

Project Title: School-based mental health enhancement programme in Hong Kong

Name of Organization: Hong Kong Jockey Club Centre for Suicide Research and Prevention,
The University of Hong Kong

(1) Goals & Objectives: i) To implement a school-based mental health programme that targets to raise awareness about mental wellbeing, to reduce the prevalence of depressive symptoms and to enhance the mental well being among young adolescents; ii) To evaluate the effectiveness of the programme by a randomized controlled trial design

(2) Targets: Secondary schools in Hong Kong

Expected number of beneficiaries: Not less than 80 classes of students and 40 teachers from ten consented partner schools

(3) Implementation Plan: Process / Schedule (Duration: 29 months):

Period	Work plan
Feb 09 – Aug 09	Preparation <ul style="list-style-type: none"> • Recruit clinical psychologist and research assistants • Briefing and training sessions for teaching consultants and involving teachers
Sep 09 – Jun 10	Fieldwork (Phase 1: teaching consultant as instructor) <ul style="list-style-type: none"> • Pre- and post-measurement for students and teachers • 12 sessions through a cognitive-behavioural approach
Jul 10 – Aug 10	<ul style="list-style-type: none"> • Debriefing for teachers • Both qualitative and quantitative follow-up measurements for teachers and students • Data input and analysis and Interim report writing • Curriculum modification, if any
Sep 10 – Jun 11	Fieldwork (Phase 2: Trained teachers as instructor, assisted by project staffs) <ul style="list-style-type: none"> • Carry out a modified curriculum • Both qualitative and quantitative follow-up measurements for students and teachers • Data input and analysis and Final report writing

(iii) Collaboration with other parties / partners: Secondary schools in Hong Kong

(4) Products: (i) Deliverables/outcomes: teacher manuals, teaching materials for students and research report(s) & Dissemination of deliverables / outcomes: media, teacher conference, website, academic paper

(5) Budget: HK\$ 2 million (Staff Cost: \$1,662,960; General Expenses: \$337,040)

(6) Evaluation: (i) Outcomes: Knowledge and attitude towards mental illness / health, depression symptoms, problem solving skills, coping skills and irrational belief