

(Revised)

**Project Summary**

Project No.: 2012/0048

**Project Title:** KidMatters, a web and school-based approach to mental health promotion and wellbeing of children in primary school

**Name of Organization:** The HKJC Centre for Suicide Research and Prevention, The University of Hong Kong  
**Collaborating Organization:** Committee on Home-School Co-operation

**(1) Goals:**

The major goals are to facilitate psychological and social functioning and coping skills in primary school children and to create a healthy, supportive and non-judgmental learning environment.

**Objectives:**

- (i) Teach children to recognize signs of anxiety and reduce the symptoms of anxiety and depression in children
- (ii) Enhance children's interpersonal relationships with parents and peers
- (iii) Improve children's emotional competence and problem-solving skills

**(2) Targets:** 10 primary schools (Primary 4 – Primary 5 students)

**Expected number of beneficiaries:** Approximately 100 teachers and 3,000 students and their parents will be benefited from this project.

**(3) Implementation Plan:** Process (Duration: 15-month)

Nov 2013-May 2014: KidMatters program preparation

Jun 2014-August 2014: School recruitment (N=10)

Sept 2014-Jan 2015: Program launch, evaluation of the program and final report

**(4) Products:**

(i) Deliverables/outcomes:

(a) Web-based teaching: 5-module e-learning mental health program

(b) School-based teaching: classroom sessions will be conducted to consolidate and integrate the learned skills

(c) Group meetings for parents & parent awareness talks

(ii) Dissemination of deliverables / outcomes: conferences, website, and academic articles/ pamphlets/ leaflets, school/parent sharing sessions etc

**(5) Budget: Summary on Grant Sought**

1.	Breakdown of Budget Items	Grant Sought from QEF
(a)	Staff Cost	\$ 986,475
(b)	Equipment	\$ 21,000
(c)	Services	\$ 1,433,125
(d)	General Expenses	\$ 224,800
(e)	Contingency (for project period over 1 year)	\$ 50,300
2.	Total Expenditure	\$ <b>2,715,700</b>

**(6) Evaluation:** Outcome measurement: The evaluation consists of quantitative and qualitative pre/post-test in the interventions groups (N=10). (i) Quantitative measures such as knowledge and attitude towards mental illness/health, problem-solving skills, emotional competence, social skills, empathy, gratitude, and mental well-being; professional psychological service utilization; parent-child relationship/communication, parents' self-efficacy and confidence in ability to address mental health issues in children; children's reduction on symptoms of anxiety and depression. (ii) Qualitative measures such as process evaluation, feedback and reflection from students, teachers, involved school personnel and parents and focus group and interviews.