



# ACADEMIC LECTURE



**Prof. Steven Sek Yum NGAI**  
**Chairperson & Professor**  
**Dept. of Social Work**  
**CUHK**

**Date: 22 Jul 2021 (THU)**

**Time: 14:30 - 16:00**

**Venue: Zoom Lecture**



**Topic: The mediating effect of self-management on the relationship between trust in mutual aid group members and well-being among young patients with chronic illness**

**Abstract:**

While trust has been widely identified as a vital protective factor for individuals' well-being, less attention has been paid to the particularized trust of mutual aid group members and its impact on the self-management and well-being of young patients with chronic illness (PWCI). The present study aims to explore the effect of trust in mutual aid group members on young PWCI's well-being and the mediating role of self-management in such an association. Data were collected through a stratified random sampling; 391 young PWCI from mutual aid groups in Hong Kong were recruited as the research sample and participated in both the baseline and 12-month follow-up surveys. Our findings indicated that the effects of trust on well-being outcomes (accomplishment, social connectedness, and depression) were fully mediated by treatment adherence and health maintenance efficacy, but not by coping with stigma. The empirical findings provide practical implications for intervention programs in relation to promoting the self-management and well-being of young PWCI.

**Biography:**

Dr. Steven Sek-yum Ngai is Chairperson and Professor of the Department of Social Work at The Chinese University of Hong Kong (CUHK). He also serves as the Director of the CUHK-Nankai Joint Research Center of Social Policy and the Vice-President for Asia (including China and Japan) of the Research Committee on Sociology of Youth of the International Sociological Association, and holds appointments on numerous governmental committees and professional bodies in Hong Kong. In addition, he is currently the Assistant Editor of the Journal of Adolescence and an editorial board member of Children and Youth Services Review, Youth and Globalization, Brill Research Perspectives in Global Youth, and International Journal of Adolescence and Youth. His current research interests are in the areas of career and life development of disadvantaged youth, mutual aid and youth empowerment, and service-learning and leadership development. In total, he has published over 180 articles on these areas, including 140 refereed publications in journals, books, and conference proceedings. Since 2000, he has conducted 34 research projects. Among them, four are funded by the Research Grants Council (RGC) of Hong Kong and another 25 commissioned by government bureaus/nongovernmental organizations in Hong Kong or Macau. Given his ongoing efforts and contributions in teaching and research, he received CUHK Faculty of Social Science Exemplary Teaching Award in 2000, CUHK Research Excellence Award in 2011, and CUHK University Education Award in 2014.

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