



Nurturing Family Communion: Experience from Adolescents with Adolescent Idiopathic Scoliosis (AIS) in Brace Treatment through a Family-Based Group Intervention

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Abstract

Background: Brace treatment for adolescents having Adolescent Idiopathic Scoliosis (AIS) is a health challenge throughout the course of disease. Integrated treatment approach complemented medical care with family-based group intervention was to connect these adolescents and their families to face brace treatment with knowledge, skillsets and family support. Purpose: Family-based group intervention built on Multiple Family Therapy (MFT) consisted of six family sessions was offered to the adolescents (aged between 10 and 16 years, with AIS and prescribed brace treatment) and their families in Hong Kong. Fifteen adolescents and twenty-two family members joined the groups during September 2023 and July 2024. Method: Mixed research method was adopted for the study. Chinese version of the Brace Questionnaire was used to assess the adolescents' psychological well-being. A qualitative interview was conducted to explore the subjective experience of the adolescents' family group experience. This presentation shared the findings from qualitative research. Result: Twelve adolescents took part in a qualitative interview after the family group to share their experiences in these family-based sessions. With narrative analysis, their subjective experiences, especially the changes in relationships and interactions with their parents, were thematized. Family communion was nurtured and socially constructed by adolescents in three major themes: (1) family cohesion, (2) parent-child communication, and (3) conflict resolution in family. Conclusion: Family communion was perceived as family resources and strengths by adolescents during brace treatment and for better healthcare and disease management.

Keywords: Adolescent healthcare, Adolescent Idiopathic Scoliosis, family-based group, family communion, disease management