

Enhancing Psychological Resilience of Junior Secondary School Students: A pilot study

提升初中學生心理抗逆力: 先導計劃

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Disclosure

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- The funder has no role in the study design, data collection, analysis and design of this presentation
- The authors declare no conflict of interest

Project Overview

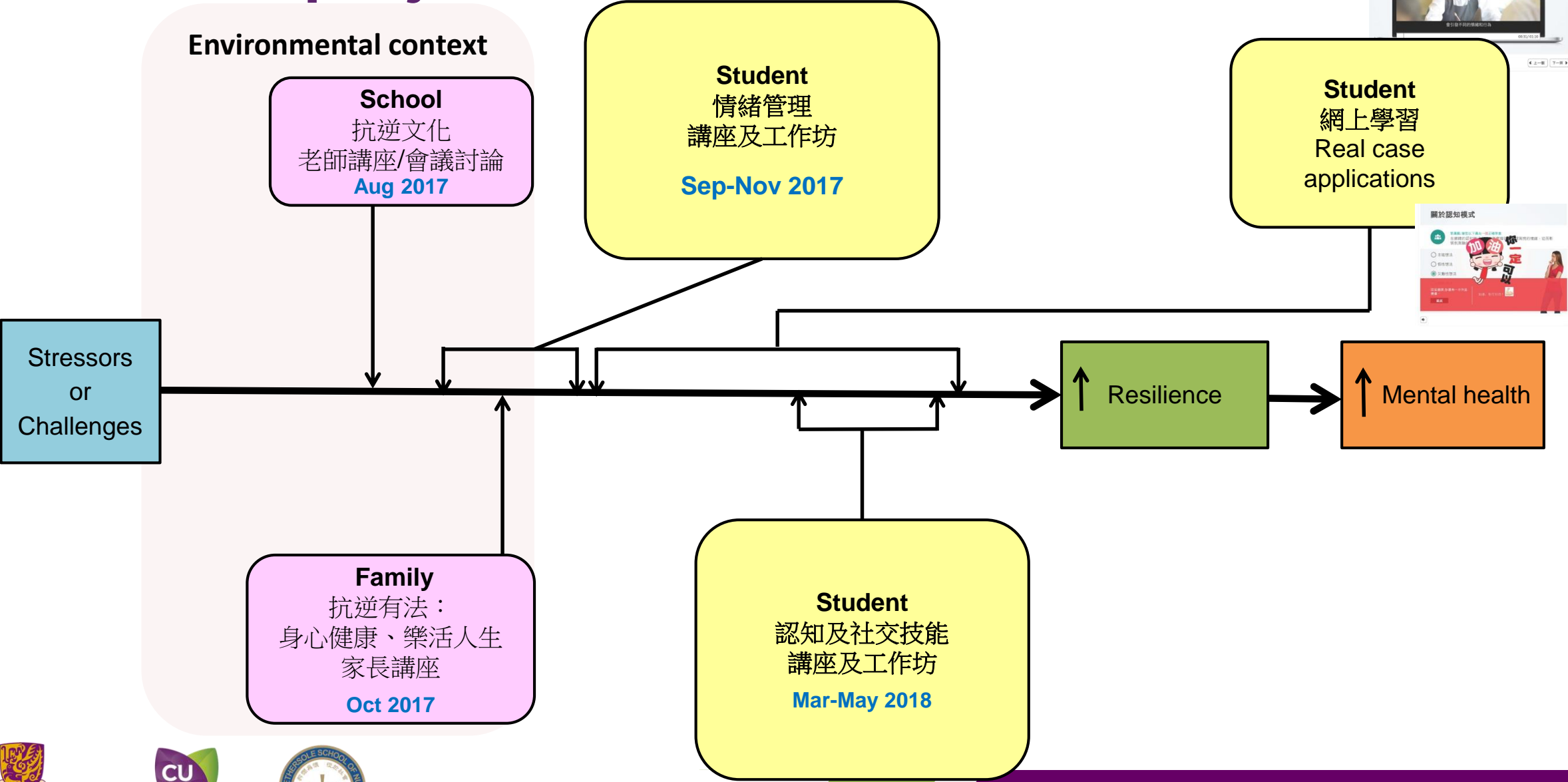
- Aim:
 - Enhance Junior secondary school students' resilience and mental health
- Collaborating School:
 - A public secondary school in Kowloon
- Target:
 - F.1-F.3 students
 - All teachers
 - Parents of F.1-F.3 students

- Roles of different parties
 - Role of University and psychiatric nurses
 - Development of the program and conduct the workshop for teachers, students, and families
 - Outcome evaluation (conducting a pre-and post-test)
 - Role of Teachers
 - Providing advices on the program content and design to fit into the needs of students and school
 - Act as co-facilitators of the student and parent session
 - Participate in process evaluation

How the project partner with the collaborating school

- Education needs
 - 個人，社會及人文教育學習領域：生活與社會課程 (個人與群性發展)
- School Ethos
 - 提供全人教育以協助所有學生發掘潛能，除學術知識外，亦包括**情緒、社交、靈命及體能上**的發展。
 - 提供**正面及協作的環境**，以培養學生的自律精神、學習熱誠及獨立能力。
 - 透過持續的個人及專業發展，提供**優質教育**，以支持及鼓勵同事成為領袖。
 - **讓父母在教育過程中成為合作伙伴**，並在養育過程上提供支援和培訓
- Co-design of program contents
 - Conducting focus group meeting with the Class teachers

Overview of project



Participant's characteristics

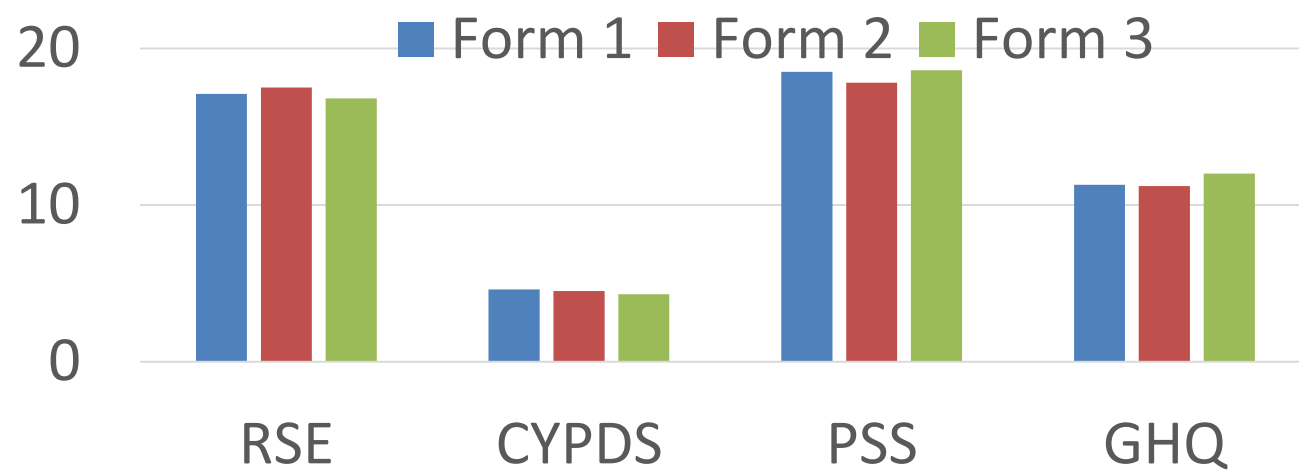
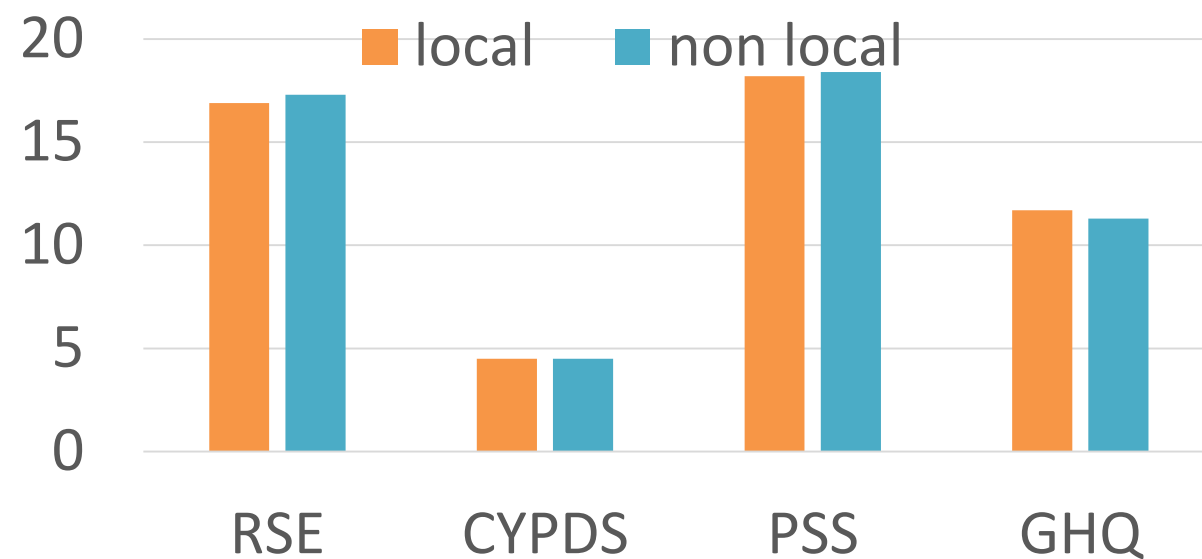
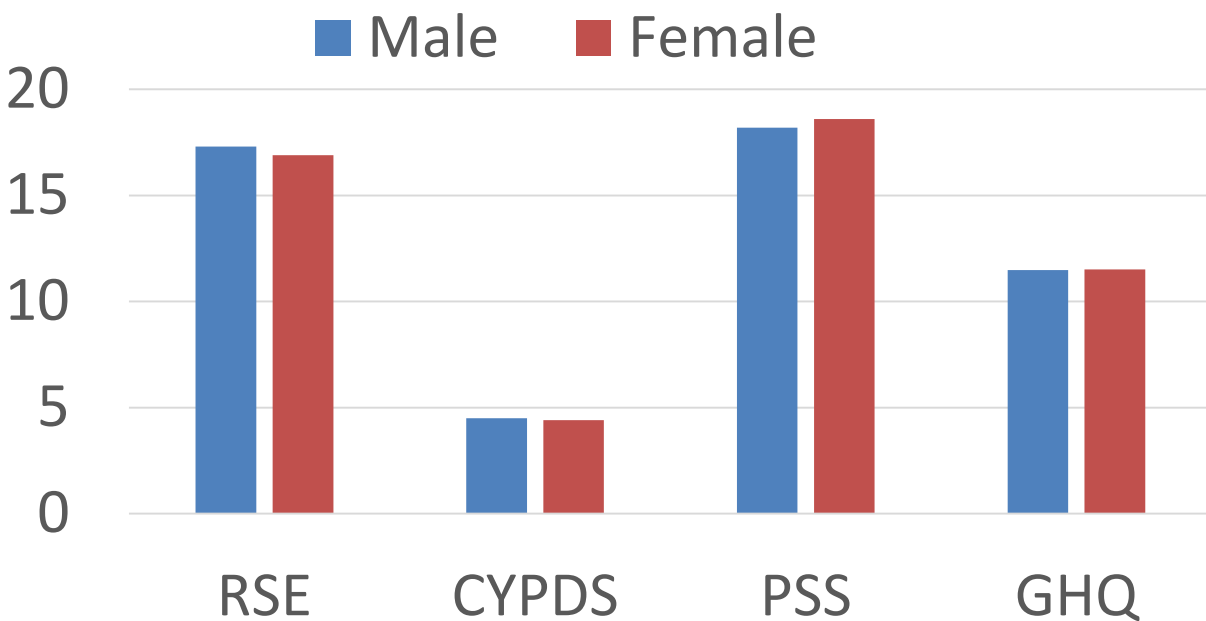
- Total number of F1 to F3 students: 249
- Questionnaire analyzed: 243 (6 students withdrew from the school)

Demographic Information N=243

Gender	Freq	(%)
Male	152	62.6
Female	91	37.4
Age (11 – 19 years)	13.94±1.42 years	
Form		
F.1	95	39.1
F.2	70	28.8
F.3	78	32.1

	Freq	(%)
Born in HK	110	45.3
Born in China	131	53.9
Year of living in HK (0.17 – 17 years)	2.34 ± 3.08	
Living conditions		
With parents	196	78.7
The only child	52	21.4
Public housing	132	54.3

Baseline comparison



RES: Rosenberg Self-Esteem Scale

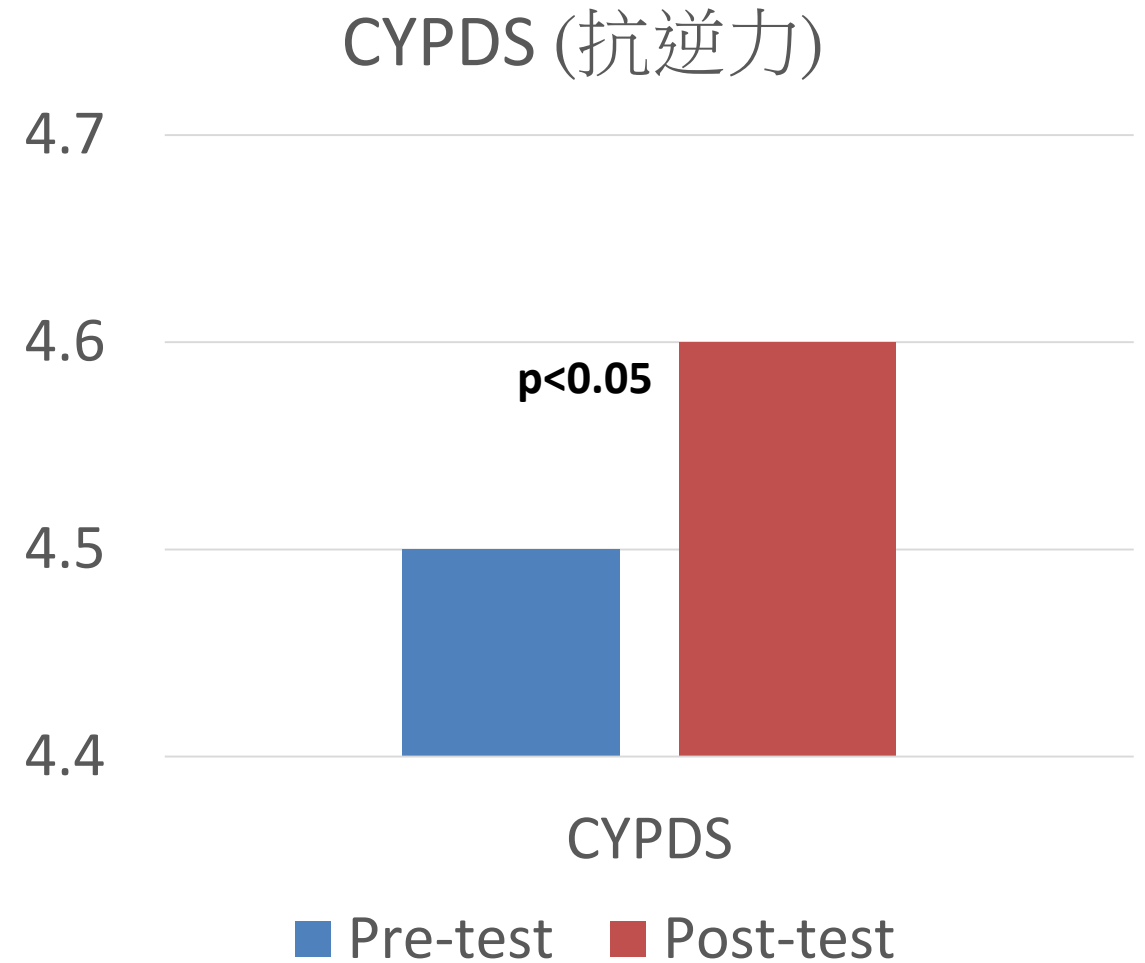
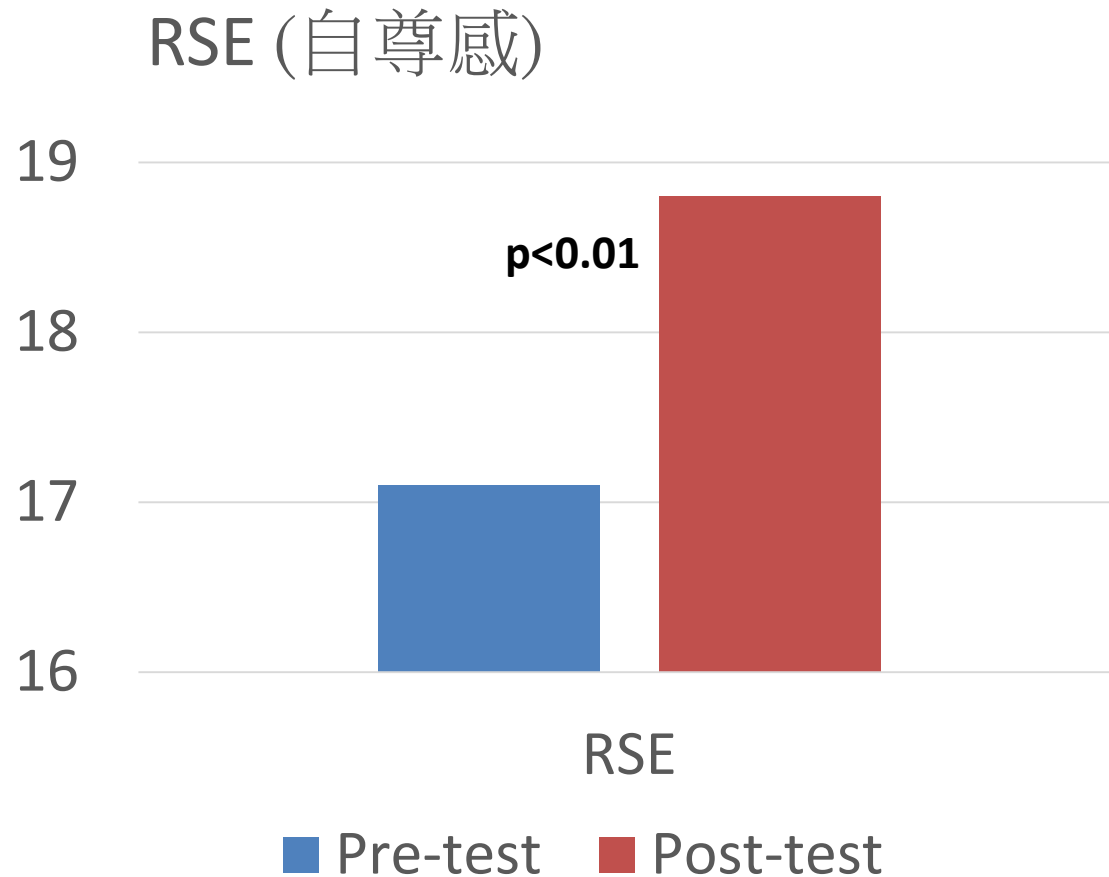
CYPDS: Chinese Positive Youth Development Scale: Resilience subscale

PSS: 10-item Perceived Stress Scale

GHQ: 12-item General Health Questionnaire

*High score indicate poor mental wellbeing

Effects of the program (N=243)

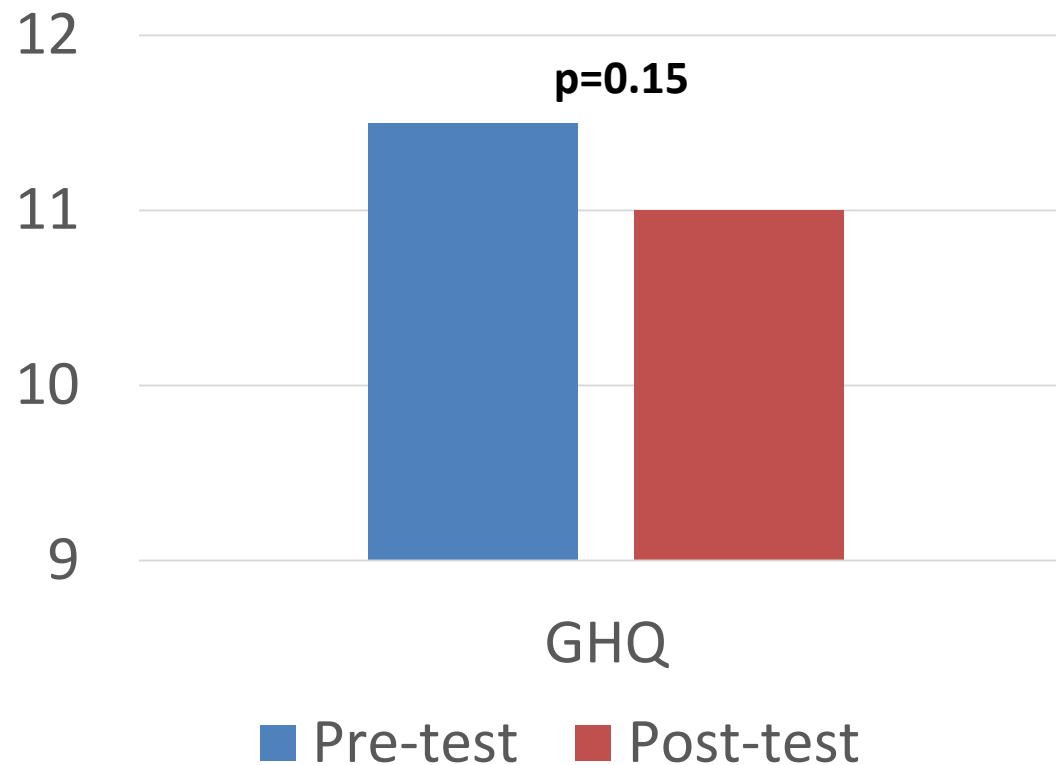


Effects of the program (N=243)

PSS* (壓力感)



GHQ* (普通健康)



*High score indicate poor mental wellbeing

Effects of the program

- When comparing among local students and non-local students,
 - Non-local student has significantly better improvement in resilience than local students.
- When comparing male and female students,
 - Male students has significantly greater reduction of perceived stress.

Effects of the program

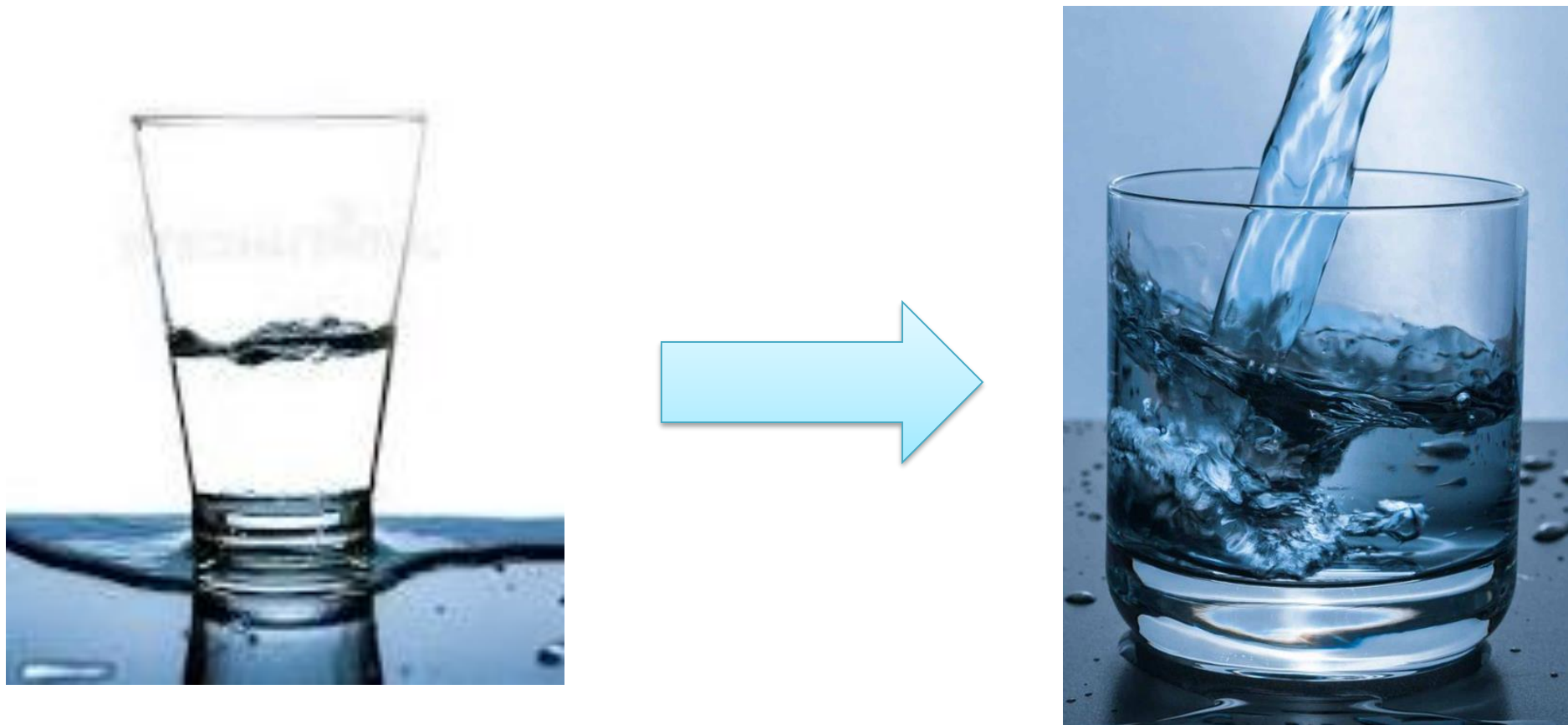
- Teacher's perspective (N = 11)
 - Satisfaction with the program: 18 over 24 (possible score range for each item: 1 – 6)
 - Content 4.63
 - Design 4.36
 - Delivery format 4.55
 - Logistic arrangement 4.82
 - Confidence in continuing this program: 5.5 over 10 (range: 2 – 8)
 - Suggestions for the program:
 - More input on impulse control
 - Neuroscience information is a new perspective that should be continued
 - De-stigmatization of mental problem

Implications to practice

- A mental health nurse-teacher collaboration to promote the mental health of adolescents
 - Neuroscience and emotional regulation development
 - De-stigmatization of seeking help related to mental problems
 - Available resources/support in the community



Conclusion





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Thank you

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