

# CAT 4 RESOURCE DEVELOPMENT

**Project Euphoria**

**Group 04-014**

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## **ABSTRACT**

Project Euphoria is a user-friendly, easy-to-use online resource package which aims to raise awareness for mental disorders among youth to remove stigmatisation between students, show that seeking help is not a sign of weakness, and encourage them to seek help. Students should be able to identify signs of depression and anxiety disorder. The online resource package provides solutions on how to cope with stress. The resource package includes a website, music playlist, information on stress, depression and anxiety disorders. Furthermore, there was direct contact with the school counsellor, a video story. An Instagram Page provided more insights into the creation of our resource. With students being increasingly tech-savvy, they are likely to access more information from their smartphones, hence we decided to digitalise our resources such as crafting a website and making use of Instagram.

## **1 INTRODUCTION**

### **1.1 Rationale**

Mental health disorders have become more prevalent among teenagers. Many teenagers are afraid to seek help and also experience stigmatisation. 1 in 5 young people suffer from a mental illness, (Mental disorders, n.d.). Therefore, we felt it was important for teenagers to understand more about this topic so that we can knock down barriers of stigmatisation, provide an avenue where those who suffer from these mental health disorders can seek help, to be able to spot the signs and help their friends or themselves to seek help.

### **1.2 Objectives**

The objectives of Project Euphoria are to:

- To raise awareness for mental disorders among youth to remove stigmatisation

between students, and show that seeking help is not a sign of weakness

- To help students identify signs of depression and anxiety disorder (ABCs of mental health disorders)
- To provide solutions on how to cope with stress.

Mental health disorders we decided to focus on: depression and anxiety disorders.

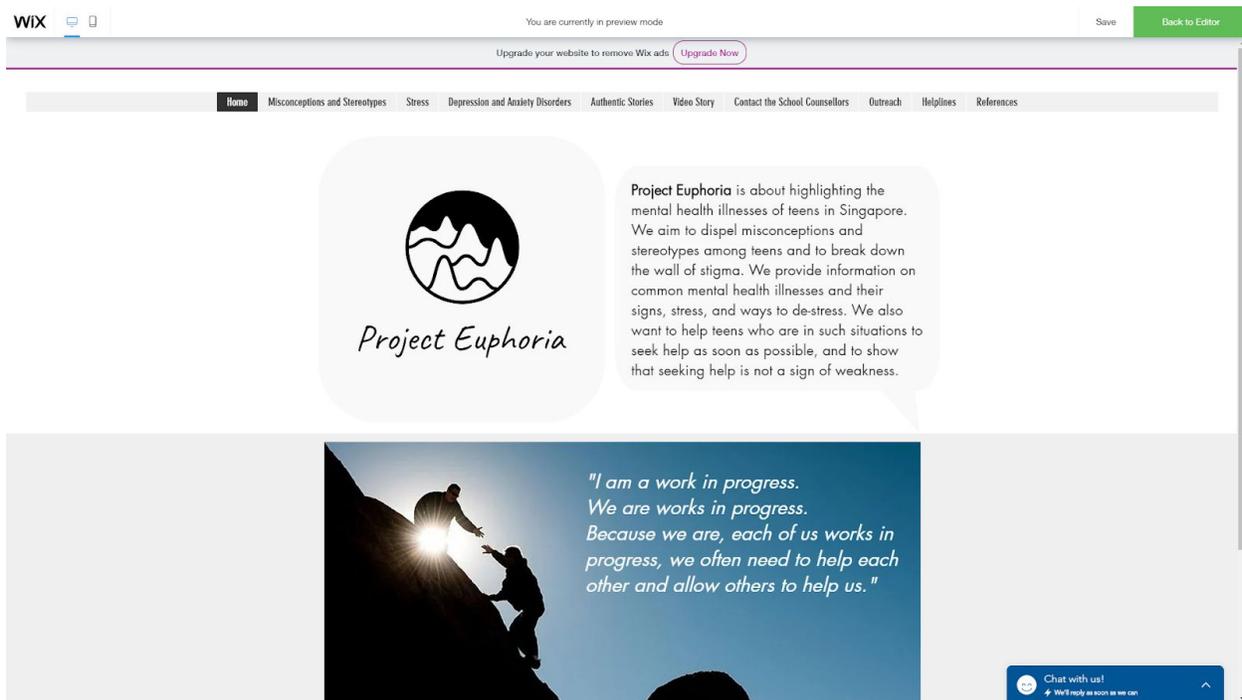
### **1.3 Target Audience**

The target audience was Secondary School Students (Age 13 -16).

### **1.4 Resources**

For this project, we created a website with authentic stories and accounts of those who suffered from depression and anxiety disorders and we provide solutions and ways to cope with stress and the signs of depression and anxiety disorders. We have included helplines, a direct messenger to the school counsellors in Hwa Chong Institution and common misconceptions and stereotypes about mental health disorders. We crafted short informative videos on the different types of stress together with the signs of depression and anxiety disorders and a video story for students to better understand what a person that suffers from mental health disorders is going through. We set the context of the story to be in Singapore, to increase relevance for our target audience. We have posters that include information on depression and anxiety disorders, such as signs and solutions, ways to cope with stress and inspirational quotes. Furthermore, we have an Instagram account. Since many teens use Instagram, and they are our target audience, we created an Instagram account to have better outreach. It included authentic stories and accounts of those who had suffered from depression or anxiety disorders. It also contains facts, encouraging quotes, poems. Youths can relate more

easily to these authentic accounts which they might have encountered before. These posts seeked to encourage teens to understand more about those who suffer from mental health disorders, break down the walls of stigma, encourage those who are feeling down or are suffering these mental health disorders, to let them know that there is a way to get help and there is no shame in seeking help.



Website's homepage (<https://tinyurl.com/projecteuphoria>)



PLAYLIST

# Project Euphoria

Listen to the music here when you want to de-stress, study, take a break, hope you enjoy it.

xuanyoung · 5 hr 2 min



...

♪ <b>Sidereus</b> Alma Gratte · Sidereus	3:27
♪ <b>Fermez vos yeux</b> Matilda Charple · Fermez vos yeux	2:34
♪ <b>Rojo</b> Sebastián Escofet · Ambientalismo	2:18
♪ <b>Quando sorridi</b> Vala Capon · Quando sorridi	2:03
♪ <b>Summer Memories</b> Gavin Luke · Summer Memories	2:47
♪ <b>Sunbleached Memory</b> Toledo Rains · Sunbleached Memory	2:35
♪ <b>City Lights</b> Oliver Eviño · City Lights	2:06
♪ <b>Peace</b> Johann Eder · Peace	3:02
♪ <b>Notte</b>	3:19

*Spotify Playlist*

# How to cope with stress



## 1.) EXERCISE

It is one of the best ways to reduce stress and to improve overall quality of health. Be sure to do it regularly! It can be any form of exercise

## 2.) EAT A BALANCED DIET

Include fruits and vegetables, as well as foods which are high in complex carbohydrates. An ideal diet also has moderate amounts of protein while remaining low in fat.



## 3.) MANAGE YOUR TIME

It may sound repetitive but this is essential when you have to juggle numerous projects or roles. Always give yourself sufficient time to accomplish your tasks.

## 4.) ADOPT GOOD SLEEPING HABITS

You should try your best to go to bed and wake up about the same time everyday, try to get at least 7 to 8 hours of sleep!



## 5.) LAUGH!

Laughter helps to stimulate organs, releases endorphins and eases tension, so have a good laugh!

# SIGNS OF DEPRESSION



Poor Sleep



Weight Loss



Lack of focus in studies



Lack of Energy



Preoccupied with negative thoughts

For more information visit our site

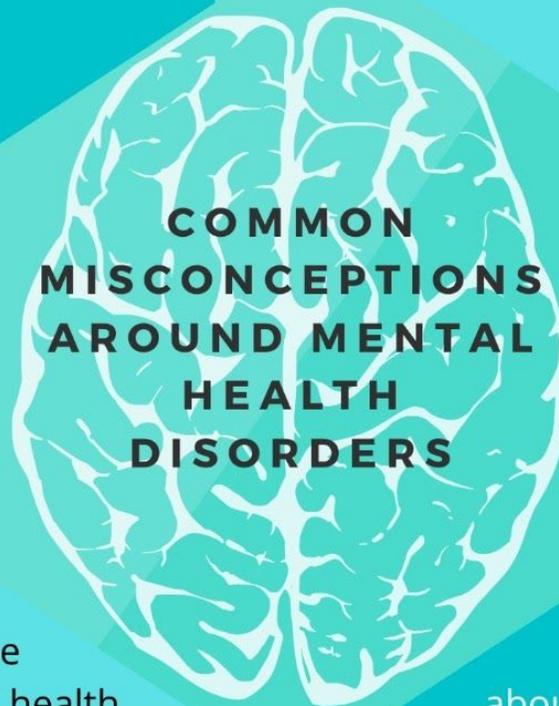
FOLLOW THESE STEPS TO DE-STRESS!

### You Never Recover

A lot of people can and do recover. There is a huge variety of treatments and approaches to help those who are suffering from mental health disorders.

### It is a sign of weakness

Having a mental health disorder is not a sign of weakness. They can affect people from all walks of life. Developing a mental health disorder is not the fault of the person with the condition



### People with mental health disorders are violent

Violence is more often meted out by normal people without mental illness. While others may perceive them as attention-seeking and not keen to change.

### Talking about them only makes it worse

It can be very isolating to cope with these disorders by yourself, and keeping these thoughts and feelings to yourself often makes us feel much worse. Talking to a counsellor can help you make sense of your feelings.

## **2 REVIEW**

Unlike other websites which are content-heavy, we sought to make our resources more appealing for our target audience, by introducing more infographics and making the contents more accessible and less word-centric. This would make it easier for our target audience to understand and learn from our resources and can relate to the resources as it depicts issues faced by them.

## **3 METHODOLOGY**

### **3.1 Research, Needs Analysis and Interviews (with professionals)**

A needs analysis was conducted to ascertain the relevance of this project. A questionnaire was constructed to ascertain the respondents' understanding of their knowledge on mental health disorders and the current situation on mental health among teens. We did much research and conducted interviews with professionals in this field.

### **3.2 Research**

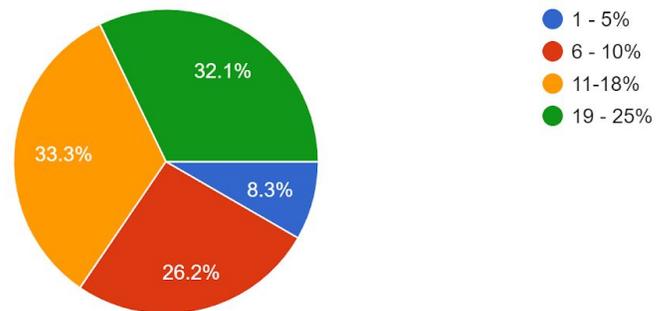
We did research to find out the severity of the issue. According to The First Singapore Mental Health Study in 2016, 1 in 7 people in Singapore had experienced a mental disorder in their lifetime. This problem is severe, with many teenagers suffering from mental health disorders, and people are most susceptible to depression between 12 and 24. This ascertained our concern about the issue. In fact, about 50% of mental illnesses appear before age 14, with the rate increasing to 75% before age 24. A lot of youths may not understand what they are going through. Our research also shows that individuals feeling depressed tend to stay away from others and keep their problems to themselves. We used this information to design our package. We conducted research on other websites such as the IMH website or the Teen Mental Health website. We found that these websites were targeted towards a wide range of audiences, and some targeted specifically for Americans, which did not provide much help for our target

audience. We looked at the existing solutions and packages, and decided on our course of action on how we could improve upon them for our project.

### 3.3 Survey Results

How many percent of people around the world suffer from mental health disorders?

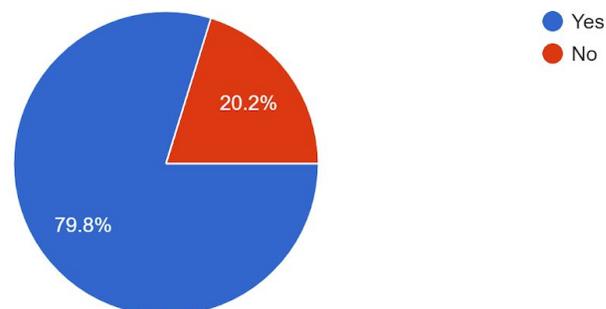
84 responses



The correct answer was 11-18%, but the majority put either, 1 - 5%, 6 - 10% or 19 - 25%. We can see many people still do not understand the issue well.

Do you think mental health disorders are prevalent amongst Secondary School students in Singapore?

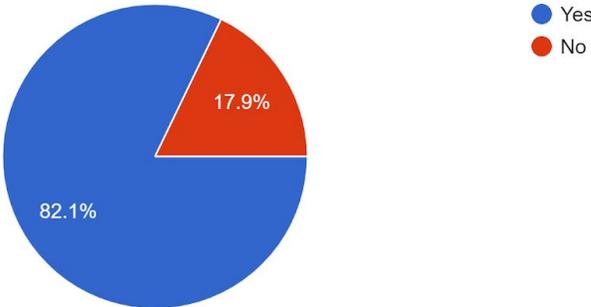
84 responses



Majority could understand that mental health disorders were becoming more prevalent amongst secondary school students.

Do you feel that there is a need for easy access to a resource/to raise awareness on mental health issues for Secondary School students in Singapore?

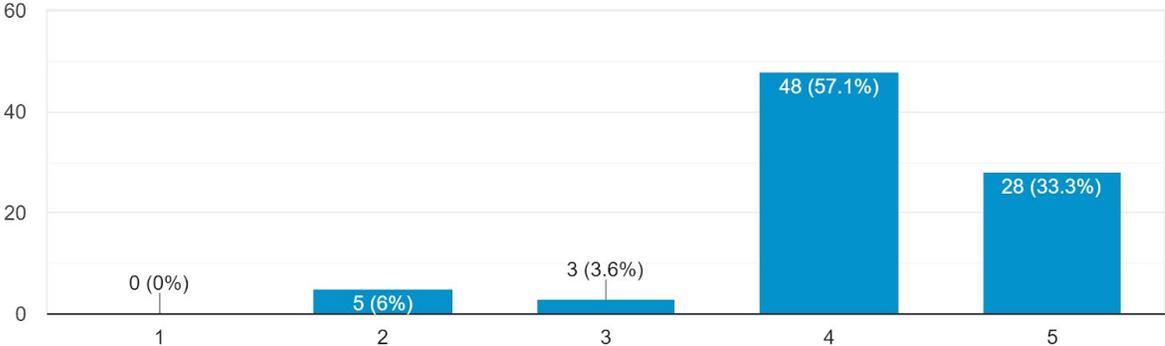
84 responses



Majority felt that a resource to raise awareness was necessary.

On a scale of 1 to 5, how much do you think a resource can help, by providing solutions and raising awareness about this topic?

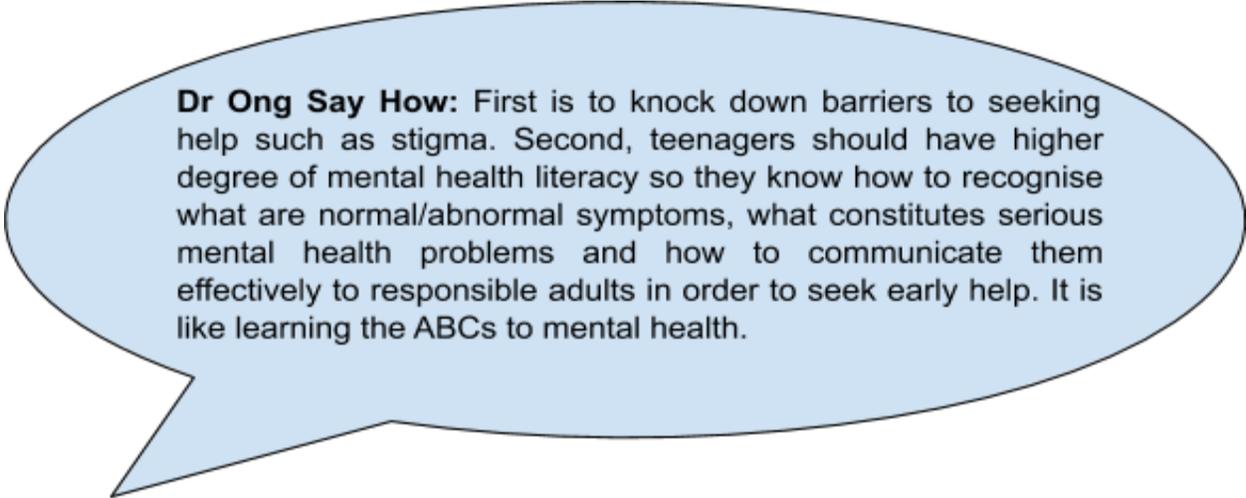
84 responses



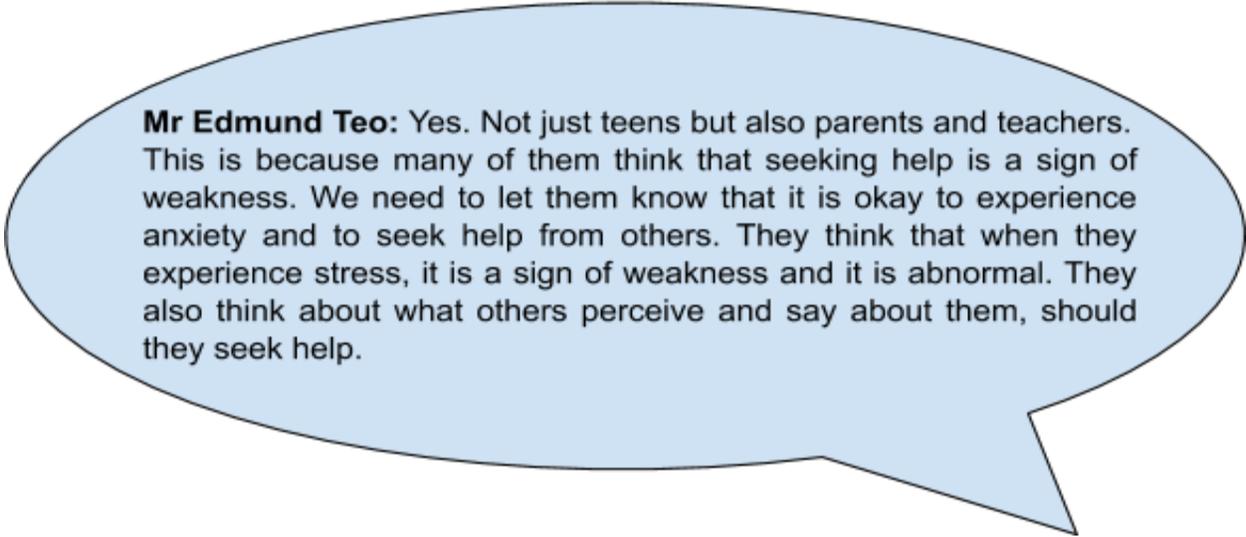
Many felt that having a resource would be able to help those who suffer from mental health disorders. They recognised the need for mental health resources due to the sizable number of people who have mental health disorders.

### 3.4 Interviews

We conducted interviews with Dr Ong Say How (Senior consultant and chief of the department of developmental psychiatry at the Institute of Mental Health (IMH)) and our school counsellor, Mr Edmund Teo.



**Dr Ong Say How:** First is to knock down barriers to seeking help such as stigma. Second, teenagers should have higher degree of mental health literacy so they know how to recognise what are normal/abnormal symptoms, what constitutes serious mental health problems and how to communicate them effectively to responsible adults in order to seek early help. It is like learning the ABCs to mental health.



**Mr Edmund Teo:** Yes. Not just teens but also parents and teachers. This is because many of them think that seeking help is a sign of weakness. We need to let them know that it is okay to experience anxiety and to seek help from others. They think that when they experience stress, it is a sign of weakness and it is abnormal. They also think about what others perceive and say about them, should they seek help.

### 3.5 Development of Resources

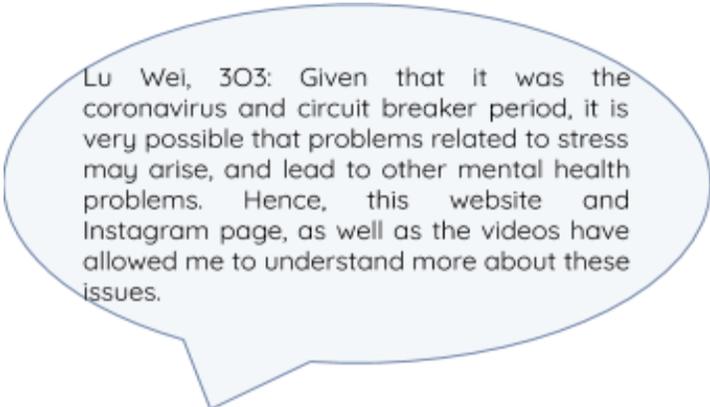
A review was carried out on the various existing resources for mental disorders, and information was gathered. There were interviews conducted with Prof. Ong Say How

and Mr Teo. Posters were created from the information gathered. The video story was crafted from scratch with help from Mr Teo and Dr Ong. We took inspiration from the information researched and interviews conducted. (*Link to our video story: <https://www.youtube.com/watch?v=u-Ex95PppRk&t=582s>*) The music in our playlist was chosen specifically to reduce stress. All resources were then finally added to the website. We created informational videos on stress and signs of depression and anxiety disorders, as well as Instagram posts and posters that were crafted from scratch, based on our research and interviews. (*Instagram account: [pro.jecteuphoria](#)*)

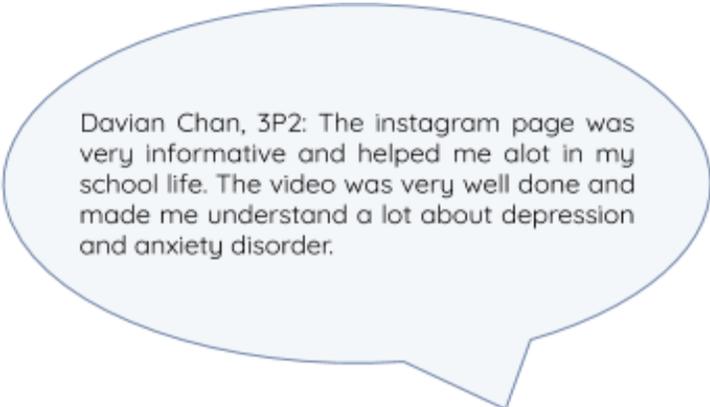
## 4 OUTCOME & DISCUSSION

We conducted a pilot test, and received feedback from our peers and Mr Teo.

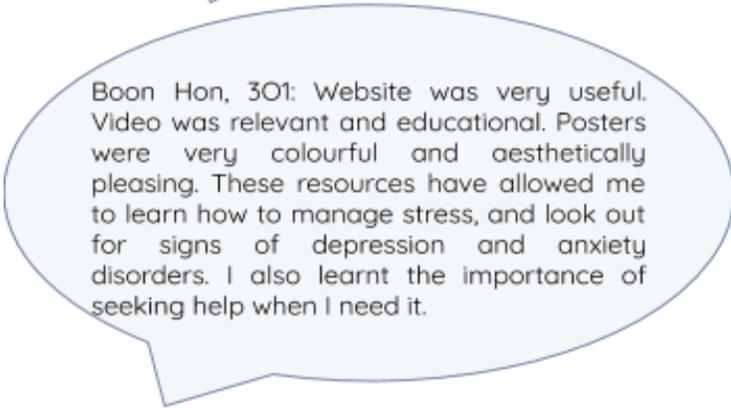
### 4.1 Feedback and Pilot Test



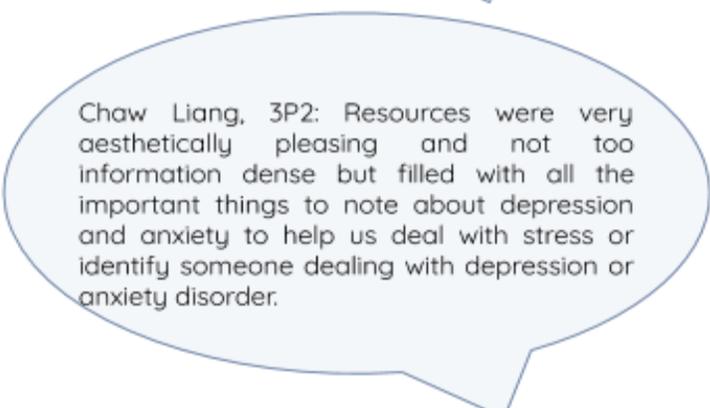
Lu Wei, 3O3: Given that it was the coronavirus and circuit breaker period, it is very possible that problems related to stress may arise, and lead to other mental health problems. Hence, this website and Instagram page, as well as the videos have allowed me to understand more about these issues.



Davian Chan, 3P2: The instagram page was very informative and helped me alot in my school life. The video was very well done and made me understand a lot about depression and anxiety disorder.

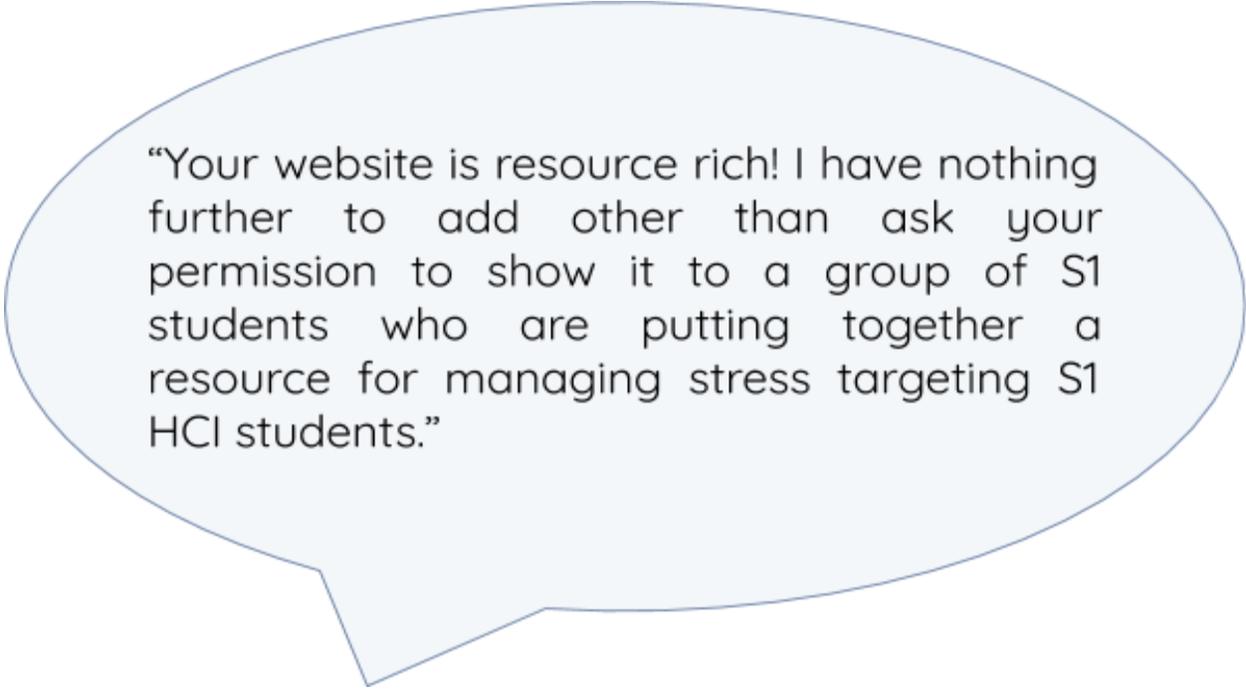


Boon Hon, 3O1: Website was very useful. Video was relevant and educational. Posters were very colourful and aesthetically pleasing. These resources have allowed me to learn how to manage stress, and look out for signs of depression and anxiety disorders. I also learnt the importance of seeking help when I need it.



Chaw Liang, 3P2: Resources were very aesthetically pleasing and not too information dense but filled with all the important things to note about depression and anxiety to help us deal with stress or identify someone dealing with depression or anxiety disorder.

*Feedback from peers*



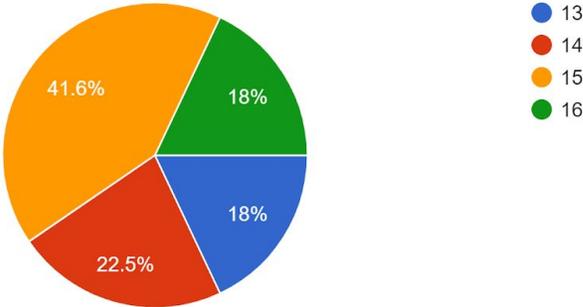
“Your website is resource rich! I have nothing further to add other than ask your permission to show it to a group of S1 students who are putting together a resource for managing stress targeting S1 HCI students.”

*Feedback from Mr Teo*

We received 89 responses for our pilot test.

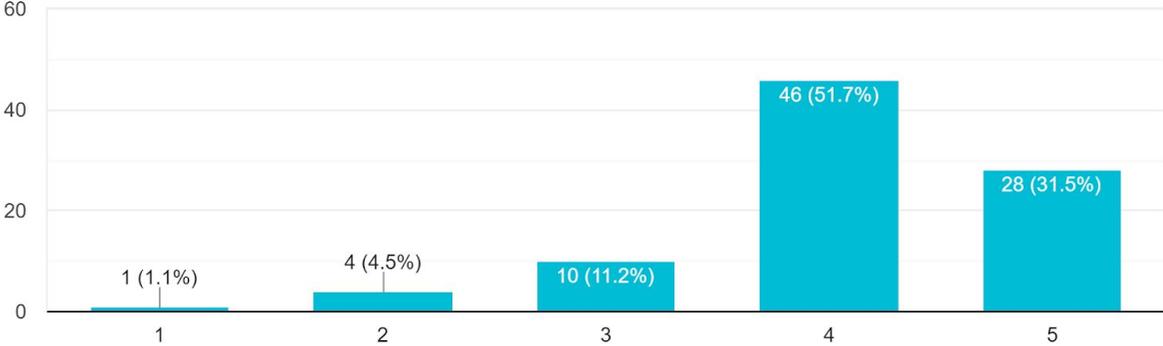
### Age

89 responses



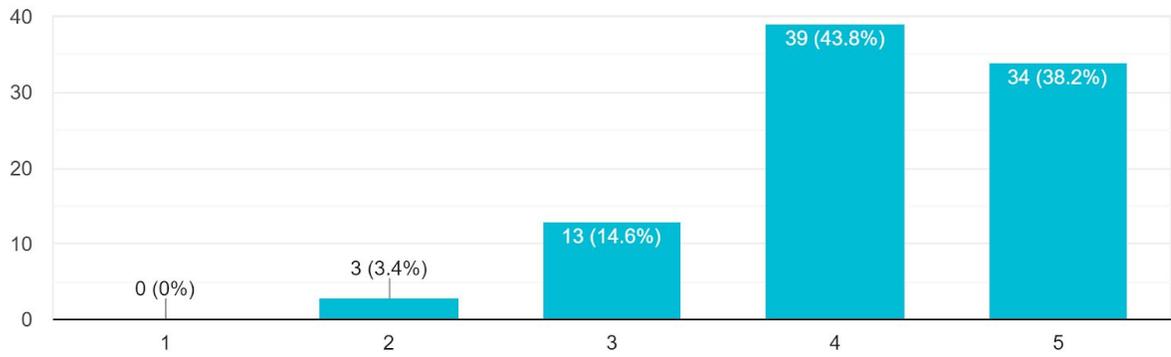
### How informative was our website

89 responses



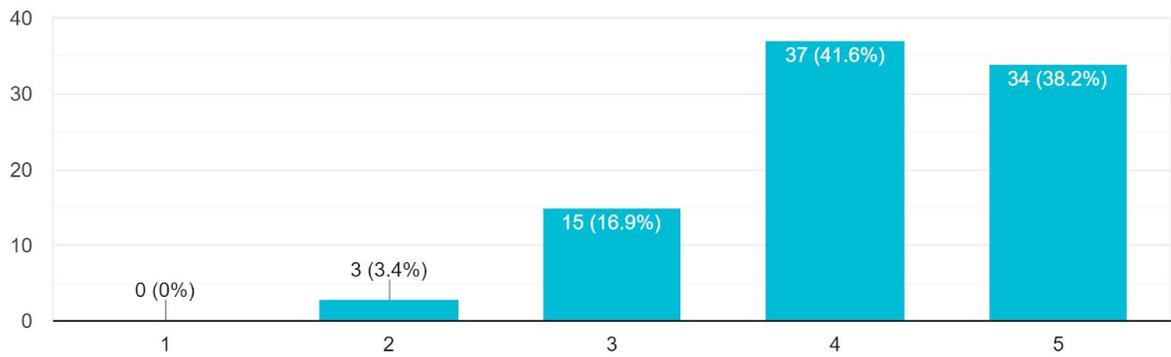
### How user-friendly was our website

89 responses



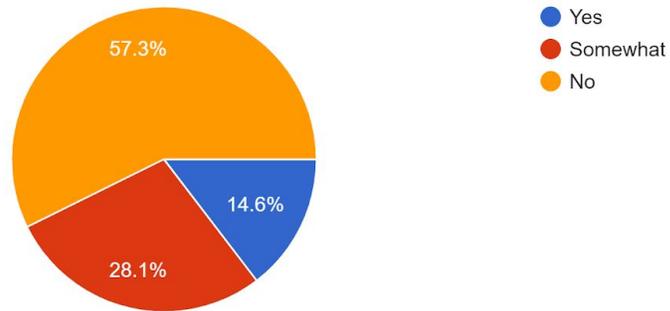
### Design of the Website

89 responses



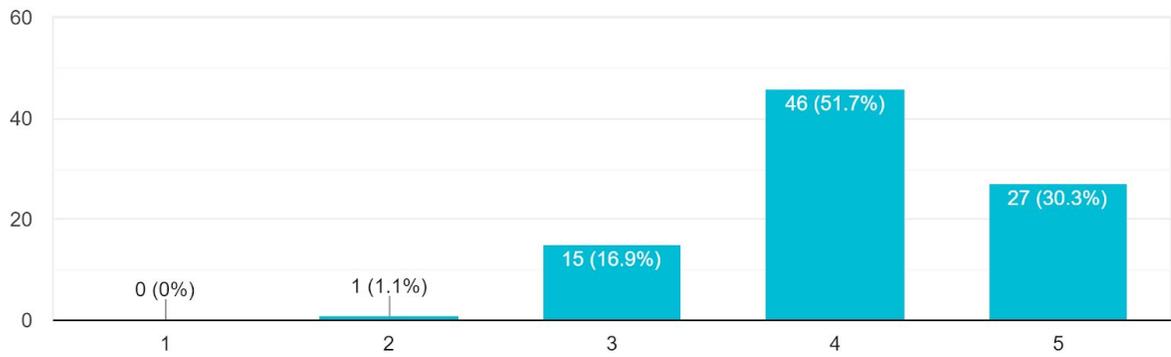
### Were the posts too wordy to understand?

89 responses



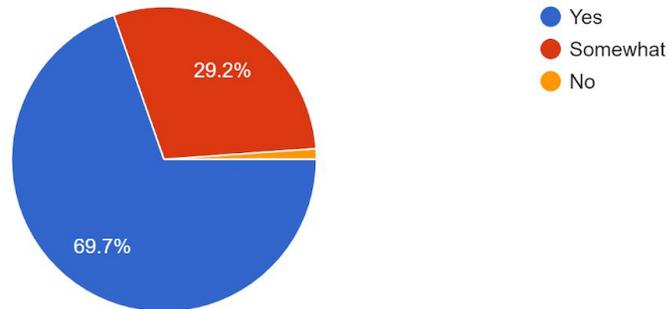
### Design of the posts

89 responses



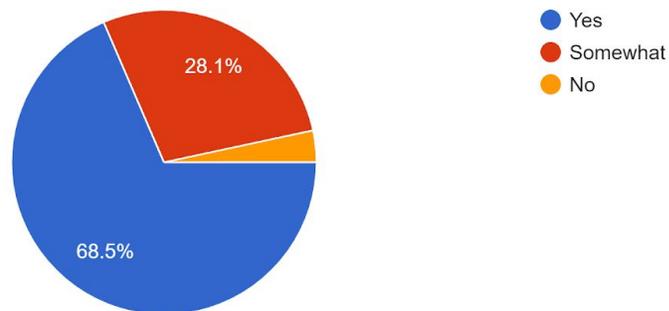
Did the posts on our Instagram page allow you to gain more insights on mental disorders?

89 responses



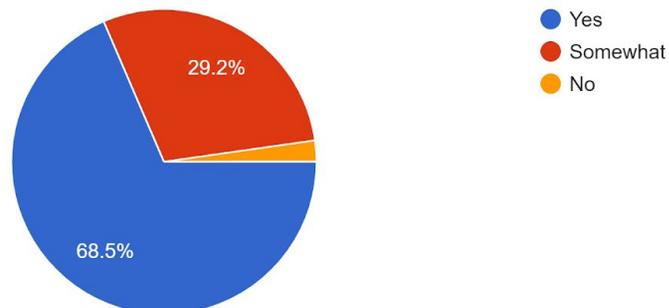
Have you gained a better understanding of how those who suffer from mental health disorders feel?

89 responses



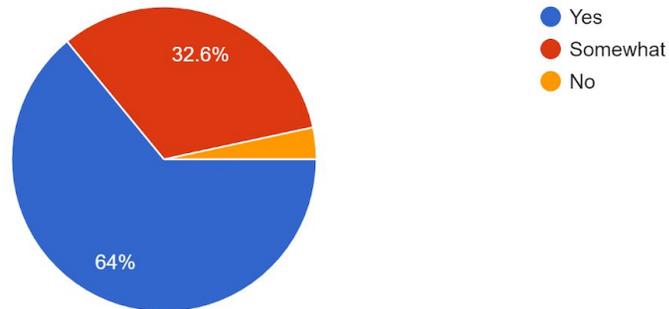
Have you learnt what stress is and what kind of stress there is?

89 responses



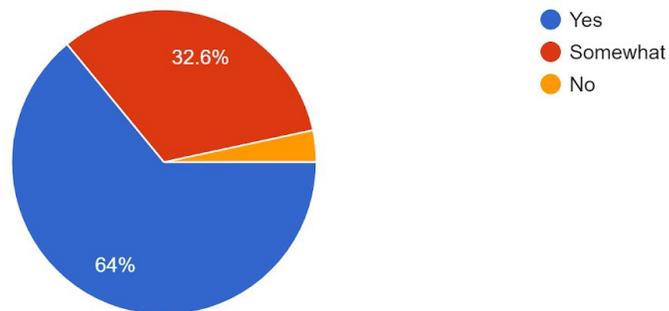
Have you learnt about more ways to cope with stress?

89 responses



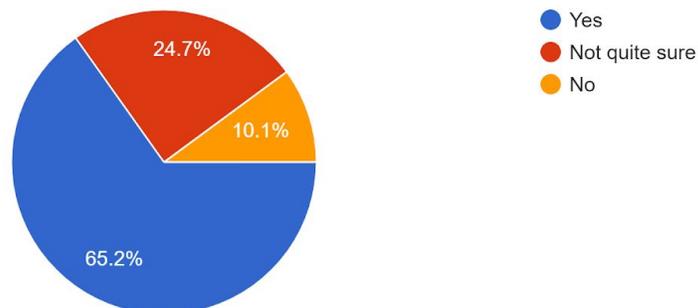
Have you learnt about more ways to cope with stress?

89 responses



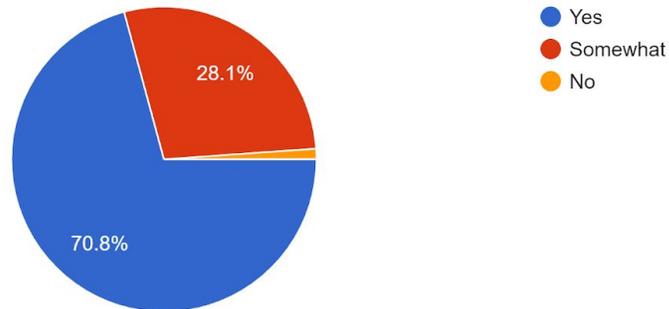
Do you know what to do when you identify that your friend/peer/family member is suffering from depression or anxiety disorder?

89 responses



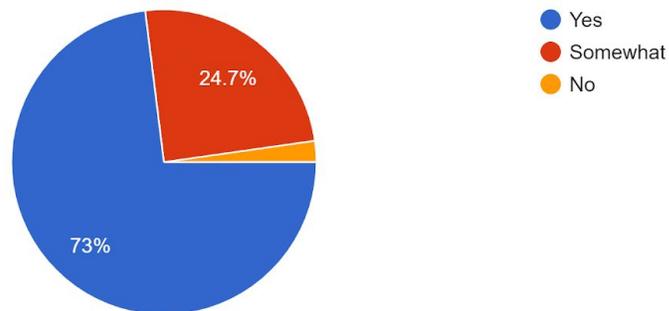
Were the posters informative?

89 responses



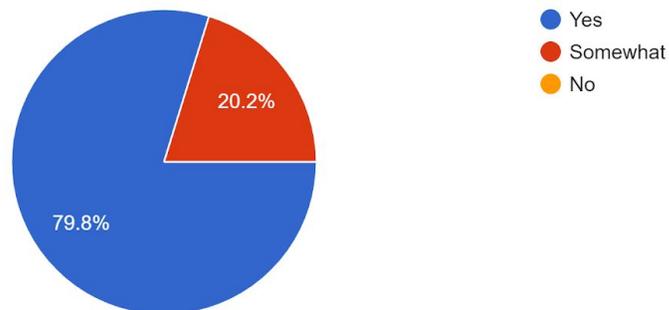
Were the posters of a wide range of formats? (Poems, quotes, facts, photos)

89 responses



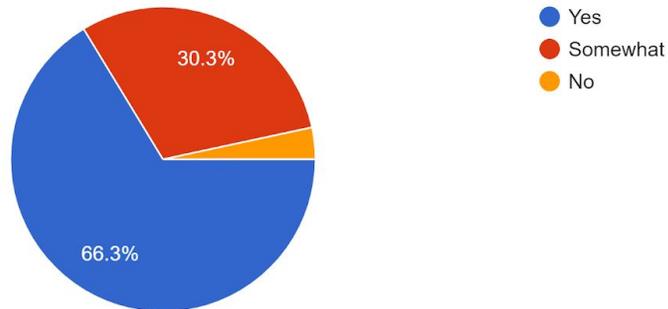
Were the posters easy to understand?

89 responses



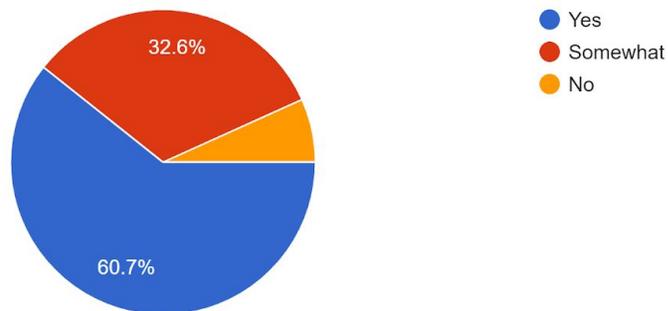
Were the posters eye-catching?

89 responses



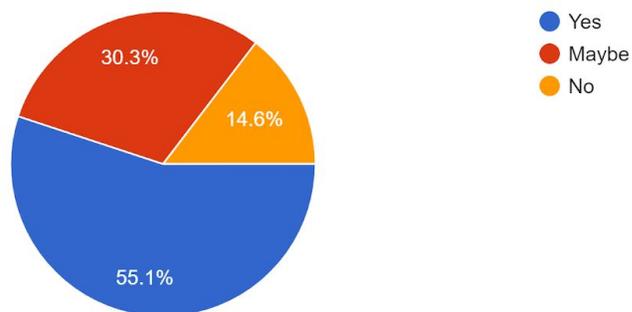
Was the music in the playlist useful in calming oneself down?

89 responses



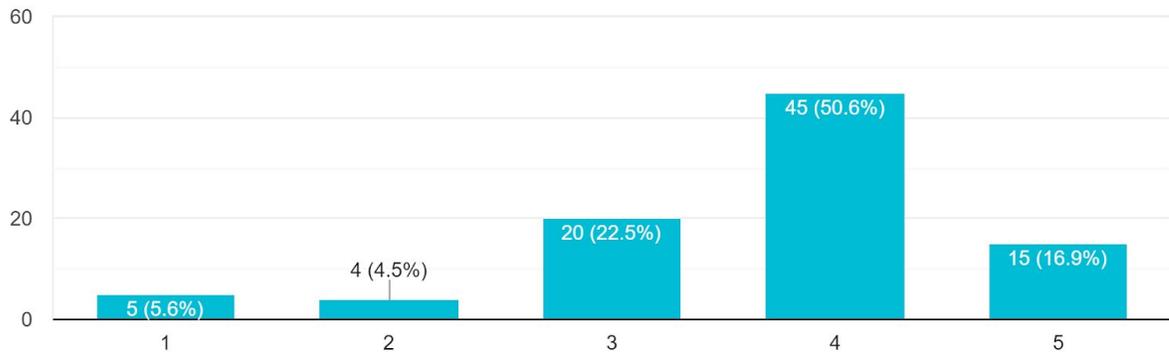
Would you recommend this playlist?

89 responses



How often would you use this playlist

89 responses



We concluded that our website was informative and user-friendly. However, our posts might be a bit wordy as suggested by respondents. Many learnt more about stress, anxiety disorders, and depression. Our playlist was useful in calming oneself down. From our video story, many learnt more about mental health, that we should open up to someone, how to look out for signs of depression, seeking help is not a sign of weakness, and we should seek help when needed. Overall the resources were well-received.

## 5 CONCLUSION

It has been a challenging project as it required many hours of rigorous work to design the platform, conduct interviews and research on this topic. The whole journey had enabled the group to develop many skills. Critical thinking and creativity were crucial during the initial stages of the project, while designing the website, posters, Instagram posts and our video story. Perseverance and patience were key to the completion of the project. We have gained a greater understanding on this topic and its importance.

## 6 REFERENCES

- Source: CNA (2019). [website] Retrieved from:  
[https://www.channelnewsasia.com/news/singapore/suicides-number-2018-teenagers-boys-highest-11761480?cid=h3\\_referral\\_inarticlelinks\\_24082018\\_cna](https://www.channelnewsasia.com/news/singapore/suicides-number-2018-teenagers-boys-highest-11761480?cid=h3_referral_inarticlelinks_24082018_cna)  
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