



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

Yanghua Huang, Crystal Ying Chan, Flora Cheuk-wing Lam, Joyce Ho-yi Chan, Edwin Shun-kit Chung, Leticia Lok-tung Wong, Henry Ho-fai Sin, Eliza Lai-yi Wong
JC School of Public Health and Primary Care, The Chinese University of Hong Kong, Hong Kong

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.

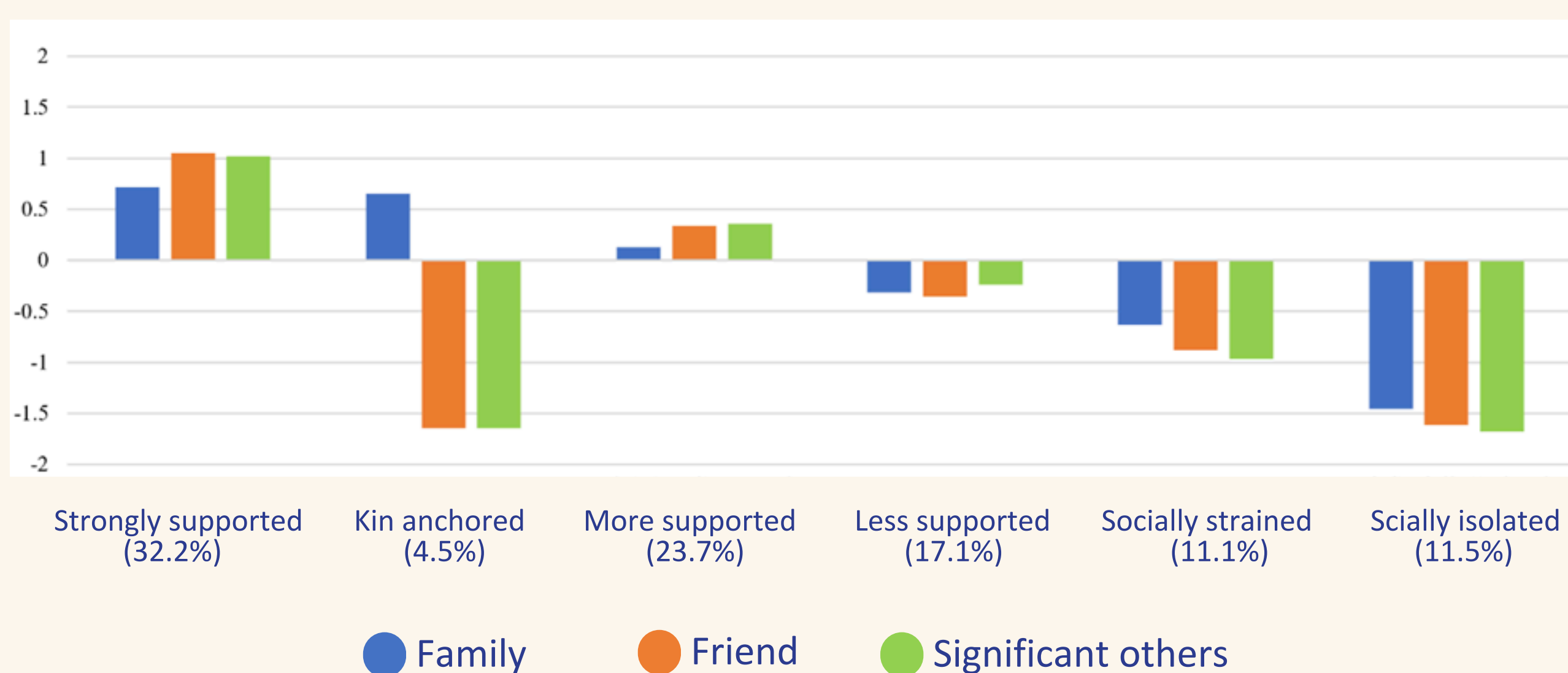
This study investigates **perceived social support** profiles of SDU residents in Hong Kong and examines how these profiles differ in their associations with SDU residents' **mental health outcomes**.

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.

ACKNOWLEDGEMENT

- This work is supported by the Hong Kong Jockey Club Charities Trust



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

FUTURE COLLABORATION

Prof. Crystal Chan
Email: ychan@cuhk.edu.hk
Academic profile:

