



# JUNIOR RESEARCHER MENTORING PROGRAMME 2022

<b>Code:</b>	JRMP2022_33
<b>School / Department:</b>	School of Nursing
<b>Name of Research Leader:</b>	Dr Mak Yim Wah, Associate Professor
<b>Research Topic:</b>	Effects of a School-based, Peer to Peer Mental Health Promotion Programme for Secondary School Students: A 5As and 5 Ways to Wellbeing Programme
<b>Short Description of the Research Project:</b>	<p>This project is partially funded by Rotary and is a collaborative project among the School of Nursing, PolyU and Rotary. The project aims to increase mental health literacy and promote wellbeing among secondary students by empowering university students or senior secondary students as both learners and mental health ambassadors.</p> <p>Specific goals are included to promote the participants' knowledge about</p> <ol style="list-style-type: none"> <li>1) signs and symptoms of anxiety, depression, substance use and eating disorders; and</li> <li>2) 5As (Ask, Assess, Advise, Assist and Arrange) and 5 ways towards wellbeing (be active, keep learning, connect, take notice and give) for identifying if their peers are at risk of mental health challenges and encourage them to seek for help from adults/ health professionals.</li> </ol>

	<p>The programme will be delivered via an online, interactive approach via the trained university mental health promotion ambassadors. Participating secondary students will join a mental health promotion training programme provided by our project team, and the trained students will assist in disseminating the message of mental health promotion. The students will be given an opportunity to conduct the online mental health promotion programme under the supervision of the project team. In addition, they will participate in data collection and entry by using statistical analysis software.</p>
<b>No. of Places Offered:</b>	3
<b>Frequency of Meetings:</b>	Bi-weekly

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