



December 6 – 7, 2024

14th HONG KONG INTERNATIONAL NURSING FORUM CUM

2024 SINO US NURSING FORUM CUM

2nd GREATER BAY AREA NURSING CONFERENCE

Cross-Boundary Collaboration for Future Nursing

Guidelines for E-Poster Presentation

An e-poster is a static, visual medium for disseminating scientific information and messages. Your e-posters will be shown on the Forum website.

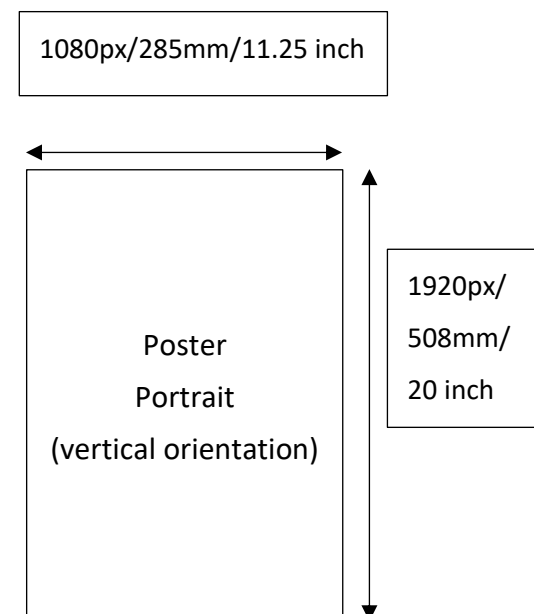
GENERAL INFORMATION

In preparing your e-poster, please pay particular attention to the following:

1. Use clear and concise English
2. Provide a clear description of the research aims and objectives, the methods (including sampling, data collection method, and tested intervention as appropriate), and key study findings.
3. Be specific about your results, with effective use of Tables and Figures to increase the visual effects.
4. Highlight the key implications of your study findings to nursing research/ practice.
5. Spell out any abbreviations for clarity.
6. Explain any terms that may not be familiar to readers.

FORMAT OF E-POSTER

- All e-posters should be prepared in ENGLISH.
- Posters should succinctly display the Significance, Objective, Design, Materials and Methods, Results and Conclusion.
- Layout: Portrait (Vertical Orientation) [Width: 1080 pixel/ 285 mm/ 11.25 inch; Height: 1920 pixel/ 508 mm/ 20 inch]*
- File size: less than (<) 10MB#
- File Format: JPG ONLY (one page)
- Media: Pictures, graphs and tables can be included
- Multimedia: videos and music CANNOT be included



IMPORTANT DEADLINE

November 15, 2024 at 23:59 (HKT/UTC+8) – Submit e-Poster File

- Please submit the file (in JPG format) to Forum Secretariat via the Abstract Submission System no later than November 15, 2024 at 23:59 (HKT/UTC+8).
- A verification email will be sent to you upon receipt of the e-Poster. If you have not received the email by November 20, 2024. Please contact the Forum Secretariat.

AWARD ANNOUNCEMENT

The Best Poster Award will be announced and presented at the Closing Ceremony. Presenters are encouraged to join the Closing Ceremony on December 7, 2024.

Should you have any queries on the Forum, please do not hesitate to contact the Forum Secretariat at (852) 3917 6619 or (email) hknf@hku.hk.

E-POSTER TEMPLATE



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The Efficacy of Acceptance and Commitment Therapy (ACT) on Depressive Symptoms Among Informal Caregivers of People with Chronic Health Conditions (CHCs)

A Systematic Review with Meta-analysis and Meta-regression

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1 Background & Objective

- Informal caregivers – 10~40% of total population – high levels of depressive symptoms.
- Psychological flexibility (the goal of ACT) can reduce depressive symptoms.
- Aims: Identify effective intervention characteristics of ACT

2 Method

- A systematic review
- Quantitative synthesis
- Meta-analysis (subgroup analysis)
- Univariate meta-regression
- Multivariate meta-regression

You may be locked by depressive symptoms, but you still can take an ACTION

3 Result

- ACT showed large effect sizes
- 12 RCTs comprising 866 caregivers
- $g=0.90$ at the first post-test
- $g=0.96$ at follow-up

- Online program and outpatient clinic.
- Inpatient care-recipients with stable conditions.
- Psychiatrists, psychologists, nurses, and social workers.
- Students majoring in nursing and psychology.

Table 1 Subgroup analyses on different intervention characteristics of ACT

Design	Subgroup	No. of studies	Sample size	SMD (95% CI)	I ²	Q (P-value)	Subgroup differences, P-value
None of the predefined continuous study-level variables moderated the effect through univariate meta-regression	Setting						
	Community*	18	663	-0.78 (-1.08, -0.32)	77.8%	48.84 (P<.01)	Q=8.47, P=.49
	Hospital*	2	283	-1.67 (-4.42, 1.09)	98.3%	48.91 (P<.01)	
	Health condition of care recipient						
	Children with chronic conditions	9	727	-0.81 (-1.06, -0.32)	93.2%	18.27 (P<.01)	
	Adults with neurodegenerative diseases	2	89	-1.59 (-2.16, -1.02)	17.6%	3.21 (P=.27)	Q=16.67, P<.001
	Adults with life-limiting illnesses	1	50	0.67 (0.49, 0.82)	NA	NA	Q=0.49, P=.68
	Intervention						
	ACT*	7	289	-0.78 (-1.03, -0.30)	76.5%	35.68 (P<.01)	
	ACT + additional education	5	486	-1.11 (-2.16, -0.06)	96.3%	122.84 (P<.01)	Q=6.49, P=.68
	No. of ACT sessions						
	5	1	59	-0.27 (-0.78, 0.24)	NA	NA	Q=3.13, P=.07
	4	3	134	-1.29 (-2.05, -0.54)	69.9%	6.64 (P=.04)	
	Delivery format						
	Individual-based	7	432	-0.78 (-1.11, -0.25)	82.7%	33.72 (P<.01)	
	Group-based	4	299	-0.33 (-0.86, 0.20)	5.6%	3.02 (P=.08)	Q=99.27, P<.001
	Face-to-face						
	Yes	1	144	-3.08 (-3.56, -2.60)	NA	NA	Q=0.86, P=.61
	No	6	393	-1.23 (-1.53, -0.94)	93.9%	184.14 (P<.01)	
	Facilitator						
	Qualified health professional*	9	581	-0.75 (-1.18, -0.33)	79.6%	39.33 (P<.01)	
	Trainer*	1	144	-3.08 (-3.56, -2.60)	NA	NA	Q=88.88, P<.001
	Self-help	2	141	-0.29 (-0.82, 0.25)	0.8%	0 (P=.99)	

Table 2 Multivariate meta-regression for the potential variable between studies

Model	β (95% CI)	SE	P-value	Permutation test*	QM	P	R ²	I ²
Depressive symptoms (The post-test)					134.12	<.001	100%	0.0%
Health condition of care recipient								
Children with chronic conditions	-0.361	0.108	0.001	0.176				
Adults with neurodegenerative diseases	-1.285	0.127	<.001	0.234				
Delivery format								
Individual-based	-1.754	0.107	<.001	0.844				
Group-based	-1.605	0.095	<.001	0.844				
Face-to-face								
Yes	-3.292	0.279	<.001	0.802				
No	-1.268	0.103	0.001	0.110				
Facilitator								
Self-help	-0.208	0.197	0.282	0.419				
Self-help	-0.324	0.280	0.282	0.419				

4 Conclusion

- ACT is beneficial for improving depressive symptoms
- Trained nurses can facilitate ACT effectively
- Further studies applying the effective characteristics of ACT are warranted to support informal caregivers

(Table 2) A greater effect size was observed for individual-based format mixed individual- and group-based format face-to-face modality

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- 1) Right Click on the icon of your poster file and select **Properties**
- 2) Select **Details**
- 3) Scroll Down and look for **Dimension** under **Image ID**

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#How to compress the file size of your e-poster:

Window 10/11 --

1. With your JPG file open in **Photos** App of Windows, select the picture that you want to compress
2. Click ... (**See more**) , and then select **resize**
3. Choose **Best for Emails and Messages**

Other Window versions – See more at [LINK](#)

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