

# A Person-Centered Approach: Exploring Social Support Network and Mental Health Among Shoebox House Residents in Hong Kong

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## INTRODUCTION

- Housing environment significantly impacts the development of mental health issues.
- Over 210,000 residents live in subdivided units (SDUs) in Hong Kong.
- Perceived social support may help buffer against the adverse effects of inadequate housing on residents' mental health.

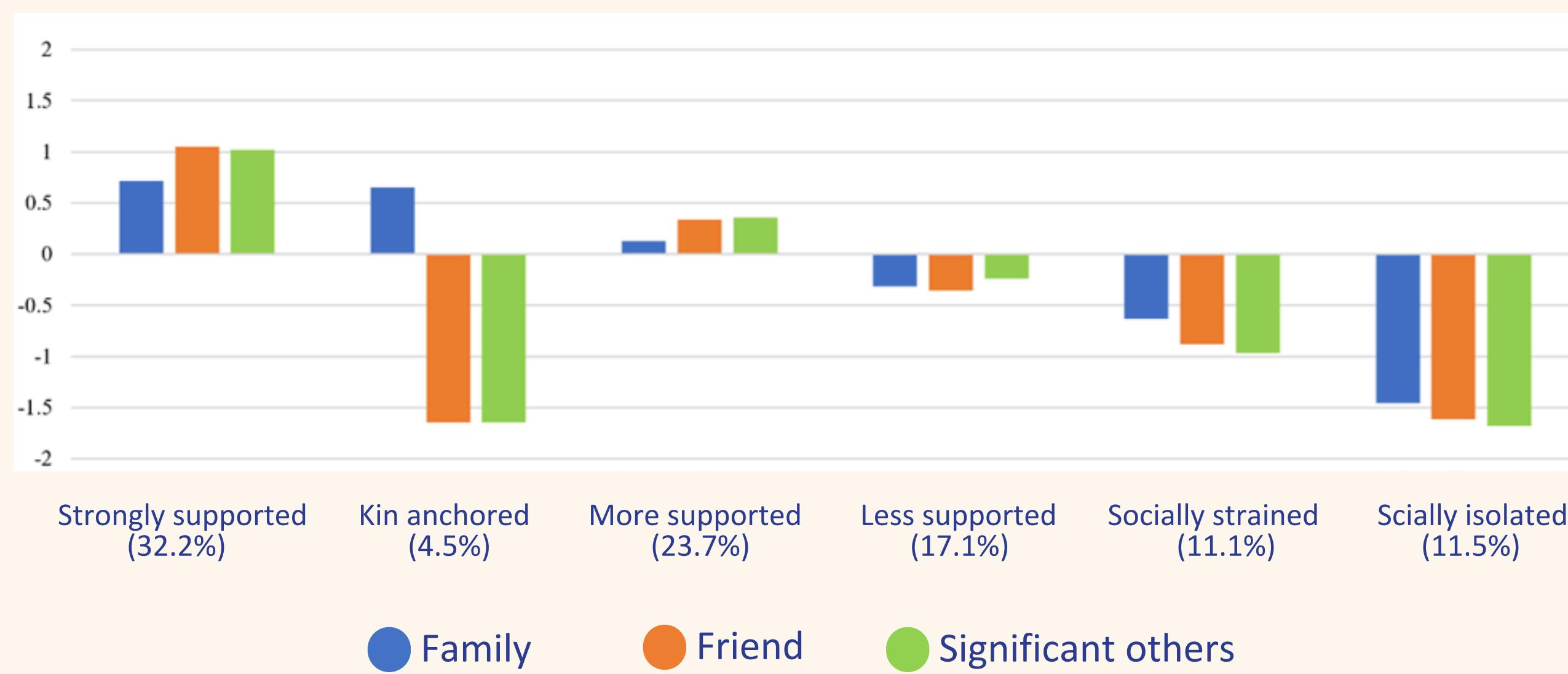
This study investigates **perceived social support** profiles of SDU residents in Hong Kong and examines how these profiles differ in their associations with SDU residents' **mental health outcomes**.

## MATERIALS AND METHODS

- A **territory-wide survey** was conducted from July to November 2024 to recruit **1,194 adult Chinese SDU residents**.
- Collected data included:
  - Perceived social support from family, friends, and significant others (measured by MSPSS-C);
  - Mental health outcomes such as loneliness, depression, anxiety, and stress (measured by UCLA 3-Item Loneliness Scale and DASS-21).
- Latent profile analysis** was used to explore social support profiles and their associations with sociodemographic characteristics and mental health.

## RESULTS

Fig 1. Standardized Mean Estimates of SDU residents' Social Support Profiles



- Strongly supported** residents achieved optimal outcomes for loneliness, depression, anxiety, and stress, while **socially isolated** residents reported suboptimal outcomes.
- Interestingly, **kin anchored** residents, who perceived high family support but low support from friends and significant others, demonstrated similarly good mental health outcomes as those of strongly supported residents.

## CONCLUSION

This study underscores the importance of perceived social support in shaping mental health outcomes among SDU residents. The six identified social support profiles indicate a need for public health interventions **tailored to the challenges faced by each subgroup**. Enhancing family support could serve as an effective strategy to improve mental health outcomes in this population.

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