

## Part B Project Summary

### Project Title:

Enhancing Psychological Resilience to Manage Difficulties Positively and to Promote the Mental Health of Junior Secondary School Students: A pilot study

### Project Number

2015/0426 (Revised)

**Name of Organization:** The Nethersole School of Nursing, The Chinese University of Hong Kong

**Collaborating School:** Secondary School

Principal investigator:

Co-investigator:

(1) **Goals:** To examine the feasibility and acceptability of psychological resilience enhancement program (PREP)

**Objectives:**

- (i) To enhance student's psychological resilience by improving their cognitive-social (e.g. problem-solving and communication skills, and positive self-view) and emotional management skills.
- (ii) To help students cultivate positive self-esteem by mastering cognitive-social skills.
- (iii) To reduce students' perceived stress level by equipping them with emotional management skills.
- (iv) To improve students' mental health by enhancing their psychological resilience.

(2) **Targets and Expected Number of Beneficiaries:**

Junior secondary school students: 220; teachers: 50; and parents: about 400

(3) **Implementation Plan:**

(i) **Project Period:** 1/5/2017 - 31/5/2018 (13 months)

(ii) **Process / Schedule:**

	Project period			
	May-Jul 2017	Aug-Oct 2017	Nov 2017- Jan 2018	Feb-May 2018
Program refinement	X			
Hiring and training of program staff	X			
Preparation of program material	X			
Video vignette production	X	X		
Briefing session	X			
Program delivery				
- Module I: Environment context module ( for teachers & parents)		X	X	
- Module II: Emotional management module (for students)			X	
- Module III: Cognitive and social competence module (for students)				X
Evaluation				X
Report write-up and dissemination				X

(4) **Products:**

- (i) **Deliverables/outcomes:** Develop a learning package (including lesson materials and videos) to cultivate students' positive self-value, enhance their resilience, reduce their stress level, and improve their mental health
- (ii) **Dissemination of deliverables / outcomes:** Websites, newsletters and academic journals

(5) **Budget:**

Staff cost: \$325,459; Services: \$24,000; General expenses: \$11,072; Other expenses \$54,069. Thus, total: \$414,600. For the details of the budget, please refer to the Project Details.

(6) **Evaluation:**

**Performance indicators and Outcome measurements:**

- (i) **Psychological resilience:** Resilience Subscale of the modified Chinese Positive Youth Development Scale (RE-CPYDS).
- (ii) **Self-esteem:** Chinese Rosenberg Self-Esteem Scale (CRSES).
- (iii) **Perceived stress:** Chinese version of the 10-item Perceived Stress Scale (CPSS-10).
- (iv) **Mental health:** 12-item General Health Questionnaire (GHQ-12).