How can Parent Well-being in Hong Kong be Promoted: A Multi-Component Positive Psychological Intervention

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**Background**: Being a parent is considered one of the most demanding and stressful undertakings of raising children, working full-time, and caring for a family. With countless parental responsibilities, parental depression, stress, and ill-being were frequently reported.

**Purpose**: This study examined the effects of a multi-component positive psychological intervention on promoting parent well-being in Hong Kong.

**Method**: Participants were young children’s parents (*N* = 120; *Mage* = 37.19 years, *SD* = 4.71, range = 24–53; female = 95.00%) who agreed to participate in the 1-month randomized control trial. Participants were randomly assigned to the intervention (*n* = 50) and waitlist control group (*n* = 70). Intervention group participants received two online workshops and an evidence-based smartphone application that promoted four positive psychological skills: growth mindset, positive reappraisal, hope, and mindful parenting. Participants completed a questionnaire about positive psychological skills, psychological and subjective well-being at baseline and post-intervention follow-up.

**Results**: The results of the three multivariate regressions adjusting for participants’ gender and age revealed that the intervention significantly improved participants’ positive psychological skills (*F*(4, 109) = 3.76, *p* = .01), psychological (*F*(6, 105) = 3.24, *p* = .01) and subjective well-being (*F*(3, 110) = 2.95, *p* = .04).

**Conclusion(s)**: Our findings provided preliminary evidence supporting parents’ positive psychological skills in promoting their psychological and subjective well-being. The combination of training workshops and smartphone applications appeared to be a promising approach to delivering positive psychological materials to parents.