

Project Title: A web-based mental health programme for adolescents with parental involvement
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 & Objectives: The major goal is to develop an e-learning curriculum to enhance the mental wellbeing of the adolescents and strengthen mutual communication among school and family stakeholders. (i) To enhance protective factors of adolescent mental health by involving their parents; (ii) To assess the efficacy of the proposed e-learning programme by adopting a rigorous outcome measurement methodology that will compare the mental health of two groups of adolescents over three measuring time points within a one-year period: one group without the involvement of parents and another group with the involvement of their parents; and (iii) To adopt home-school co-operative approach to enhance effective mutual communication by adopting an interactive methodology through the Internet and will work out the developmental trend / index for self-awareness as well as social perception on mental health for school and family stakeholders.

(2) Targets: Form 1 to 2 students and their parents. (i) Expected number of beneficiaries: at least 4,000- 6,000 F.1-2 students in 20 – 30 secondary schools on territory basis; and 2,000 - 3,000 parents of the students concerned (ii) Expected number of enlightened stakeholders: approximately 100 - 150 F.1-2 teachers, 20 – 30 secondary schools principals and parent representatives of Federations of Parent-Teacher Associations in 18 districts

(3) Implementation Plan: Process / Schedule (Duration: 2 years):

Stage	Proposed Time Frame	Proposed Work for the Project
Preparation & Talks (6 months)	Oct 2010 – Mar 2011	<ul style="list-style-type: none"> Personnel orientation and training, writing up curriculum, webpage design, schools recruitment, conducting talks, focus groups, briefing and training sessions
Implementation & Assessment (15 months)	April 2011 - June 2011	<ul style="list-style-type: none"> Pilot test and evaluation Modification of content if necessary
	July 2011 – Nov 2011	<ul style="list-style-type: none"> Student e-learning programme without parents involvement, basic modules (10-15 schools) 1st assessment (student version): pre-intervention 2nd assessment (student version): post-intervention
	Dec 2011 – Apr 2012	<ul style="list-style-type: none"> Student plus parents e-learning programme, basic modules (10-15 schools) 1st assessment (student plus parents version): pre-intervention 2nd assessment (student plus parents version): post-intervention 3rd assessment (student version): 6-month follow up
	May 2012 – June 2012	<ul style="list-style-type: none"> Sharing sessions for students and parents who had completed the programmes Focus groups to evaluate the e-learning programmes 3rd assessment (student plus parents version): 6-month follow up
Data analysis & reporting (3 months)	July 2012 – Sept 2012	<ul style="list-style-type: none"> Data input and analysis, final report writing

(4) Products/Services: (i) Deliverables/outcomes: (a) one interactive website with login system for two types of users: students & parents. The website contains text-based educational materials, psychological tests, games, exercises, images, stories, and animations / video clips, and (b) user's guides of the e-learning curriculum (one for the participating students and one for parents); (ii) Dissemination of deliverables / outcomes: media reports, conferences, website, and academic articles / pamphlets / leaflets, school / parent sharing sessions etc.

(5) Budget: HK\$2,936,200 (Staff Cost: \$1,962,820; Service \$785,500; Equipments: \$14,500; General Expenses: \$145,000; Contingency \$28,380)

(6) Evaluation: Outcomes: Students and parents' knowledge towards mental health / illness and the relationship between physical health and mental health; attitudes about mental health / illness, professional psychological service utilization, emotional and mental health problems in youth; application of problem solving skills, coping skills, parent-adolescent relationship/communication, parents' self-efficacy and confidence in ability to address mental health issues in youth and families.