



**明愛社區發展服務**  
Caritas Community Development Service

# HEALTH AND SOCIAL NEEDS OF PERSONS LIVING IN SUBDIVIDED UNITS: A MIXED-METHOD STUDY

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## BACKGROUND

- Housing and living conditions remain significant determinants of health and well-being.
- Hong Kong, recently ranked as a region with the least affordable housing market across the globe suggests challenges with adequate housing with more persons residing in tiny apartments, popularly known as subdivided units.
- Although there is an increasing number of persons residing in these units, limited attention has been paid to their health and social needs.



Fig 1. A Subdivided Unit in Hong Kong (Lai, Y.S., 2024)

## OBJECTIVES

- To examine the health and social needs of persons living in subdivided units and factors that may impact their mental health and quality of life.

## STUDY DESIGN

A mixed method design comprising of a cross-sectional survey and follow-up qualitative phase was employed.

## METHODOLOGY

- Participants were recruited in collaboration with Caritas Residents Mutual Help Centre - Kwai Chung under Caritas Community Development Service in the Hong Kong Special Administrative Region.
- Persons residing in a subdivided unit and aged  $\geq 18$  years were considered eligible to participate in this study.
- Following recruitment, a comprehensive health assessment form was used completed.
- The Chinese versions of General Self-efficacy, SF-12v2, and Depression Anxiety Stress Scale-21 (DASS-21) were used.
- For the qualitative phase, an interview guide was employed to obtain data from participants.

## RESULTS

- One hundred participants were recruited for this study with the majority being females (n=74).
- Majority of them had no medical insurance (n=73).
- Bivariate correlations and regression analyses highlighted general self-efficacy and pain levels to be significantly associated with stress, anxiety, and depression subscales.
- General self-efficacy and being a caregiver also emerged as significant predictors of the mental component summary of the SF-12v2 and anxiety respectively.
- Social issues relating to family, employment, and housing were also identified.



Fig 2. Physical and Mental Health Risks

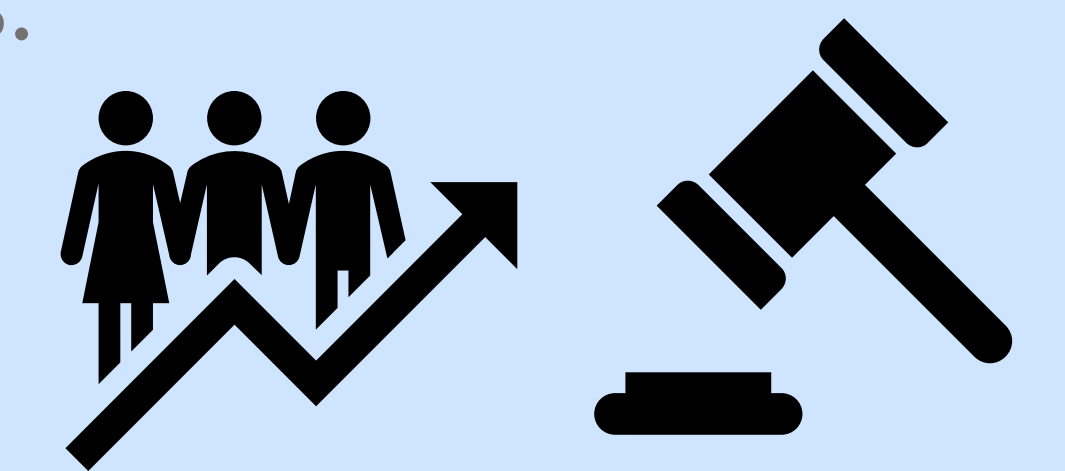
## CONCLUSION

Persons residing in subdivided units experience varied health and social risks warranting further attention.



## IMPLICATIONS

- The findings emphasise a great need for legislation and policies to improve housing conditions and deliver tailor-made subsidised preventive healthcare services to improve both health and social outcomes for persons living in subdivided units.



## ACKNOWLEDGEMENTS

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## REFERENCES

Lai, Y.S. (2024). Kinliu.hk, 2 May 2024. Available from <https://bit.ly/3UJ74DT>