

CAT 4 RESOURCE DEVELOPMENT

Group 4-48

Project Melancholia

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ABSTRACT

Project Melancholia was a project group from Hwa Chong Institution consisting of members Yap Ze Kai, Ho Ting Le, Ezekiel Lim and Yeo Zhao Cheng. Project Melancholia's final resource package consists of a website that hosts the following information in a condensed manner: myths on depression, facts on depression, steps to take if one suffers from depression and exclusive interviews with depression organisations and counsellors. All of these information was hosted on an online platform for quick and easy access for students.

1 INTRODUCTION

1.1 Rationale

Over the past few years, Singapore had seen an increase in the number of suicide cases occurring to teens. These suicide cases had been commonly associated with Major Depressive Disorder (MDD). As such, we thought it would be best for teens our age to learn more about MDD, so that should they ever come across it themselves, they would have the knowledge to act in the best way to recuperate. In addition, should they ever come across someone else who may exude some symptoms of MDD, they would also know how to act in order to assist others to recovery. Without proper knowledge of the topic at hand, teens may not know how to act when encountering MDD, and this may result in dire consequences.

1.2 Objectives

The objectives of Project Melancholia were:

- To destigmatize the myths and lack of seriousness about depression
 - To raise awareness of depression and its symptoms

- To educate students on how one can identify someone suffering from depression
- To educate students on how one can combat or tackle depression
- To create a beneficial resource package on depression for the reference and learning of students

1.3 Target Audience

The target audience were 13-18 year old students.

1.4 Resources

The resources created for this project was an integrated online platform created using Google Sites, comprising of facts and myths about Major Depressive Disorder (MDD), ways to combat depression and an exclusive interview with Silver Ribbon Singapore. We also have a social media page on Instagram where we posted various facts and myths on MDD to help raise awareness of the dangers of MDD.

Online Platform:

<https://sites.google.com/student.hci.edu.sg/projectmelancholia/home?authuser=1>

Instagram: <https://www.instagram.com/projectmelancholia/>

2 REVIEW

Even though we found many articles on how to identify a teenager who is suffering from depression, they are mainly in the context of foreign countries, such as the USA. Therefore, we feel there is a need to for us to create a package that is catered to

Singaporeans, as every society has its own characteristics. In order to be divergent from the norm, we included interviews, videos, pictures and infographics that helped to increase the appeal and effect of our resource package.

3 METHODOLOGY

3.1 Needs Analysis

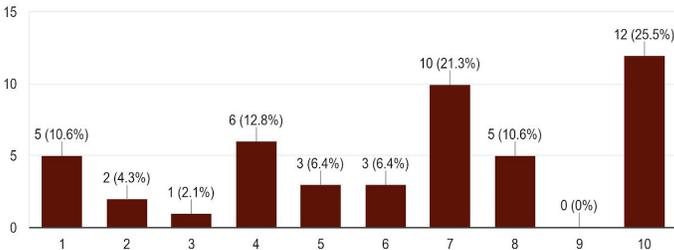
A needs analysis was conducted with 51 13 to 18 year old students to ascertain the relevance of such a project. Indeed, the 51 students indicated that they did not know much about depression and that they would not know how to act if they encountered depression. Thus, this interview confirmed the feasibility of the project.

3.2 Survey Results

The survey was done by 51 13-18 year old students. It shows a need for our resource package as it will aid students in having a greater understanding of depression as a whole, and thus should they encounter depression in any way in the future they would know how to help themselves or others.

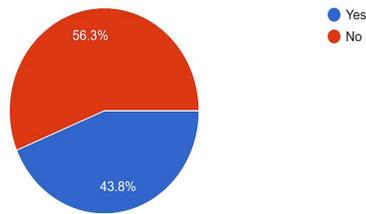
On a scale from 1-10, with 1 being a lot, how much do you think you know about depression?

47 responses



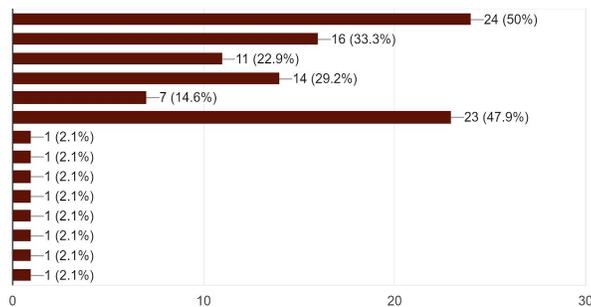
Should you become depressed, would you know how to help yourself?

48 responses



What kind of resources would interest you most?

48 responses



[\(Please click on this to access the full survey\)](#)

3.3 Development of Resources

We visited Silver Ribbon, which is a non-profit organisation which provides counselling services to those who have mental health problems. We interviewed one of the staff to gain a better understanding of depression, and we compiled those information in our resource package. Our project also had an instagram page where its followers were mostly those between the age of 13 to 18. We posted infographics of interesting facts there. Also, we interviewed our Hwa Chong school counsellor, who gave us tips on how to tackle school stress, which is a factor that may cause depression. The interviews gave us much greater insights into the topic of depression and we learnt a lot more

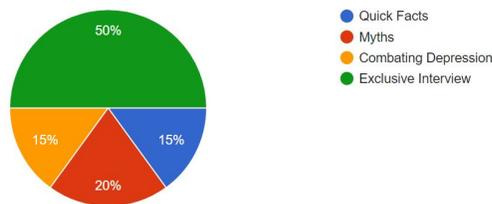
about Major Depressive Disorder (MDD).

3.4 Pilot Test

For our 1st Pilot Tests, we allowed around 10 students to utilise our resource package. For our 2nd Pilot Test, we allowed 20 students to utilise our resource package. These students were mostly our classmates in Hwa Chong. Our pilot test was done within the walls of our classroom, with participants our age. Firstly, we tested their understanding of depression before we gave them each 15 minutes to browse the website and afterwards, they gave us their opinions on the effectiveness of the website.

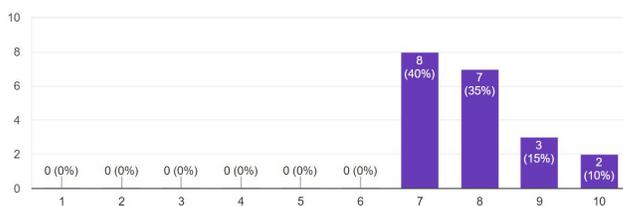
2. Which part of the package was the most interesting?

20 responses



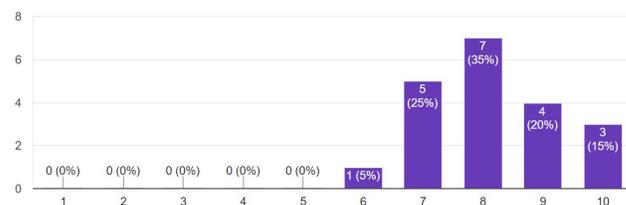
3. On a scale of 1-10 how useful were the facts provided?

20 responses



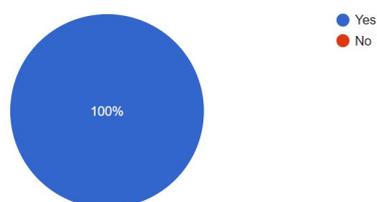
4. On a scale of 1-10 how useful were our videos?

20 responses



5. In conclusion, do you think our package has impacted you in any way at all?

20 responses



4 OUTCOME & DISCUSSION

Through our pilot test, we received feedback that our infographics were well designed and that their messages were concise. They said that the inclusion of an online platform for easy access was useful and that the content of the website was interesting. However, they said that we could have added more videos to increase the appeal of the entire package.

5 CONCLUSION

We have concluded that secondary school students have limited amount of knowledge on depression, especially on how to identify someone with it and how to tackle the problem. The infographics that we have included are also effective in disseminating information in an efficiently and effectively.

6 ACKNOWLEDGEMENTS

We would like to acknowledge and extend our deepest gratitude to the following

individuals, without whose help the project would never be a success.

Miss Anthea Chua (Silver Ribbon) and Mr Vincent Tan for kindly accepting our interviews and providing valuable suggestions.

Miss Loh Wei Ling for patiently guiding us throughout our entire journey as our mentor.

Secondary 3 classmates for their efforts in helping us with the needs analysis and pilot tests.

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