

Group 4-068

Project H.E.A.L

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1. Abstract

Project HEAL is about raising awareness about mental health issues and to provide secondary school students with the knowledge to interact with or provide assistance to someone with mental health issues. Our resources include an Instagram page and a website which included videos, quizzes and helplines, in order to provide the users with an interactive experience. Through this project we hope to foster an environment where students will be able to help peers with mental health issues and foster a caring environment from those suffering from mental health issues.

2. Introduction

Our project name is Project HEAL (Help Ease Adolescent Lives). The aim of our project is to increase awareness about mental health issues amongst secondary school students and to help them understand how they can help someone who suffers from common mental health disorders.

2.1 Rationale

We wanted to do this project as mental health issues among teenagers are on the rise. We saw a few classmates who were suffering from these mental health issues and we felt that we needed to not only educate the people who were suffering from these issues but also the people around them, as we noticed that many of our classmates did not know how to interact with someone suffering from a mental health disorder.

2.2 Objectives

Through this project, we aim to increase awareness surrounding common mental health issues and hope to help destigmatize such issues by educating our target audience

about them. We also hope to educate our target audience on how to help if someone they know suffers from such mental health issues.

2.3 Target Audience

The target audience of Project H.E.A.L are secondary school students between the ages of 13 to 16, as many teenagers would be stressed and may develop a languishing mental state due to the high pressure environment of school.

2.4 Resources

We created 2 separate resources. First, we created a website with Wix and a few educational videos about the various mental disorders using Powtoon. The website consists of the cover page, a page containing quizzes about the mental disorders made using Google Forms, information about the various mental disorders, a page containing the videos and a feedback form. A website was chosen to present our resource as the different features can be conveniently accessed through one platform . We also created an Instagram page that contains many posts regarding the information about the mental disorder, so as to present a more condensed version of the information to viewers.

Our Website: <https://projectheal20.wixsite.com/project-heal>

Our Instagram page: https://www.instagram.com/project_heal/

Have you encountered any situations when your friend had a meltdown and you wanted to help but you didn't know what to do?

Hello everyone, Project H.E.A.L is to help you if you ever find yourself facing such a situation. We are covering the 5 most requested mental health issues by secondary school students which are:

- 1) Depression
- 2) Anxiety Disorder
- 3) Bipolar Disorder
- 4) Schizophrenia
- 5) Intermittent Explosive Disorder

We aim to increase awareness about these issues as well as educate people such as yourself on how to recognise and help those who may be suffering from these issues.



The cover page of our website

What is Schizophrenia?



Note: Schizophrenia means that the pattern of the person's thinking is fragmented but that does not mean the person has a split personality

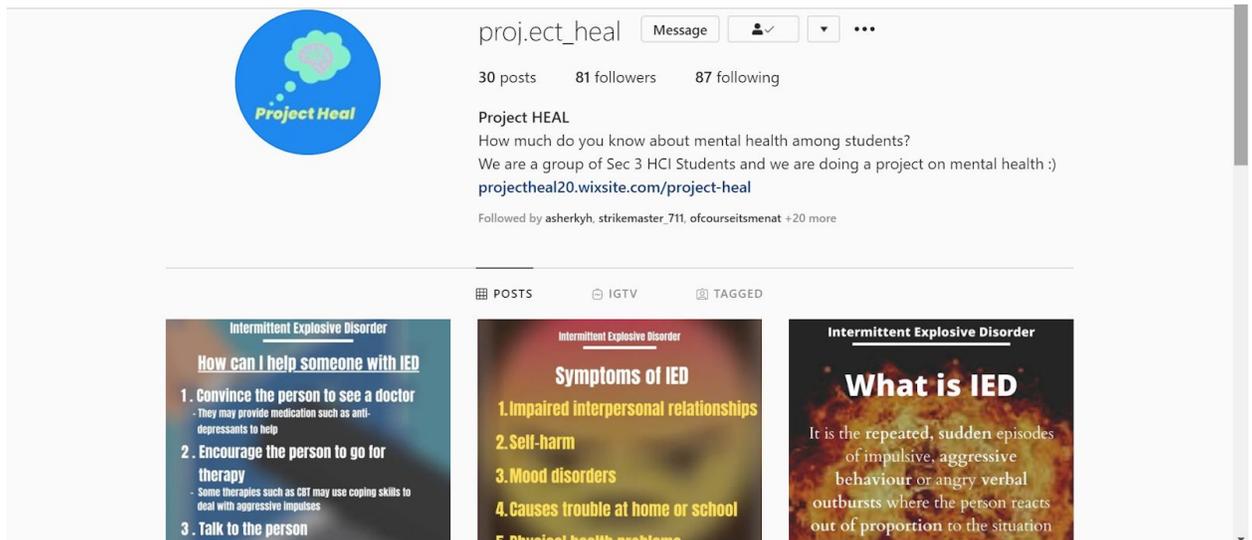
It is a serious mental disorder which affects how people think, feel and behave, causing them to interpret reality differently and almost seem to lose touch with it

The sufferers experience a combination of hallucinations, delusions and disorganized thinking which impairs their ability to function such as maintaining a job or living independently

If left untreated, the symptoms might persist or worsen to include psychosis which can cause significant distress to the individual, their family and friends

Schizophrenia is a chronic condition and people often have to cope with the symptoms throughout their life, however treatment can help individuals learn to manage the symptoms and still lead meaningful and rewarding lives

Screenshot of a page of our website



Our instagram page

3 Review

We consulted the IMH, WHO and MOH HealthHub website as a preliminary review of current resources available to the public. All of the websites we reviewed only focused on what treatments are available or focused mainly on what the person suffering from the mental health disorders can do to help themselves. Yet none show how close associates of the sufferer can help the person, which was something our resource focused on. The information provided by these websites were also not in accordance with the mental health issues we were covering and were all over the place, so our website served as a summary of the content on these mental health issues.

4 Methodology

4.1 Needs Analysis

Our needs analysis survey was conducted at the start of the year and we received 122 responses.

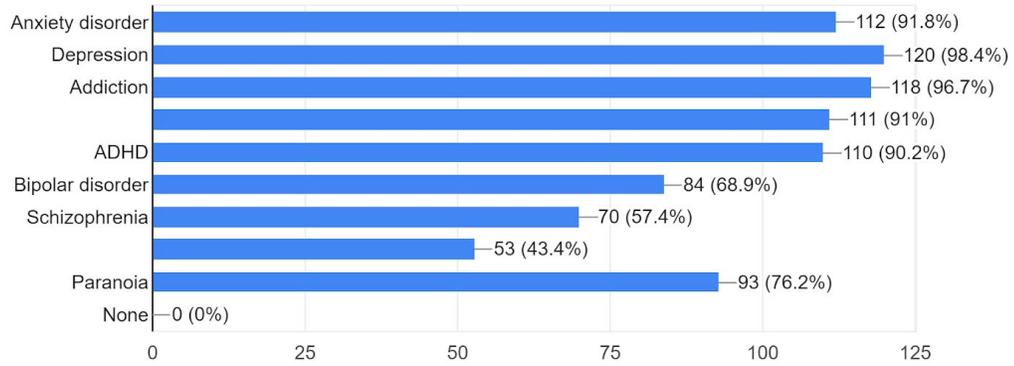
One multiple-choice question asked the respondents which mental disorders on the given list were the ones they wanted to learn more about. The top 5 choices were the mental disorders that we chose to include to our website.

Another multiple-choice question asked how the respondents would rate the awareness of the public on mental health issues out of 10 and the average rating was a 4.66.

Lastly, a multiple-choice question asked about the need to understand the mental disorders faced by teenagers. 96.7% of the respondents voted 'yes', which ultimately gave us the motivation to embark on this project.

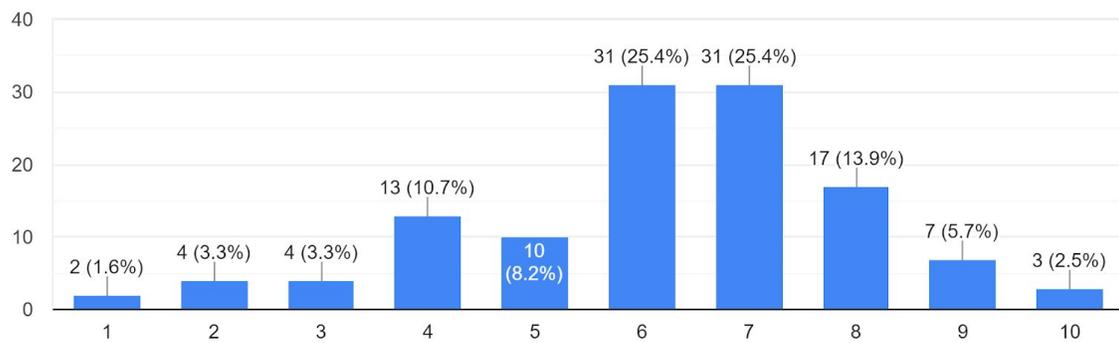
Which of these mental health issues have you heard of?

122 responses



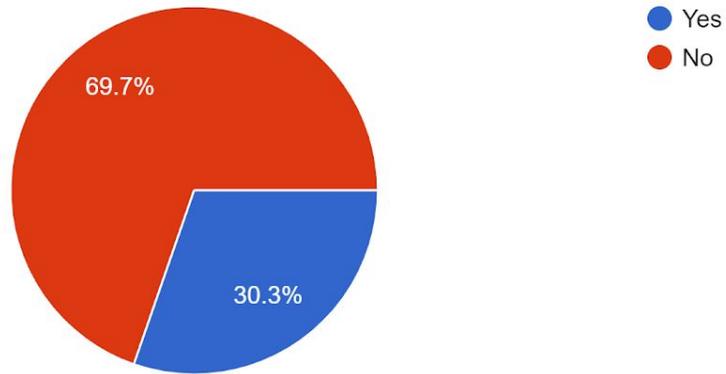
On a scale of 1-10, how well do you think you understand the mental health issues stated above?

122 responses



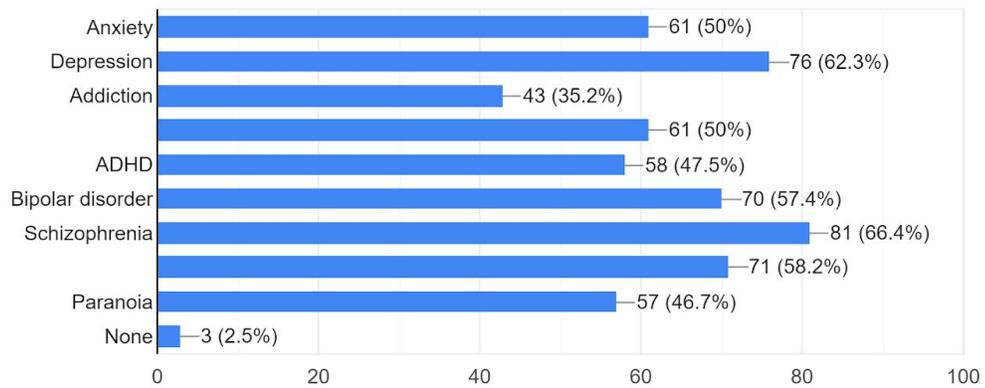
If you see someone having a meltdown, do you know what to do?

122 responses



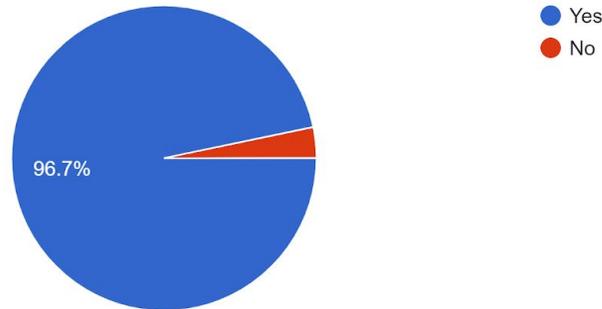
Which of the above stated mental health issues do you want to learn more about?

122 responses



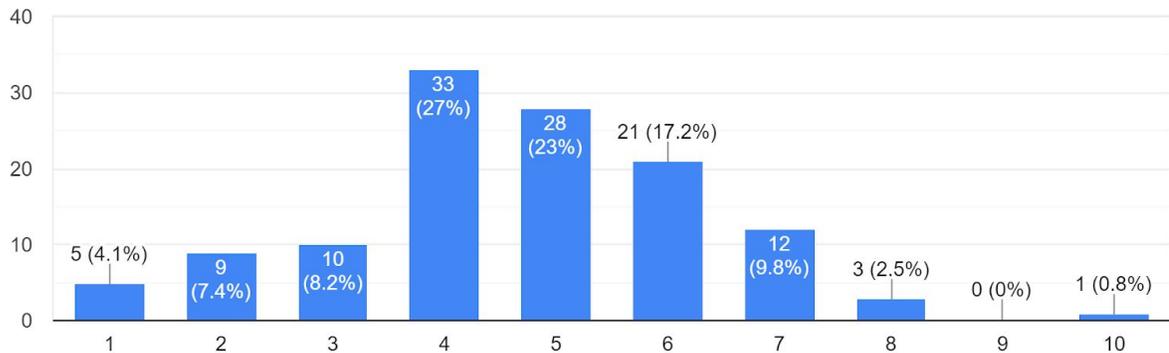
Do you think there is a need to understand mental health issues faced by teenagers?

122 responses



What do you think is the general level of awareness of the public about mental health issues faced by teenagers?

122 responses



4.2 Development of Resources

The website was designed using Wix, consisting of 9 sections: *Home*, *Quizzes*, 5 pages of the various mental disorders, *Videos* and *Feedback form*. The Homepage provides an explanation about the content of the website and an Instagram icon that can bring the users to our Instagram page. Each mental disorder page has a page containing the symptoms of the disorder and another containing ways to help a loved one. The page about anxiety disorders is slightly different from the others, as one sub-page contains all

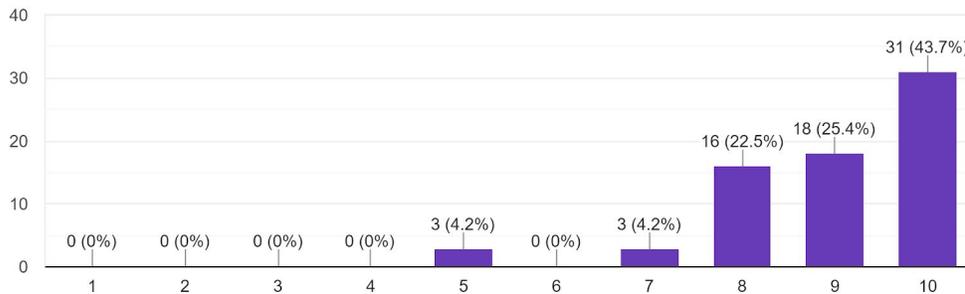
the information about one anxiety disorder which includes the symptoms etc. The *Videos* page contained our videos made with Powtoon and the *Feedback form* page contains the feedback form for the website. We also included a list of mental health services in case users of the website needed it.

A total of 6 videos were created for each mental disorder we were covering other than the anxiety disorders, which had 2 videos. The videos were made with the purpose of using a different platform to deliver the same content from our website to our viewers, with the hope that it can be more intriguing to them and for them to remember the content better.

4.3 Pilot Test

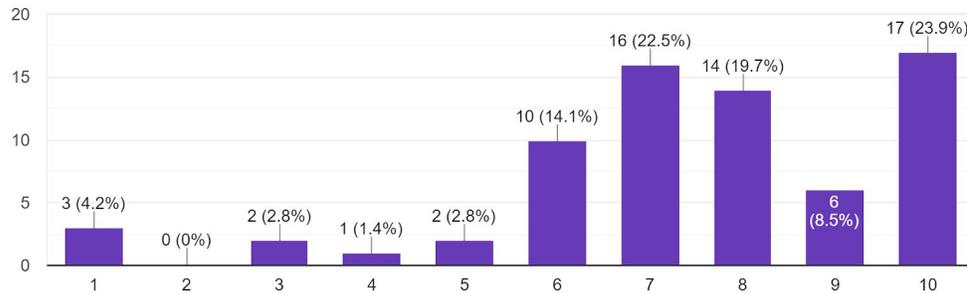
On a scale of 1 to 10, how easy was it to understand our content?

71 responses



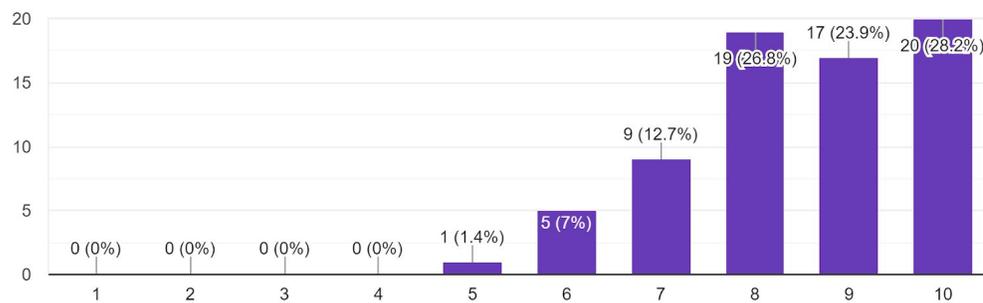
On a scale of 1 to 10, how likely are you to recommend our Instagram account to a friend?

71 responses



On a scale of 1 to 10, how would you rate the content we have put out on our Instagram account?

71 responses



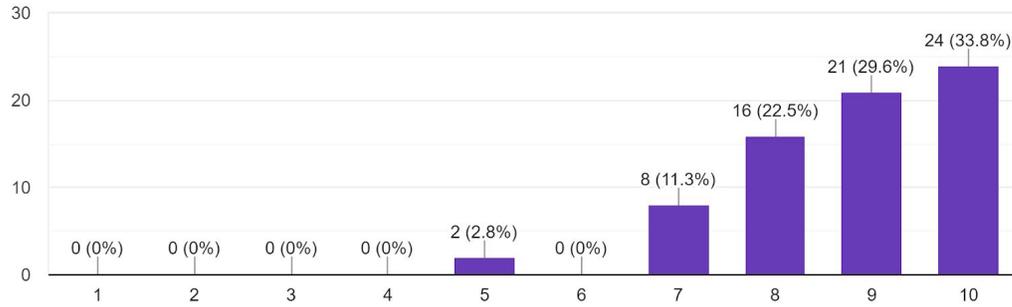
Not really, infographics and videos were extremely detailed and relevant in raising awareness of the importance of mental health.

Maybe you guys could change up the font for different posts

These were the feedback pertaining to our Instagram account. Most of the feedback were pertaining to aesthetic changes which we changed in our future posts.

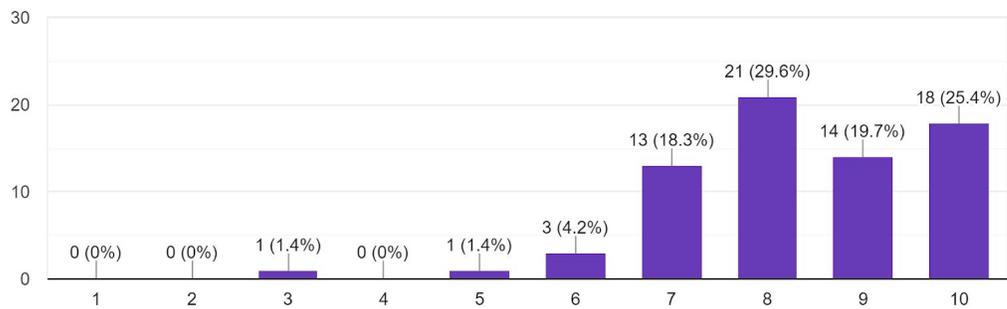
On a scale of 1 to 10, how easy was it to understand our content?

71 responses



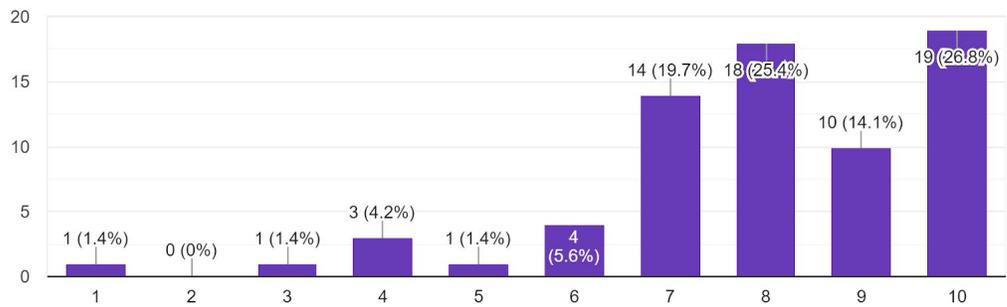
On a scale of 1 to 10, how user friendly was our website?

71 responses



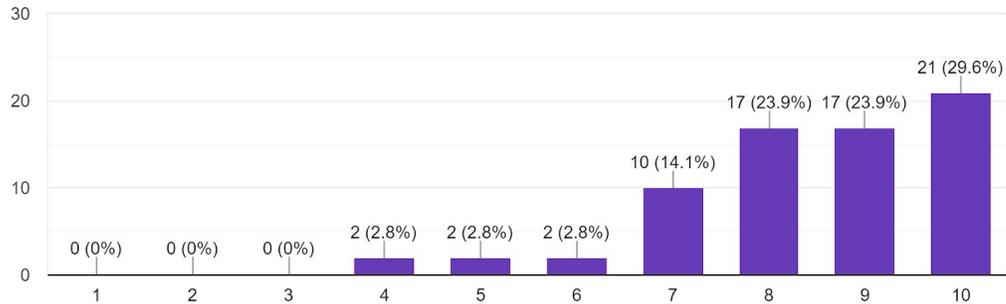
On a scale of 1 to 10, how likely would you be to recommend our website to a friend?

71 responses



On a scale of 1 to 10, how was the overall experience of using our website?

71 responses



I just want to let u guys know, I have suffered from depression and anxiety since I was a teenager due to heavy workload and the difficulty of coping with everything (academics, CCA, social life, etc.) I kept my feelings of deep despondency, loneliness and the feeling of being inconsequential to myself for many years. However, after accessing this website, I genuinely managed to convalesce and pick myself up from this dark period of my life. My heartfelt thanks to all of you who made this website ❤️❤️

Perhaps change the positions of the project name and the navigation bar such that the project name is above the navigation bar

Words can be spaced out more, otherwise it's pretty good!

The open ended responses indicated that most respondents felt that there was no need for improvements for our websites, while those respondents that wanted improvements just stated aesthetic improvements. Consequently, we followed their opinions and updated the website accordingly.

Our School Counsellor, Mr Vincent Tan, went through our website and gave the following feedback. He also gave us some feedback to improve the value of our website by including some helplines to call and locations of some mental health service providers which we added.



5. Outcome & Discussion

5.1 Final outcome of project

The final outcome of our project was a fully complete website and a set of informative videos that educate the viewers on the various mental disorders. We also have an Instagram account complete with 30 posts on mental disorders and quizzes can be used to test the knowledge of the users of our website.

5.2 Limitations

As we are just secondary school students with no prior knowledge on the subject of our project, we could not give more detailed opinions and suggestions to the users of the website, and instead had to search for information on the internet and summarise it into our website. We also did not have the chance to consult our school counsellor, Mr Vincent Tan, to learn more about the mental disorders, so we could not further develop

our understanding about them and instead we had to engage in self-learning through the internet, which might have compromised our content in the website by making it slightly unreliable.

5.3 Further works that can be done

We could have tried to arrange for events in order to allow for a more interactive avenue to educate our target audience on the importance of mental health, possibly through avenues like Kahoot quizzes, workshops etc. We could have also tried to make additional products like card games or board games in order to make our product more engaging while educating our target audience in a more interesting and fun way.

6 Conclusion

6.1 Positive takeaways

From this project, we were able to learn fundamental skills like summarisation of key points and development of meaningful and attractive content. It has enlightened us upon the true dangers of mental health and also deepened our understanding of mental health issues. This also allowed us to understand the importance of communication and teamwork in order to complete our work. Due to the COVID-19 pandemic we were unable to meet up in order to work on the resources and work together and we thus had to rely on video calls in order to do the work together and communicate ideas effectively. It also taught us the importance of resourcefulness as we had to think of ways in order to modify the content we had due to constraints placed on us by the COVID-19 pandemic, like inability to hold events etc.

6.2 Challenges

We wanted to arrange for more interviews with the school counsellors and other mental health institutes to gain a better understanding of the mental health issues, however we were unable to do so due to Circuit Breaker measures. As such, we could only rely on the information we could find online. We were also unable to meet up physically to discuss this project and create the resources and we could only use online video calling platforms to complete the project.

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