

**Part B Project Summary****Project Title:** Group Training Program for Positive Coping in Secondary School Students**Name of Organization:** Department of Psychology, University of Hong Kong

(1)	<p><b>Goals:</b> This project has the following objectives:</p> <ul style="list-style-type: none"> <li>(i) To enhance mental health awareness in local secondary schools.</li> <li>(ii) To enhance emotional regulation and coping strategies among secondary school students through implementation of a group training program.</li> <li>(iii) To exchange mental health knowledge with school teaching staff through deliverance of training workshops and sharing experiences throughout the group training program.</li> </ul>										
(2)	<p><b>Targets:</b></p> <p>We shall first partner with one secondary school in Hong Kong in our development of the program. Form One and Two students will be invited to join the program. We expect to operate six training groups, comprising 20 students each, in the participating school, totaling 120 students. The project will involve 8 one-hour weekly sessions that aim at enhancing student's emotion regulation and coping skills through interactive learning and practices. In addition, teachers of the seed school will participate in the staff-development workshops conducted by the clinical psychologist and educational psychologist in our research team during the program period.</p>										
(3)	<p><b>Implementation Plan:</b></p> <ul style="list-style-type: none"> <li>(i) <b>Duration:</b> March 1, 2013 – September 30, 2014</li> <li>(ii) <b>Process / Schedule:</b> The project shall last for 18 months. The first six months will be the preparation and pilot phase, including liaising with the seed school, developing educational pamphlets, training materials, and assessment procedures, as well as recruiting participants for the training program and conducting the first pilot run of the program. In the next six months, based on the feedback of teachers and participants, we shall revise our training program accordingly. We shall have full implementation of our training program to more students in the seed school. We shall also invite other schools joining the program. Data will be collected during this stage to evaluate the effectiveness of the program. In the last six months, we shall also consolidate the data we obtain from the training groups and compile them into reports. We shall also share our knowledge and findings with the teachers of the participating schools by means of staff development workshops.</li> <li>(iii) <b>Collaboration with other parties / partners:</b> This project is initially a collaboration between the Department of Psychology at the University of Hong Kong and Our Lady's College, an aided secondary school in Hong Kong. Other secondary schools might participate in the program at a later stage.</li> </ul>										
(4)	<p><b>Products:</b></p> <p>Upon the successful completion of program, we shall develop a school-based training program for practitioners in the promotion of emotional regulation and positive coping strategies in combating rumination among secondary school students. We shall publish our findings in the form of research reports/journal articles to share our knowledge with practitioners around the globe and in Hong Kong. As for the educators and parents, we shall develop free educational pamphlets for parents and students of the participating school, as well as the general public.</p>										
(5)	<p><b>Budget:</b></p> <table border="1" data-bbox="284 1653 895 1832"> <tr> <td>Staff Costs</td> <td>225,382.50</td> </tr> <tr> <td>General Expenses</td> <td>72,100.00</td> </tr> <tr> <td>Contingency</td> <td>2,163.00</td> </tr> <tr> <td>Total</td> <td>299,644.5</td> </tr> <tr> <td>(rounded to nearest hundred)</td> <td>(299,700.00)</td> </tr> </table>	Staff Costs	225,382.50	General Expenses	72,100.00	Contingency	2,163.00	Total	299,644.5	(rounded to nearest hundred)	(299,700.00)
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(6)	<p><b>Evaluation:</b></p> <p>We shall employ a quasi-experimental design with pre- and post-test measurement to evaluate the effectiveness of the program. This involves administering standardized questionnaires to participated students, as well as holding informal discussions with their teachers regularly.</p>										