

CAT 4 RESOURCE DEVELOPMENT

Group 4-023

Atypical, Manic or Persistent?

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ABSTRACT

Project Atypical, Manic or Persistent (AMP) is a project that researches depression and aims to keep lower secondary informed of the signs and symptoms of depression and where to seek professional help. The AMP website provides a myriad of information directed at teenagers of the age group of 12 to 14. The site gives advice given by the school counsellor to relieve stress, which is one of the leading causes of depression in Hwa Chong Institution. Project AMP's Instagram page shares interesting facts and comic strips about depression. Both are easily accessible only through any students' devices and have reached out to a large number of people. A workshop was also organised to share and also assess participants' knowledge through an interactive quiz. The project was continuously improved by receiving individual feedback and suggestions from viewers frequently.

1 INTRODUCTION

1.1 Rationale

Depression is the most common mental disorder, with one in 16 people in Singapore having the condition at some point in their lives (Cynthia Choo, 2018). As the trend of teens having depression is on a steady increase, we aim to spread awareness about depression in Hwa Chong among students aged 12-14, so that they will be able to seek help early from school counsellors, when they recognise the symptoms and signs of depression.

1.2 Objectives

The objectives of Atypical, Manic, or Persistent is to help Hwa Chong students aged 12-14 to identify symptoms of depression so that they can help the people around them and also themselves if they ever encounter depression and to spread awareness about depression and its common symptoms.

1.3 Target Audience

The target audience was Secondary 1 and 2 students of Hwa Chong Institution.

1.4 Resources

The resource packages created for this project was an online sharing session, Instagram page, and a website. Our Instagram page posts fun facts about depression through posters and comic strips. Our website describes everything that students might be concerned to know more about depression in detail such as types of depression, symptoms of depression etc. , as well as information we collated from interviewing the school counsellor.

Some pictures from our resource packages:

Instagram:

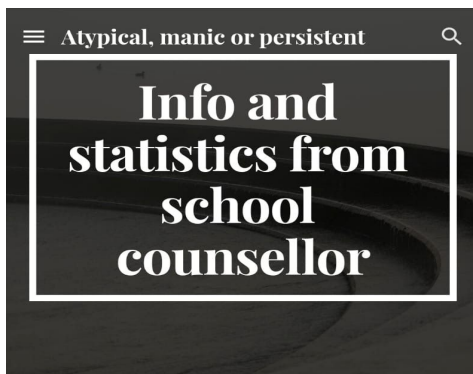


Did u know?



**IN 2017, AN ESTIMATED 264
MILLION PEOPLE IN THE
WORLD EXPERIENCED
DEPRESSION.**

Website:



After interviewing our school counsellor Mr Edmund Teo, this is what we have gathered:

- There are 5 cases of clinical depression and over 20 cases of anxiety that requires treatment and medication in our school this year.
- Most students are referred by parents and teachers and do not seek help on their own.
- Things like failing a test, a failed relationship and bullying can trigger depression as it can cause a student to



1. Reach out and stay connected

When one suffers from depression he will tend to isolate and stay away from their loved ones or close friends and this might result in their condition worsening. Staying connected to other people and taking part in social activities will also help improve one's mood and outlook. Reaching out is not a sign of weakness and it won't mean being a burden to others. One should always remember that he would always have his family and friends to count on and should continue to forge stronger ties with friends or family. And if you don't feel that you have anyone to turn

2 REVIEW

Although some websites are already available on the Internet that consist of information about depression, we wanted to provide information on the signs more directed at the age group of our target audience. We also want to provide advice that is able to help counter stress, a factor that commonly causes depression in teenagers.

3 METHODOLOGY

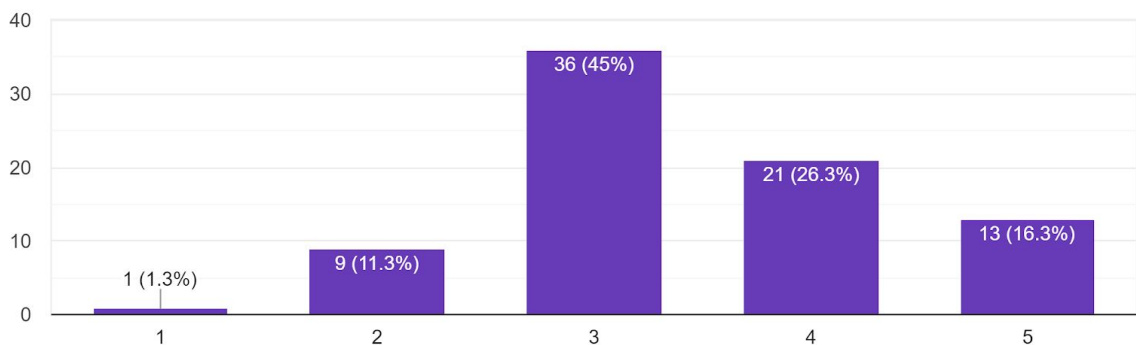
3.1 Needs Analysis

A needs analysis was conducted to ascertain the relevance of such a project. Firstly, an online survey was sent out to our target audience to test their knowledge of depression. There were 80 respondents to our survey, and these responses further show the need of spreading awareness about depression as only half managed to get 3 out of 5 marks of the survey, which shows they know very little about depression.

3.2 Survey Results

On a scale of 1 to 5, how well do you think you know about depression.

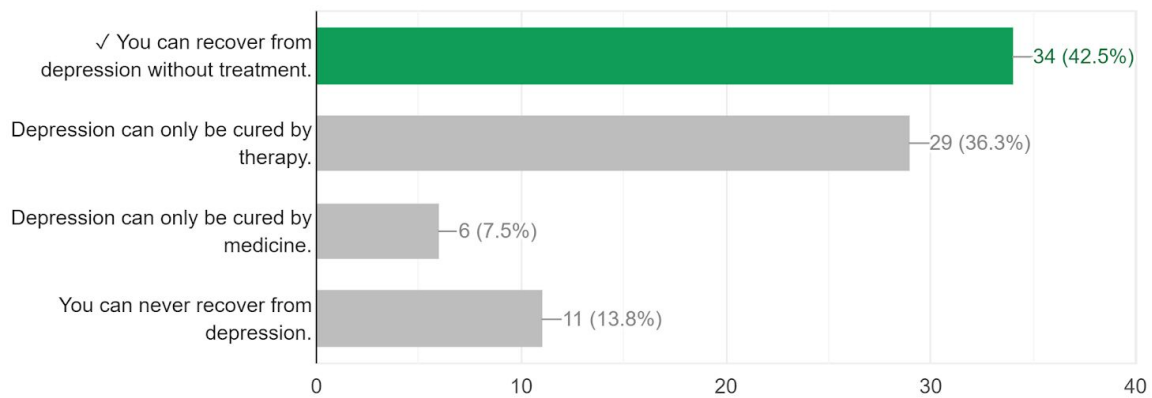
80 responses



Most of the respondents rated themselves a 3 out of 5 in terms of their knowledge on depression.

Which of the following is true?

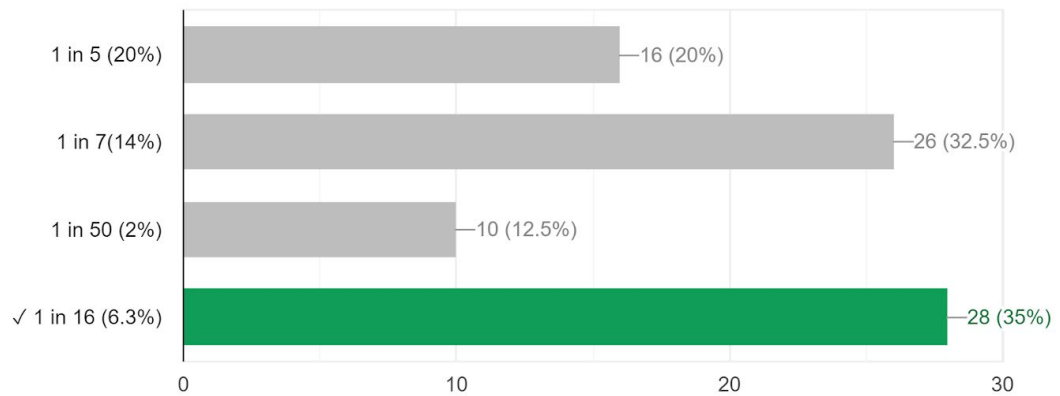
34 / 80 correct responses



Although most of the respondents knew that you could recover from depression without treatment, over 36% of them believed depression could only be cured by therapy.

Do you know how many percent of people in Singapore have depression?

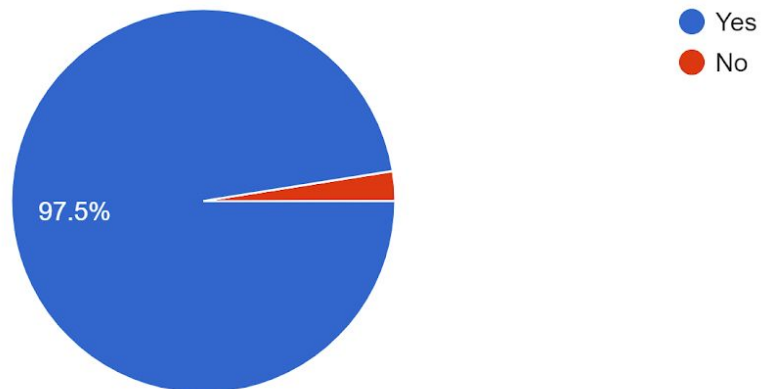
28 / 80 correct responses



Only 35% of the respondents knew 1 in 16 Singaporeans have depression.

Do you think we should spread more awareness on depression?

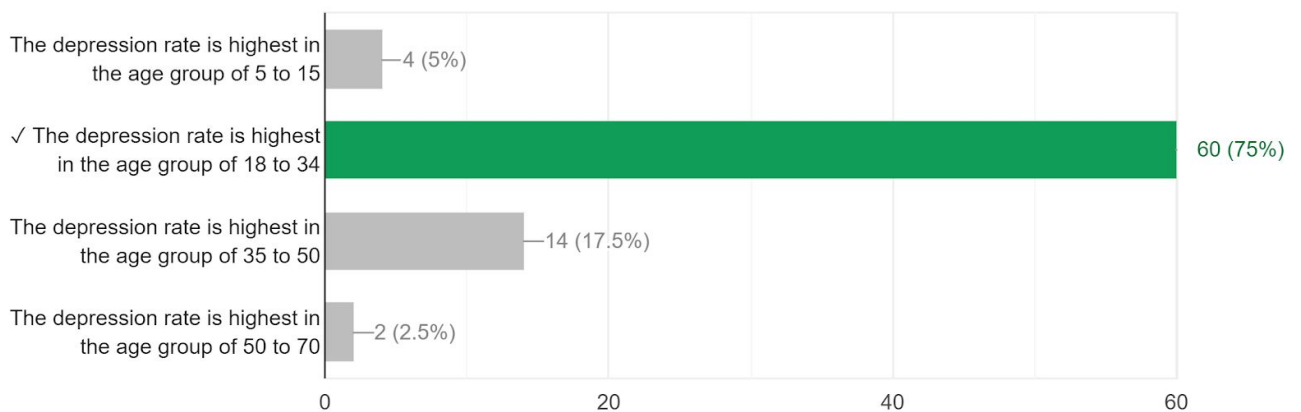
80 responses



97.5 % of respondents felt that we should spread more awareness on depression.

Which of the following is true?

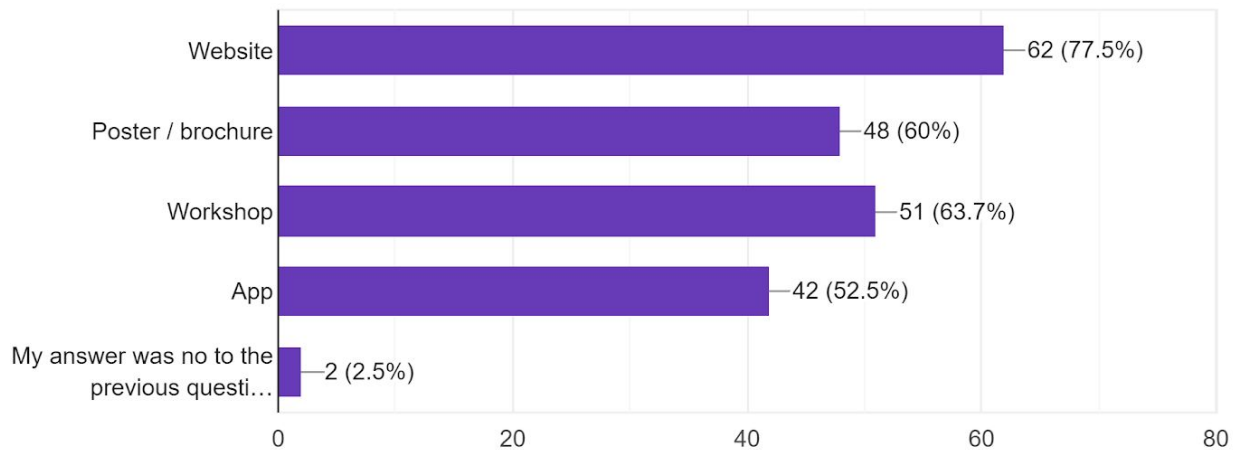
60 / 80 correct responses



75% of the respondents knew that the depression rate was the highest in the age group 18 to 34.

Through what means do you think we can let more people know about depression?

80 responses



Most people felt that we could use websites, posters/brochures, workshops and apps to spread awareness about depression.

Feedback from respondents from Secondary one and two

3.3 Development of Resources

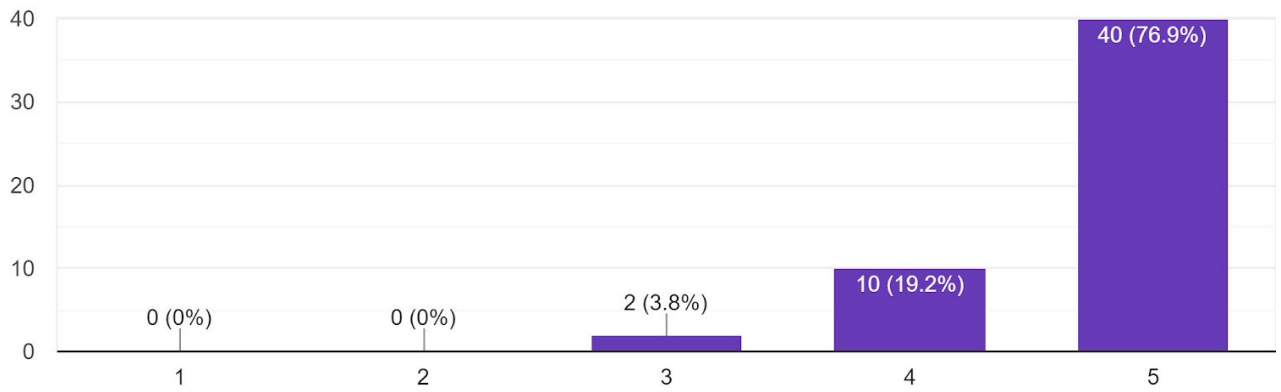
We interviewed our school counsellor, Mr Edmund Teo to collect more information about the depression situation in Hwa Chong Institution. The information was then collated to be used during our online workshop to give students an in-depth understanding on how severe the depression situation in our school is. We then added all the information we collected from interviewing Mr Edmund Teo, such as on the number of cases, main causes etc. into our website for students' reference.

3.4 Pilot Test

We sent our resource package to 50 students for the pilot test.

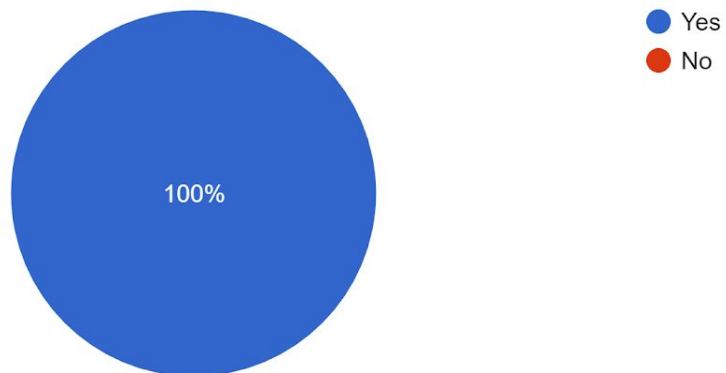
On the scale of 1 to 5, how would you rate our content's usefulness.

52 responses



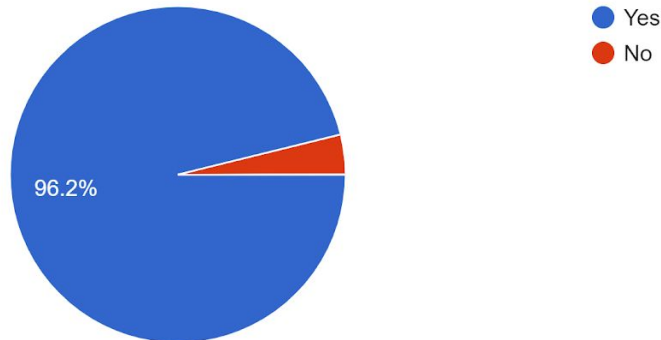
After looking through our website, do you know more about depression?

52 responses



Do you find our content engaging?

52 responses



We received mostly positive feedback for our resource package, but we would also want to highlight the various responses that gave more in-depth suggestions for our resource package.

Feedback from respondents who participated in the pilot test

The Project AMP Instagram page was really nice and I felt that it was underrated. Project AMP posted many cool and cute pictures which made me understand the consequences of depression and what I should do should I face this or my friend was to face it. There were many fun facts which I didn't know at all. I felt that the fun facts should be shorter and more concise, with more numbers instead of just a long text example. The poster designs can be worked on because the colours may not necessarily be catchy to the viewers. Should use more vibrant and contrasting colours to make it stand out. Overall I really feel that the Instagram page was really well done and really needs more attention. - Jordan 2A3

Workshop was informative and engaging and the hosts were able to make it very lively and we were really motivated to participate. However, there was not much advice I could use to reduce stress, which was stated to cause depression on their website. I think they can improve on this and add more advice to help those struggling with this. Apart from that, the website and Instagram page was very

interesting and informative, and I feel that it is very useful for students' use and reference. -Clive 2P1

4.OUTCOME AND DISCUSSION

4.1 Outcome

Overall, we had obtained positive feedback when pilot-tested. However, some of the respondents gave us suggestions to improve on our resource package. They felt that our website did not have enough explanations and examples on the types of depression. They also think that we should add more advice and suggestions from us to those that are struggling with handling depression.

Thus, we added more examples and pictures to our website to make it look better for the readers. We also have more directed suggestions based on our target audience. For our instagram page, some of the respondents feedback that the colour of our posts were boring and dull and that we should use more vibrant and attractive colours. We decided to switch templates to ensure that the posts are captivating for the viewers. For the subsequent posts, we made the colours of our posts to be more

vibrant and we use different kinds of fonts and pictures and templates to make the posts more creative.

4.2 Limitations

Most of the limitations we faced were the problems caused by the COVID-19 pandemic. Initially, we planned to do a face-to-face workshop with our classmates. However, we had to change to an online workshop through google meet which limited the activities we could do during the workshop. Moreover, the circuit breaker made it harder for us to plan the workshop and resource packages as we were unable to meet up as often. Additionally, we were unable to carry out a pilot test for the online workshop and could only send the other resource packages to students for the pilot test due to time constraints.

4.3 Further Works

We decided to more regularly update our instagram with cool and interesting facts about depression using improved templates and also included inspiring quotes from famous philosophers about how one should stay strong and not bottle emotions etc. We extended our research on different types of depression and also based suggestions on many different types instead of simply the three types of depression in our group name. We also went on to research about the dangers of high-functioning depression and how it is different from those who show more obvious signs.

5 CONCLUSION

Generally, the project was challenging and creating original content and resources directed for such a specific age group required much planning and ideation. Feedback from respondents was constantly needed for every stage of the project to improve our resource package to make it concise, attractive and ideal to our target audience, and we learnt to accept and consider any feedback and suggestions, positive or negative, from anyone.

From this project, we learnt skills such as eliminating possible sources of mistakes such as having the wrong objective and not having a plan, as well as solved challenges such as being unable to do a face-to-face workshop and meet up face-to-face for planning early to ensure smoother carrying out of our sharing session. Additionally, we also learnt the usefulness and importance of every single step of the design thinking methodology, which we benefited from by following closely.

Overall, we were able to learn decision-making and planning skills we can apply in real life and any projects, and even though there were many challenges, such as unable to organise our workshop physically, we managed to seek alternatives. We achieved our aims of spreading awareness of depression and its signs and symptoms.

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