

& being married were statistically significantly ($P < 0.05$) associated with adverse psychological status.

Conclusion: This knowledge on socio-demographic factors affecting adverse psychological status, helps to improve the efficacy of delivering the key messages of CBPHE programmes by refining the target groups.

SP-100

Study on Taiwan Businessmen's Work Pressure and Health Condition in China

Su-Ying Tsai, Jen Wang, Yu-Syuan Wu, Nan-Ten Wang, Yin-Jing Chen, Yi-Ting Chen, Yi-Han Deng
I-Shou University, Taiwan

Background: Many Taiwanese businessmen are doing business in China, thus, the population of Taiwanese businessmen in China is increasing, and their health issue becomes more important.

Purposes: This study aims to discuss the relationship between work pressure and health condition for those Taiwanese nationals residing in China for work.

Method: This study conducted survey by structure questionnaire based on purposive sampling. A total of 168 Taiwanese managers living in Shanghai and nearby cities (Kunshan and Suzhou) were sampled.

Results: The average age of the subjects was 40.4 ± 7.9 years old, 77.4% were male and 22.6% were female; their education level was mostly above college (83.7%); 60.1% reported having work pressure. The analysis on their work pressure and health status showed that those with work pressure have medical history of hyperlipemia and neck pain. They have the habit of drinking alcohol. The percentage of having poor sleeping quality in the recent month is higher than that of those without work pressure. In terms of mental health status, Beck Depression Inventory was used for measurement, and the result showed that those with work pressure have a higher score of depression (10.16 score vs. 5.31 score, $P < 0.05$) than those without work pressure. The survey on health-related quality of life (SF-36) found that those with work pressure have lower scores in RP, BP, GH, VT, and MH than those without work pressure.

Conclusions: The work pressure of Taiwanese businessmen in China is related to their physical, mental health status and health-related quality of life.

SP-101

Hardy Personality: Cognitive Responses to Managers' Mental Health in Balancing Work-Family Life

Lilis Surienty

Universiti Sains Malaysia, Malaysia

Stress is inherent in today's life in balancing family and work life demands. The need to balance work and family life is not isolated to women anymore as men's role is increasingly expanding to more than as the family's

breadwinner. Today, more men are making efforts to play an active fatherly role. Nonetheless, the expectation of performing excellently at work and to be the star performer at work still prevails. This created a stressful situation. The inability to cope with stressful events can result in undesirable psychological and behavioural outcomes, leading to chronic stress, burnout, poor job performance, absenteeism, withdrawal from the profession, and well-being of individuals. In the long run, it not only lowers down productivity but would increase employers' cost through higher medical bills. Hardiness personality disposition (Kobasa, 1982) as a moderating variable has created a new resurgence of interest in physical and mental health research. It has been argued that hardiness mitigates the potential unhealthy effects of stress and prevents the organismic strain that often leads to illness. Hardiness is particularly relevant because it is theoretically defined as 'a resistance resource in the encounter with stressful life events' (Kobasa, Maddi, & Kahn, 1982, p. 169). On the other hand, research has also found that work and nonwork satisfaction relate to one's mental health. Therefore, it is the purpose of this research to review the coping process of Malaysian managers specifically the individual differences which managers use to cope with stress. The results are expected to evaluate the role of work as well as nonwork roles in affecting manager's mental health. The proposed model would investigate the relationship between stress as a result of balancing family and work life and mental health of Malaysian managers. In addition, the moderating role of hardiness is tested on the stress and mental health relationship.

SP-102

Lessons from Applying Oral History Approach in Community Mental Hospital

Duu Jian Tsai¹, Aling Huang², Zhi-Yuan Lin², Linda Gail Arrigo¹, Xin Mi Lu³

1. Taipei Medical University, Taiwan

2. Yuli Veteran hospital, Taiwan

3. Social Empowerment Association, Taiwan

It is apparent that science and medicine would become even powerful and real while they are situated in local narratives. Yuli Veteran Hospital situated in the middle of the narrow long rift valley that stretches 100 kilometers from Taitung to Hualien, is fairly isolated from other towns. The patients have been an even more marginalized population. Over there, patients, who have been institutionalized for years before coming to Yuli, have spent an average of 8 years at private and public hospitals around the island, mostly in merely custodial care. Most had already lost close contact with their families; or the families have long since been exhausted by the burden of care. With these difficult conditions, the professional staff at Yuli faced the fact that they could not treat these chronic patients with the old methods and institutions. The Yuli model of community therapy for psychiatric patients places the patient at the center of the