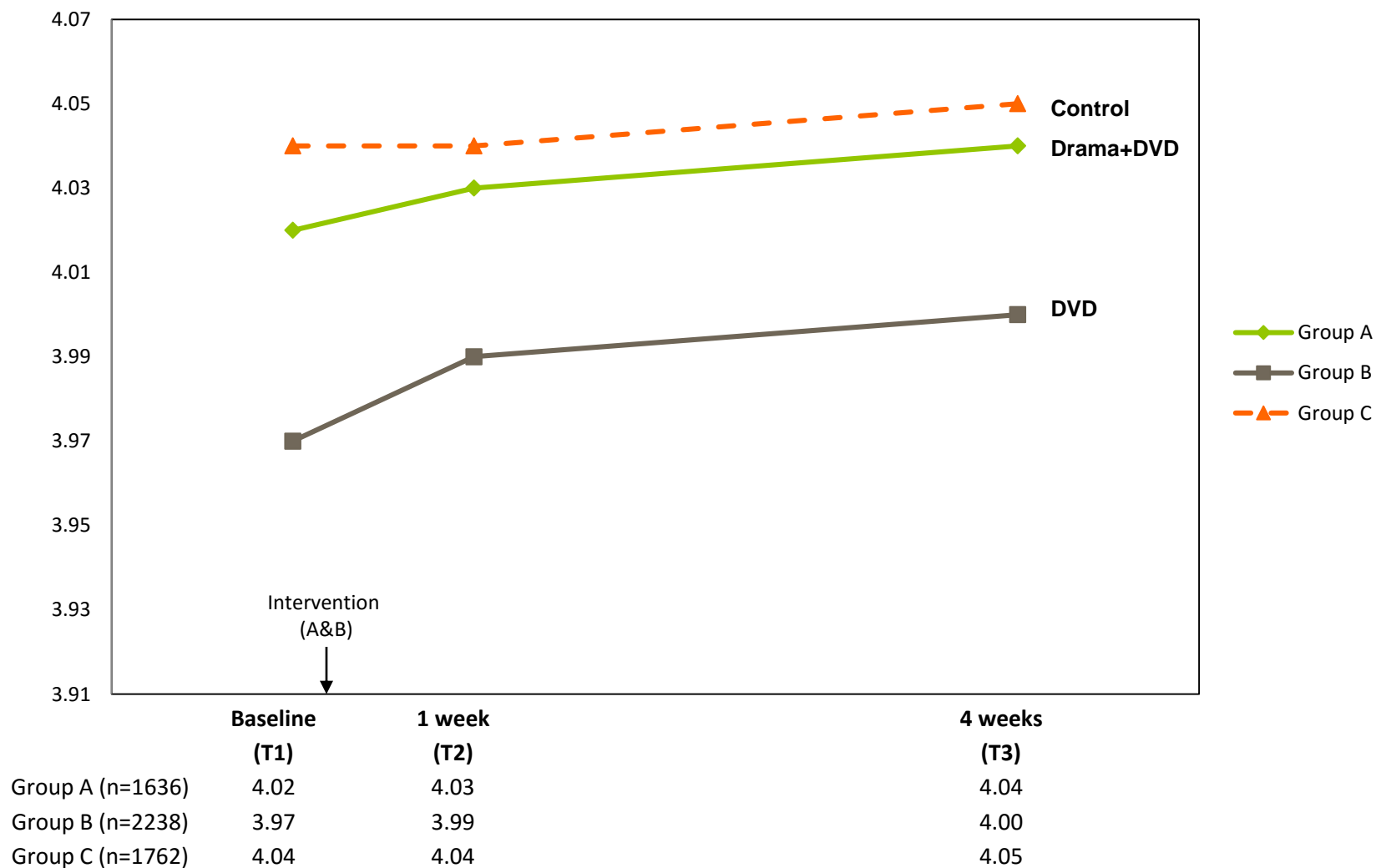


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Harmony

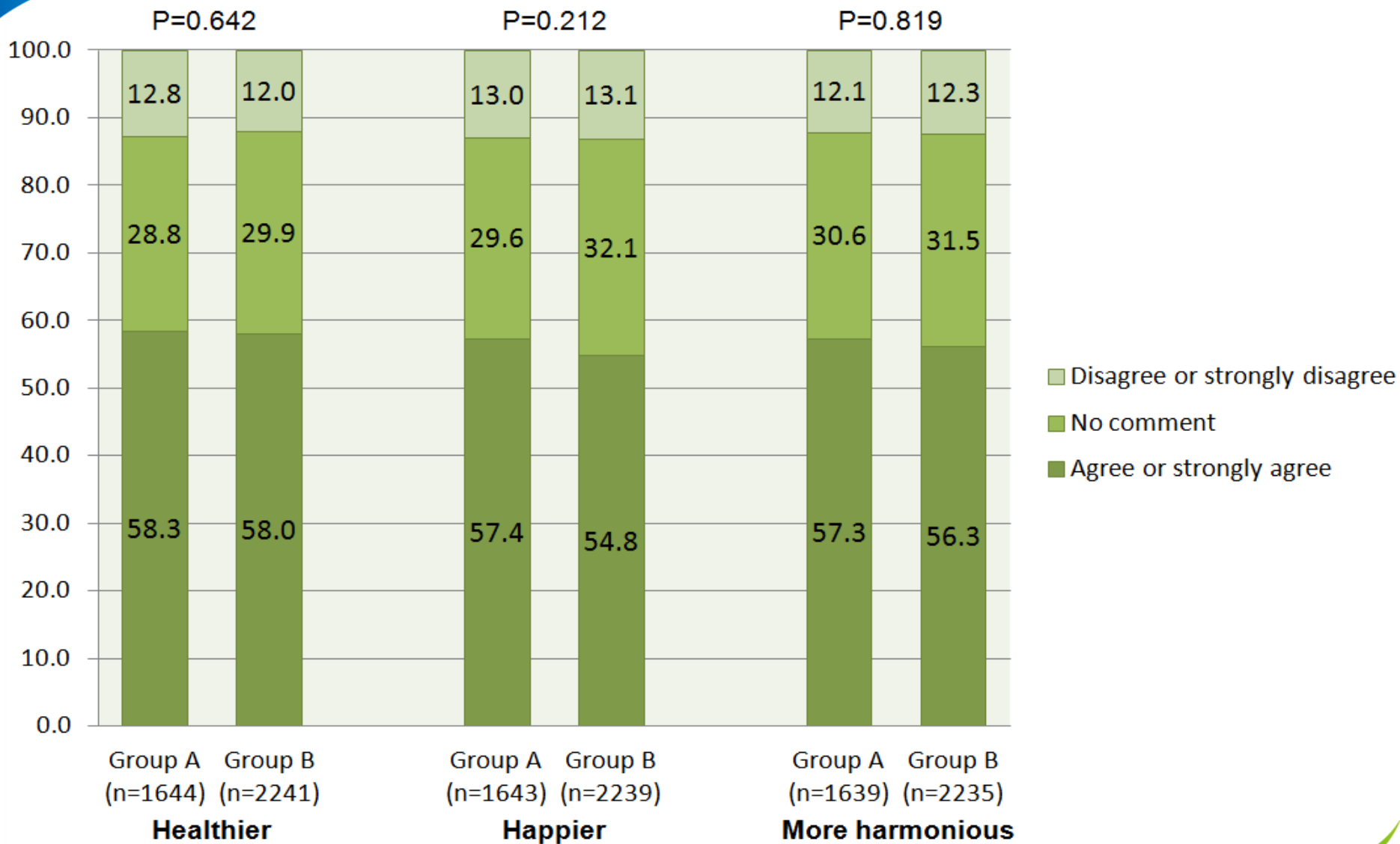


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Subjective change in FAMILY 3Hs





Feedback of the participants:
from viewing drama to participating
drama performance in primary
school students and their families

Ms. Fung Yuen-ting, Ada

*Project Officer of 3Hs Family Drama Project II,
BGCA*

Share 2 video in conclusion:

- 老師對音樂劇及整體活動的意見
- 參與學生/家長感想

家添好動好戲FUN



日期 2016年10月23日（星期日）

地點 數碼港商場全天候廣場（香港數碼港道100號）

時間 典禮及音樂劇《樂力之家》
演出 2:00PM – 4:00PM
攤位遊戲 4:00PM – 5:00PM

查詢 香港小童群益會「家添好動好戲FUN」計劃
電話：（馮姑娘）2823 8655 或；
（吳姑娘）2527 9121（內線357）

* 音樂劇《樂力之家》由劇團「劇場工作室」之專業演員主演

* 活動免費入場，參加者可於當日的接待處免費索取攤位遊戲券（數量有限，派完即止）