Cat 4 Resource Development

TRAPPED MAZE
04-79

Low Wei Sheng (3A1 20)

Aden Lim (3A3 19)

Gerald Tan (3A1 29)

Khoo Jun Ying (3P1 13)

ABSTRACT

Trapped Maze, also known as Project Trapped, is a learning package designed to educate youths about the subject pertaining to social anxiety disorders. It is a comprehensive online platform with relevant information about social anxiety disorders, so that any youth who needs the information someday can gain more knowledge about this disorder and be helped. The resource package aims to help viewers gain more understanding through the use of digestible infographics for visual learners, as well as via an original video that portrays the struggles of victims and their predicament.

INTRODUCTION

Rationale

Victims of social anxiety disorders frequently face society's discrimination and stigma of their condition can lead to undesirable consequences. Many youths are unaware of the fraction of our population faced with mental disorders, much less deal with them properly. Publicity through print media like books has been unable to get across to youths in present day, in the digital age we now live in. Therefore, we want to play a part and change this by raising awareness about anxiety disorders in Singapore through online & mobile media platforms.

Objectives

The aims of this package include

- raising awareness about anxiety and issues pertaining to it by educating our audience on social anxiety disorders
- reducing the prejudice towards people with social anxieties, a bias that is caused by society's misinformation about the topic

Target Audience

The target audience was secondary school students, aged 13-16.

- Next generation of leaders in Singapore's society

- Receptive to media information via media platforms

- Susceptible to increased stress, which can lead to anxiety disorders; "prevention is better than cure"

Resources

The components of the package include (1) a website, (2) several infographics, (3) an instagram account, (4) a skit video, along with (5) a quiz.
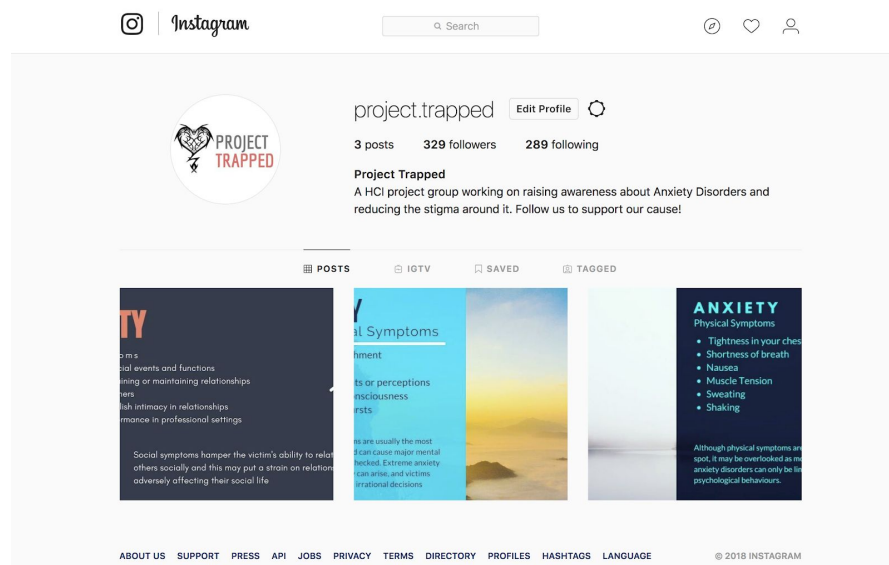
Review

Many other websites about social anxiety disorders were messy, incomprehensible or lacking in information. Hence, we felt that a website not only filled with relevant and compiled information catered to locals but also with unique components like infographics and videos would allow for a more engaging experience and a better understanding of the topic.

From the many websites found online and the drastic impacts that social anxiety disorders can have on a victim's life, we decided to make a website that would educate viewers on the topic.

Our website is a place where information is compiled and catered to a specific age group. The unique portions like infographics and videos, among other things, allow those in our target age group to be able to become more engaged and understand the topic better. This would be more effective than other websites as it is targeted and more tailored.

"About 10 per cent of the population in Singapore suffer from anxiety and depressive disorders. Out of this, six per cent have depression, 0.9 per cent have GAD, and three per cent have OCD," says A/Prof Lim.
https://www.healthxchange.sg/wellness/mental-health/anxiety-singapore-stats-types-risk

"**Disease Symptoms:** Intense anxiety in social situations, Avoidance of social situations and anxiety (including confusion), pounding heart, sweating, shaking, blushing, muscle tension, upset stomach, and diarrhea. Children with this disorder may express their anxiety by crying, clinging to a parent, or throwing a tantrum."
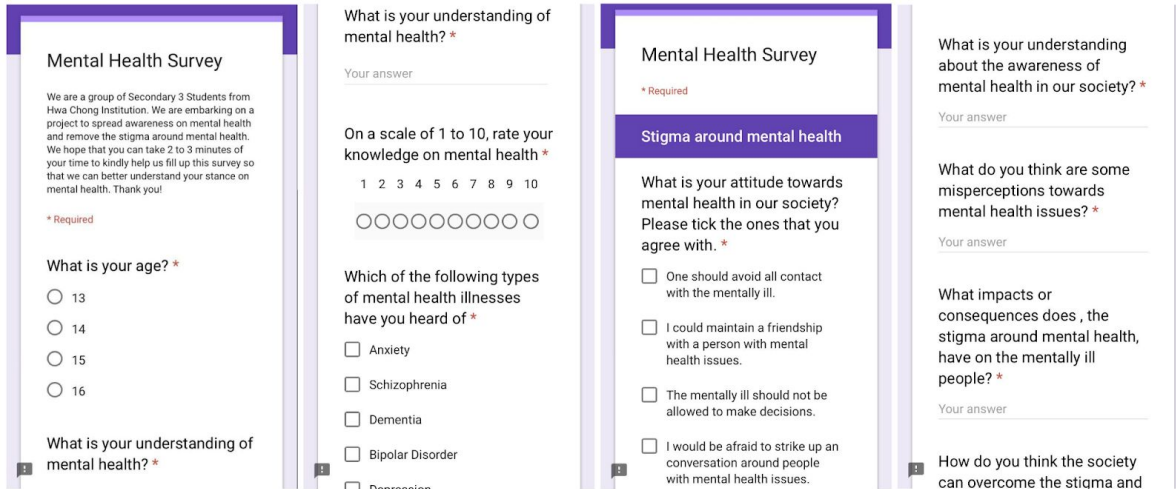*https://www.omicsonline.org/singapore/social-anxiety-disorder-peer-reviewed-pdf-ppt-articles/*
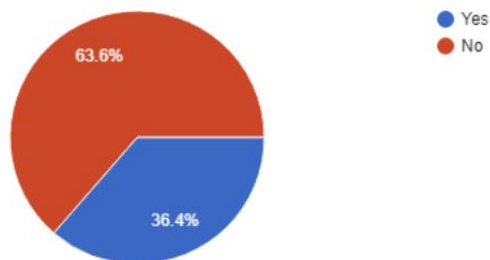
METHODOLOGY

Needs Analysis

To determine the relevance of our project, we created an online survey and sent it to students in our target range from various schools in Singapore. More than 50 responses were collated.
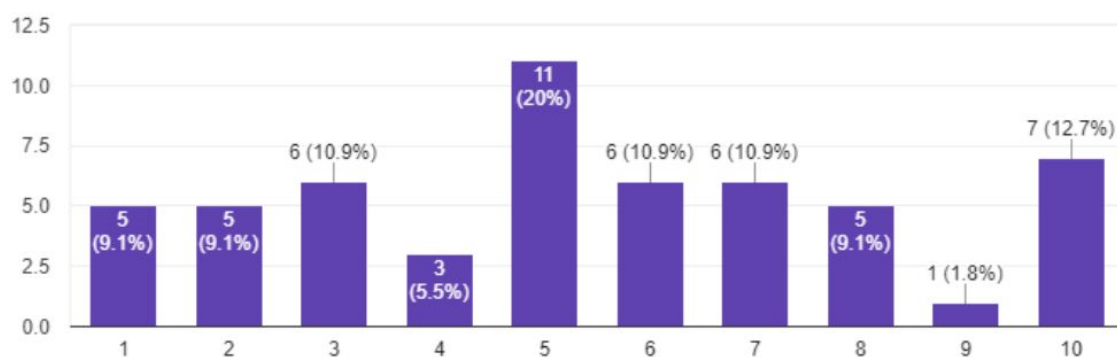
Survey Results

Should the need ever arise, do you know how to react and help yourself or those with mental health issues?

55 responses

- Yes
- No

63.6%

36.4%

On a scale of 1 to 10, rate your knowledge on mental health
55 responses

In summary, 54% of our respondents rated their knowledge of mental health to be 5 and below, and a substantial 63.6% said that they did not know the proper course of action to take in order to help those with mental health issues.

Development of Resources

We scoured multiple webpages to find information and managed to collate information such as symptoms, impacts, stigma, and possible treatments into a digestible portion in the website. We created an Instagram page, where we uploaded our infographics made on Canva, for publicity and to spread awareness. A video was also created; it was filmed at several locations including the National Stadium, East Coast Park and at Kallang Wave Mall, and was then edited and produced.

Pilot Test

We conducted our pilot test with several of our classmates, who fit in our target audience range. We have collected more than 30 responses to see if our project was relevant to the youths in the specified age range. It was done through a 10-question survey on our website using typeform.

PROJECT

TRAPPED

Social Anxiety Disorders

This is a survey created by Project Trapped and it's for people who came from our website. Please give us your honest feedback so we can improve and make the resource package better!

Start   press ENTER
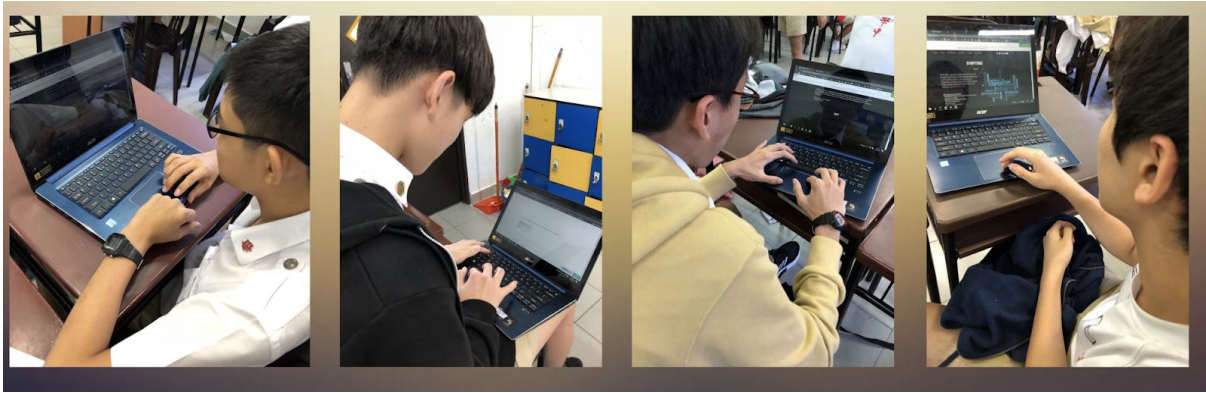
In general, the feedback received was positive. When we asked for constructive criticism, we were told to include more infographics and supply further investigation of relevant information, which will be looked into under areas for improvement.
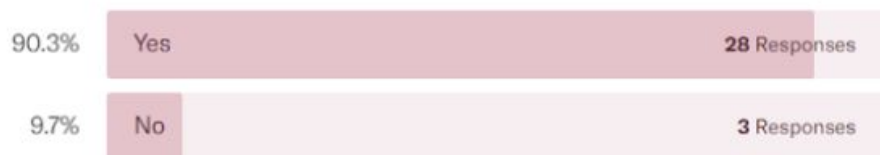

1 How much would you rate our website? Avg. 7.6

31 out of 31 people answered this question

1	2	3	4	5	6	7	8	9	10
3.2%	0%	3.2%	0%	3.2%	12.9%	16.1%	25.8%	22.6%	12.9%
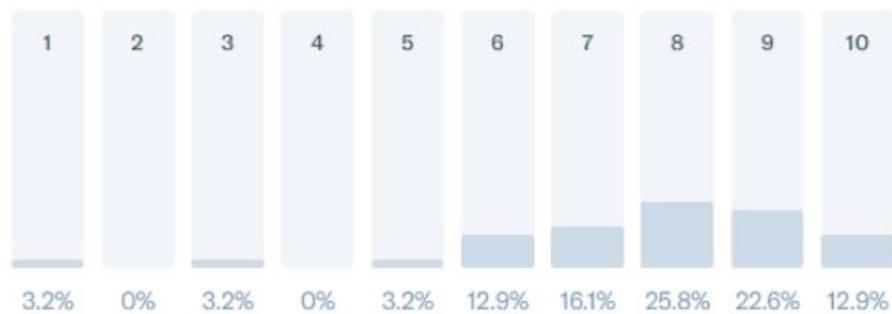
2 Was information in the website comprehensive?

31 out of 31 people answered this question

90.3%	Yes	28 Responses
9.7%	No	3 Responses

OUTCOME & DISCUSSION

With the success of the pilot test and mostly positive feedback, we gathered more evidence in support of the package's usefulness. The video was slightly altered to fit the topic of discussion, and the website itself has undergone some minor changes to fit more of the theme. Social media accounts were created in an attempt to help promote the cause. As a follow-up for improvement, the group will continue to respond to feedback, and likely to maintain the social media accounts.

CONCLUSION

Overall, our project was rather difficult to carry out because it required a lot of editing, coordination and the filming process was done over the span of our holidays. Even though we have had some disagreement, our group pulled through to complete the resources and forged stronger bonds through the process of working together. All members learnt valuable skills from the entire experience, including teamwork, perseverance, determination, resilience, adaptability, to finally complete the resource package as a team.

ACKNOWLEDGEMENTS

We would like to thank Ms Tong, who helped us collate our ideas and gave us numerous suggestions to make our project what it is today.

Our group would also like to thank all the evaluators for giving us invaluable feedback on how we can improve the package to make it a success.

A note of thanks to all our families and friends who have given us support in one way or another throughout the course of creating this resource package.

REFERENCES

WHO. (n.d.). Mental health: A state of well-being. Retrieved March 1, 2018, from
http://www.who.int/features/factfiles/mental_health/en/

Fortune (2016, October 10). This year's theme is mental health in the workplace. Retrieved March 4, 2018, from
http://fortune.com/2017/10/10/world-mental-health-day-2017-workplace-depression-anxiety/

SMH. (2015, September 3). 25 Ways You Can Impact Mental Health Awareness in Your Community. Retrieved March 4, 2018, from
https://mentalhealthscreening.org/blog/25-ways-you-can-impact-mental-health-awareness-in-your-community

WebMD. (n.d.). Types of Mental Illness. Retrieved March 6, 2018, from
https://www.webmd.com/mental-health/mental-health-types-illness#1

Mind.org. (2017, October). Mental health problems – an introduction. Retrieved March 11, 2018, from
https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/#.WrjjnC5ubIU

Lai, L. (2016, January 19). IMH study reveals stigma surrounding mental illness. Retrieved March 31, 2018, from
http://www.straitstimes.com/singapore/health/imh-study-reveals-stigma-surrounding-mental-illness

Goh, C. (2017, October 10). Self-imposed stigma compounds struggles of individuals with mental illness. Retrieved March 31, 2018, from
https://www.channelnewsasia.com/news/health/self-imposed-stigma-compounds-struggles-of-individuals-with-9286462

Philomin, L. E. (2015, October 06). Considerable stigma against mental illness: Study. Retrieved March 31, 2018, from
https://www.todayonline.com/singapore/considerable-stigma-towards-mentally-ill-imh-study

Lim, X. (2018, January 5). Why Is It So Hard To Talk About Mental Health? Retrieved March 31, 2018, from
https://www.hnworth.com/article/2018/01/05/why-is-it-so-hard-to-talk-about-mental-health/

Corrigan, P. W. (2014, August 1). The Impact of Mental Illness Stigma on Seeking and Participating in Mental Health Care. Retrieved March 31, 2018, from

https://www.psychologicalscience.org/publications/mental-illness-stigma.html

Wong, J. (2017, June 2). The Dark Side of Being Open About Mental Health. Retrieved April 01, 2018, from http://ricemedia.co/the-dark-side-of-being-open-about-mental-health/

Tan, J. (2015, October 08). Study: S'poreans think mental illness is sign of personal weakness. Retrieved April 01, 2018, from http://www.tnp.sg/news/singapore/study-sporeans-think-mental-illness-sign-personal-weakness

Shi Ping, L. (n.d.). Mental Health. Retrieved April 01, 2018, from https://www.healthxchange.sg/wellness/mental-health/fast-facts-mental-health-singapore

NAMI. (n.d.). Retrieved June 15, 2018, from https://www.nami.org/Personal-Stories/The-Stigma-of-Anxiety-Disorder

What Are the Treatments for Social Anxiety Disorder? (2017, July 18). Retrieved June 20, 2018, from https://www.webmd.com/anxiety-panic/treatments-social-anxiety-disorder

Social Anxiety Disorder: Symptoms, Treatment, and Self-Help for Social Anxiety and Social Phobia. (2018, June). Retrieved June 21, 2018, from https://www.helpguide.org/articles/anxiety/social-anxiety-disorder.htm

Social Anxiety Disorder Symptoms and Effects. (n.d.). Retrieved June 22, 2018, from http://www.timberlineknolls.com/mood-personality/social-anxiety/signs-effects/

Wittchen, H. U., & Beloch, E. (1996, June). The impact of social phobia on quality of life. Retrieved June 22, 2018, from https://www.ncbi.nlm.nih.gov/pubmed/8923105/