Mental Health of Adults in Hong Kong & Mainland China

Abstract

Previous studies revealed a prevalence of 13%-18% of probable posttraumatic stress disorder (PTSD) among Hong Kong adults during 2003 SARS outbreak. In the current COVID-19 pandemic, multi-wave internet surveys were conducted to examine the mental health of adults in Hong Kong and mainland China. The February and March data suggested a high prevalence of probable PTSD, at 25.3%-36.1%. Interestingly, findings also revealed a high prevalence of posttraumatic growth (TPG), at 47.3%. Counterintuitively, PTSD and PTG showed significant positive correlation, though at small magnitude (0.076). Risk/protective factors identified seem to echo the traditional wisdom of ‘no pain no gain’.