



JUNIOR RESEARCHER MENTORING PROGRAMME 2022

Code:	JRMP2022_28
School / Department:	Department of Rehabilitation Sciences
Name of Research Leader:	Dr Cynthia Lai, Associate Professor
Research Topic:	Effects of Zentangle Drawing on Neurophysiological States, Cognitive Performance and Mental Well-being in Adolescents and Adults
Short Description of the Research Project:	<p>Challenges are inevitable in our life. It may create stress and subsequently affect our mental health, cognitive performance and participation in daily living. In recent years, Zentangle, a drawing method, is getting popular in schools and rehabilitation sectors.</p> <p>This project aims to examine the effects of Zentangle drawing and its mechanism behind the changes of cognitive and mental health status in adolescents and adults. The participants of this study will receive neuropsychological tests, neurophysiological evaluation and Zentangle drawing class.</p> <p>In this project, participating students will work with the mentor and the research team; learning how to draw Zentangle; administering neuropsychological and neurophysiological measurements, and write a research report.</p>

No. of Places Offered:	4
Frequency of Meetings:	Bi-weekly

** The information presented above is subject to change.*