

# Construction of Disqualified Parent with Depression: A Qualitative study in Hong Kong

**SPEAKER: MR. TAM TSZ LUN ALAN**  
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**Date** : 27 March 2025 (Thursday)  
**Time** : 4:30pm-5:30pm  
**Zoom Link** : <https://cityu.zoom.us/j/82915473877?pwd=XG5BQyqrLzXBdabBdlmT35FNPUbcvo.1>  
Meeting ID: 829 1547 3877 Password: 937778  
**Moderator** : Prof. Sylvia Kwok (Professor)  
**Language** : English

## **Abstract**

The subjective experiences of Chinese parents living with major depressive disorder remain underexplored, particularly concerning the interaction with broader social context. This qualitative study aims to explore the construction of parental identity within Chinese families of parental depression. 14 parents, purposively recruited from community-based mental health services in Hong Kong, participated in dyadic interview (n=8) and semi-structured individual interviews (n=12). Employing thematic analysis, an overarching theme titled 'The process of constructing Disqualified Parents' was generated, which illustrates the dynamic interplay between the 'Internal judge' and 'External judges' in shaping the identities of Chinese parents dealing with depression. The findings indicate a need to transition from a predominantly biomedical and individualistic paradigm towards a more holistic understanding that considers the simultaneous interaction of parents with their external social environment within mental health research and practice.

## **Biography**

Alan Tam, a Registered Social Worker (RSW) with 11 years of direct social work practice experience, is currently a Ph.D. candidate of the Ph.D. in Social Welfare Programme offered by the Chinese University of Hong Kong. His Ph.D. research focus is about the subjective experiences of parent with depression and their children in Chinese families. His research interests include mental health, substance abuse, family-based interventions, qualitative research methods and thematic analysis. He has authored 3 peer-reviewed manuscripts since 2024 in SSCI journals with Q1 and Q2 rankings. It is expected that he will obtain the Ph.D. degree in August 2025.

Alan is now a Lecturer of Hong Kong Institute of Vocational Education (IVE) at Shatin campus, teaching a range of modules including "Working with Individuals and Families", "Social Work Skills Training Workshop" and "Working with Substance Abusers/Addictions". His pedagogy of "learning by doing" and "learning supplemented by modeling" facilitates Higher Diploma students to grasp the knowledge and techniques in social work practice. In fact, Alan has devoted himself to social work education since 2020. He first assumed the role of part-time Visiting Fellow in the Hong Kong Polytechnic University, giving tutorial teaching for Master students in "Evolution in Family Therapy: Structural & Systematic Approaches", focusing on structural family therapy and Bowenian family therapy. These teaching experiences in the tertiary education sector guide him further to nurture social work students in different levels of education.

After obtaining his Bachelor of Social Work (with First Honours) in the Chinese University of Hong Kong in 2010, he started his social work career in the residential setting of rehabilitation service for substance abusers. He developed his expertise in cognitive-behavioral therapy with a humanistic approach. Recognizing the importance in working with systems of the substance abusers, he has embarked on the development of his expertise in family-based interventions, including structural family therapy, Bowenian family therapy and solution-focused brief therapy. He obtained the Master of Arts in Family Counseling and Family Education Scholarship and pursued the Master of Arts in Family Counseling and Family Education in the Chinese University of Hong Kong and graduated with outstanding performance (Dean List) in 2014. He has continued his professional career at Counseling Center for Psychotropic Substance Abusers for over 6 years. In 2018, he served as Project-in-charge in New Life Psychiatric Rehabilitation Association, in which he advanced the knowledge and techniques of family-based interventions, including integrated family system therapy and multiple family group therapy, in working with persons-in-recovery with mental illness. In terms of academic qualifications and professional working experience, Alan has strong knowledge and expertise both in family-based interventions and mental illness.

***ALL ARE WELCOME***