

A Survey on Hong Kong People's Understanding on Chinese Herbs Used for Treatment of Hair Loss

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BACKGROUND

- Hair loss is a common yet distressing symptom
 - Affects people's appearance → affect their self-confidence
 - ↓ Quality of life
- Traditional Chinese Medicine (TCM) shows there are significant effects on treating hair loss problems without notable side effects
 - Uncertainty of HK citizens' level of understanding
↑ risk of misuse of the Chinese herbs concerned

RESEARCH OBJECTIVES

- To provide more quantitative information regarding HK citizens' level of knowledge on the respective Chinese herbs used for the treatment of hair loss
- To investigate the knowledge level of HK citizens regarding the Chinese herbs used for the treatment of hair loss using a survey questionnaire

METHODOLOGY

- Cross-sectional study
- Simple random & snowball sampling method
- Self-administered online questionnaire

有關香港市民對於中藥治療脫髮的知識調查

本問卷調查的目的是收集香港市民對於治療脫髮用的中藥的了解程度，從而探討其與性別、年齡及教育程度的關係。本問卷調查所收集的資料將僅作研究用途，並於研究結束後立即銷毀。敬希閣下能夠花數分鐘時間完成這份問卷。

甲部：

Q1. 請問您是否在香港居住並持有香港成人身份證？
 是 否 → 本問卷調查到此結束

Q2. 請問您是否能閱讀中文？
 可以 不可以 → 本問卷調查到此結束

乙部：個人資料

Q3. 您的性別： 男 女

Q4. 您的年齡：
 18-39 40-59 60或以上

Q5. 您的教育程度：
 中學程度以下 中學程度 大學程度或以上

丙部：對於治療脫髮用的中藥知識調查

Q6. 據您所知，請問「黑芝麻 (口服)」可以幫助治療脫髮嗎？
 可以 不可以 不知道

Q7. 據您所知，請問「斑蝥 (外用)」可以幫助治療脫髮嗎？
 可以 不可以 不知道

Q8. 據您所知，請問「生何首烏 (口服)」可以幫助治療脫髮嗎？
 可以 不可以 不知道

Q9. 據您所知，請問「側柏葉 (口服)」可以幫助治療脫髮嗎？
 可以 不可以 不知道

Q10. 據您所知，請問「蟬蛻 (口服)」可以幫助治療脫髮嗎？
 可以 不可以 不知道

本次問卷調查到此結束，十分感謝您的參與！

- An expert validity test had been conducted prior
 - CVI = 0.94

RESULTS

Demographic Data Analysis

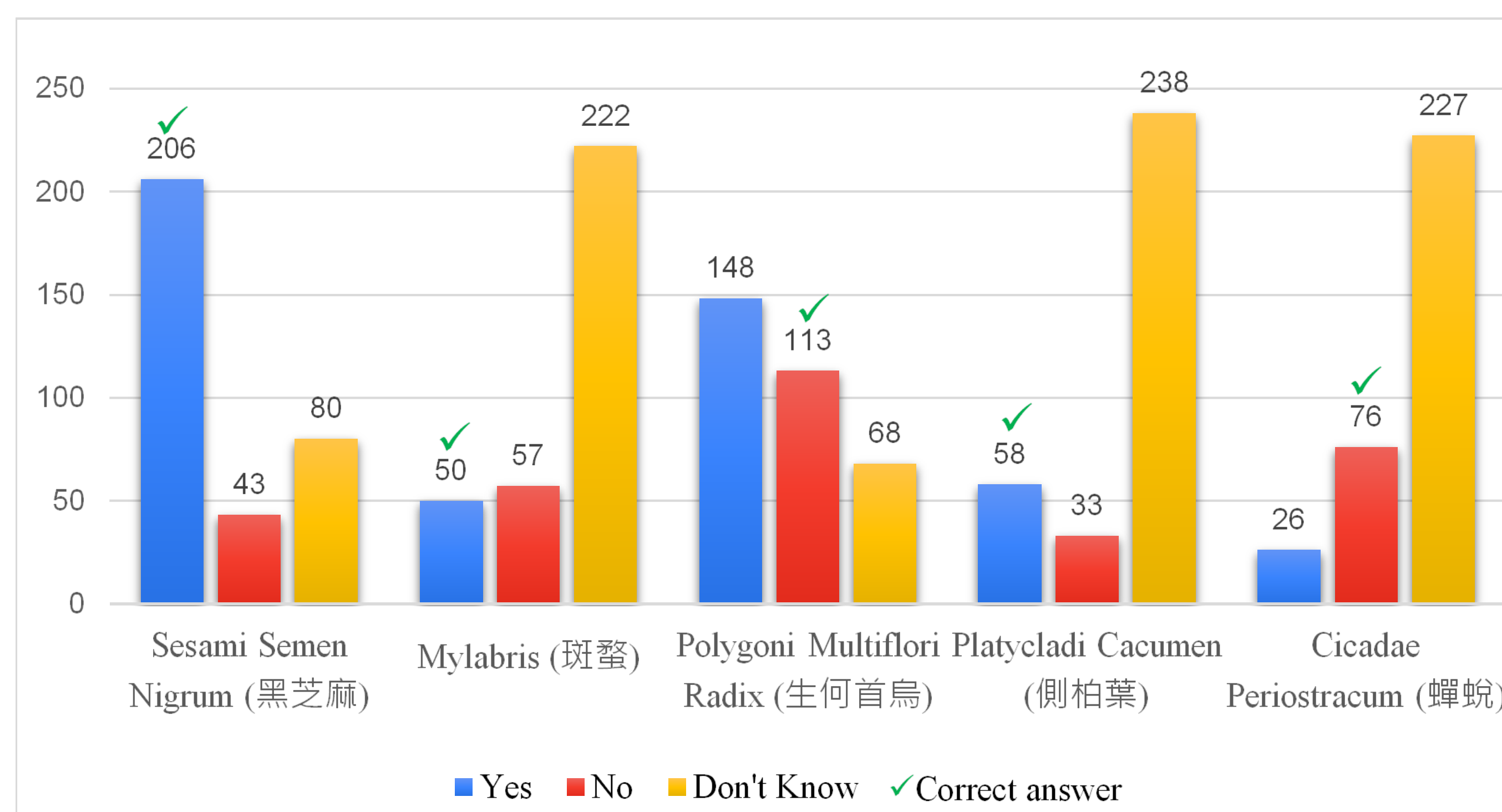
| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------------------|------------------------|-----------|---------|---------------|--------------------|
| Gender | Male | 146 | 44.4 | 44.4 | 44.4 |
| | Female | 183 | 55.6 | 55.6 | 100.0 |
| | Total | 329 | 100.0 | 100.0 | |
| Age Group | 18-39 | 180 | 54.7 | 54.7 | 54.7 |
| | 40-59 | 100 | 30.4 | 30.4 | 85.1 |
| | 60 or above | 49 | 14.9 | 14.9 | 100.0 |
| | Total | 329 | 100.0 | 100.0 | |
| Educational Level | Below Secondary School | 16 | 4.9 | 4.9 | 4.9 |
| | Secondary School | 67 | 20.4 | 20.4 | 25.2 |
| | Undergraduate or above | 246 | 74.8 | 74.8 | 100.0 |
| | Total | 329 | 100.0 | 100.0 | |

Overall Score Analysis Pertaining to Knowledge of the Chinese Herbs

| Chinese Herb | Frequency | Mean | Std. Deviation | Scoring Rate*(%) |
|----------------------------------|-----------|-------|----------------|------------------|
| Sesami Semen Nigrum(黑芝麻) | 206 | 0.63 | 0.484 | 62.6 |
| Mylabris (斑蝥) | 50 | 0.15 | 0.359 | 15.2 |
| Polygoni Multiflori Radix (生何首烏) | 113 | 0.34 | 0.475 | 34.3 |
| Platycladi Cacumen(側柏葉) | 58 | 0.18 | 0.381 | 17.6 |
| Cicadae Periostracum (蟬蛻) | 76 | 0.23 | 0.421 | 23.1 |
| Total | 1.53 | 1.252 | 30.6 | |

*Scoring Rate (%) = Mean Score÷Total Score×100%

Distribution of Total Score by Type of Chinese Herb



Gender • No significant difference ($p = 0.176$)

Age Group
• 60 or above VS 40-59: ✓ significant difference ($p = 0.005$)
• 60 or above VS 18-39: ✓ significant difference ($p = 0.001$)
• 40-59 VS 18-39: ✗ significant different ($p = 0.665$)

Educational Level
• Undergraduate or above VS Secondary School: ✓ significant difference ($p = 0.012$)
• Undergraduate or above VS Below Secondary School: ✗ significant different ($p = 0.874$)
• Secondary School VS Below Secondary School: ✗ significant different ($p = 0.165$)

CONCLUSION

- Results suggest that people who are younger / have higher educational level, have a better understanding on Chinese herbs used for treatment of hair loss
- Low mean score → HK people are generally not sufficiently familiar with these Chinese herbs
- It is recommended that more promotion on the use of TCM should be conducted
 - To further ↑ HK citizen's understanding about different knowledge of TCM
 - To promote the use of TCM in treating hair loss problems