

CAT 4 RESOURCE DEVELOPMENT

Group 4-007

Anxiety Support Group(ASG)

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ABSTRACT

Anxiety Support Group(ASG) is a group where we aim to raise awareness of anxieties among teenagers. It is known that anxiety is a prevalent issue in the society that we are living in today. Hence, we decided that our project is to be targeted at teenagers as teenagers are most likely to be suffering from the anxieties that we are researching on: Generalised Anxiety Disorder(GAD), Agoraphobia, Separation Anxiety Disorder and Obsessive Compulsive Disorder(OCD). We have created a resource package containing a website, games, video scenarios as well as interview footage of people diagnosed with anxiety to offer help for those affected by anxiety. Through the resource package, teenagers would be equipped with knowledge of the anxieties that we introduce, the symptoms and impacts of the anxieties. Hence, they are able to spot out if anyone has anxieties so that the people can receive treatment and help in time.

1 INTRODUCTION

1.1 Rationale

Our group felt that anxiety is a very common issue nowadays, especially among teenagers. Hence we felt that there is a need to raise awareness among teenagers on this issue. Some of the students do not know how to help their peers with anxiety issues. Thus, we would like to design a resource package to teach them.

1.2 Objectives

Our objectives are:

1. To educate students on the different types of anxiety and how they can identify them.
2. We also want to raise awareness of the adverse effects of anxiety among students.
3. To help the students to respond appropriately when they face someone with anxiety.

1.3 Target Audience

Our main target audience would be HCI students year 1-4.

1.4 Resources

Our resources consist of a website that we made, games and video scenarios of the different anxieties that we are researching on, information of these anxieties and interview footage of people that are diagnosed with anxiety. We also have an Instagram page.

2 REVIEW

2.1.1 Literature Review 1

Anxiety in Teens is Rising: What's Going On?: 20/11/19

<https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Anxiety-Disorders.aspx>

According to the article, nearly 1 in 3 of all adolescents ages 13 to 18 will experience an anxiety disorder. These numbers have been rising steadily, with the number rising to 20% of children and teens between 2007 and 2012.

2.1.2 Literature Review 2

Treatment for teen anxiety: 25/8/20

<https://www.sciencedaily.com/releases/2020/08/200825133130.htm>

Anxiety disorders are the most common mental illness in the U.S., with approximately 4.4 million children and adolescents affected, according to the Centers for Disease Control and Prevention. Hence, anxiety disorders are very big issues that need solutions.

2.2 Review of online resources

There are many articles and studies that can be found online that were written by mental health specialists, such as <https://www.healthline.com/health/anxiety>, the healthline website. However, many of these articles are very wordy. Hence, we decided to compile all the information. Also, we wanted to do it in different forms such as games, video scenarios and interviews with teachers and people who have had these anxiety disorders. Hence, this can assist the students to better understand these anxieties so that these anxieties are easier to understand.

Many people merely write articles about anxieties.

<https://www.medicalnewstoday.com/articles/32345>, this is the medicalnewstoday website. Hence, we thought about more creative ways to express anxieties so that it is easier to comprehend these anxieties. Hence, by including video scenarios, interviews and games to compile all the information on anxieties and hence, sum up these anxieties better.

2.3 Review of past year projects

Don't Stress with stress (2020)

This is a past year project. This group focuses on stress, and how to solve stress, while our project will be focusing on anxiety which can be caused by stress. However, People under stress experience different symptoms such as anger and fatigue. Anxiety, on the other hand, is a persistent, excessive worry that does not go away even without stress. Hence, anxiety is very different from stress and we are researching on totally different things.

Project H.E.A.L (2020)

This group focuses on the general mental illness, while we are only focusing on the anxiety, which is a part of mental illness. However, our group is focusing specifically on anxiety. We will be able to study the issue of anxiety specifically.

2.4 Review of proposal evaluation comments

"How different is your resource package compared to those available on the internet? Among all mental issues, what proportions are anxiety related?"

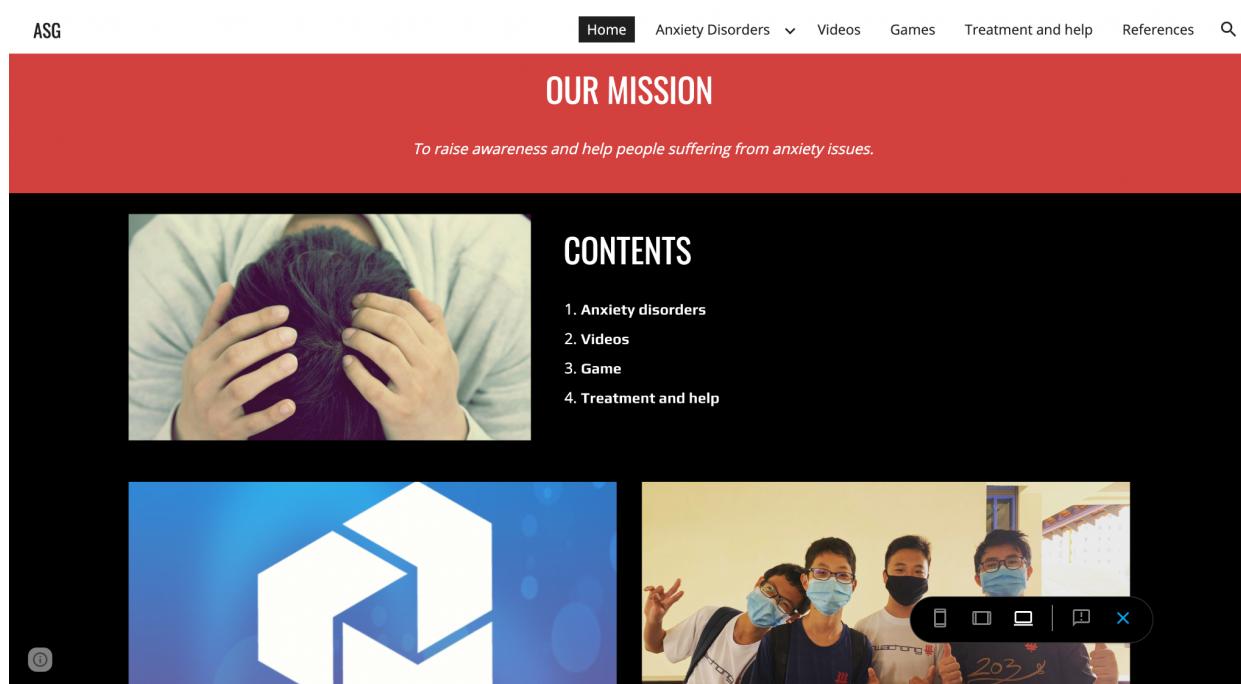
It might also be difficult to comprehend and hence, by including video scenarios, interviews and games to compile all the information on anxieties and hence, sum up these anxieties better. The majority of the ones on the internet are articles and too wordy. Our project is focused on anxiety, not mental health.

"Project has potential. Explain your rationale for the selection of the target audience. The link between anxiety(in the USA) and suicides(in SG) is not clear. Perhaps add how COVID has exacerbated the situation."

This is because there are many of us who are facing these kinds of anxieties and might need our help. Since we are all from the same school, we can understand our juniors or seniors better and provide help to them. Furthermore, many of these suicides and the anxiety are linked as suicides are commonly known as an impact of anxiety.

3 METHODOLOGY

3.1 Resource Package



The screenshot shows the homepage of the ASG website. At the top, there is a navigation bar with links for Home, Anxiety Disorders, Videos, Games, Treatment and help, References, and a search icon. Below the navigation bar is a red header section containing the text "OUR MISSION" and "To raise awareness and help people suffering from anxiety issues." To the left of the mission statement is a photograph of a person covering their face with their hands. To the right of the mission statement is a "CONTENTS" section with a list of four items: 1. Anxiety disorders, 2. Videos, 3. Game, and 4. Treatment and help. Below the contents section is a large blue graphic featuring a white geometric logo. To the right of the logo is a photograph of three young men wearing face masks, standing together and smiling. A video player interface is overlaid on the photo, showing a play button and other controls.

This is our website: <https://sites.google.com/student.hci.edu.sg/asg/home>

ANXIETY DISORDERS



GENERALIZED ANXIETY DISORDER

What exactly is Generalized Anxiety Disorder and how can we identify it.



AGORAPHOBIA

Know someone who has a fear of social activities? He or she could be suffering from Agoraphobia! Find out more from this page!



This is our page on anxiety. There is information on causes, symptoms and impacts of these anxieties in these pages.

GAMES



GAME : ANXIETY YEAR!

You and up to 3 other friends are going through your years of life. Throughout your years, you will encounter various anxieties and lessons on how to cure them. You will have to make through the years without feeling anxious as it will cause you to have mental breakdown. The happiest person will win. Have fun!

The pdf on the right/top is the rule book and game resources to our game. You can print it out to try our game!!

This is our games section. This is an online game that we came up with. When downloaded, people can play it.

FEATURED VIDEO:



INTERVIEW



LOKESH: "I WANT TO TELL OTHERS NOT TO FEAR THIS ANXIETY AND GO HEAD."

This is our video page. It consists of the different interviews we did with teachers and a student with anxiety disorders. It also contains video scenarios of different anxiety disorders that we had acted out.

HOTLINES AND HELP



[INSTITUTE OF MENTAL HEALTH](#)

Contact Information:

Main line/General enquiries:

Tel: 6389 2000



[SAMARITANS OF SINGAPORE](#)

Contact Information:

Main line:

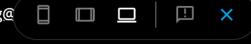
Tel: 1-767



[HWA CHONG COUNSELLORS](#)

Contact Information:

counselling@



The Treatment and Help page consists of some organisations where people with anxiety can find help

USEFUL BLOGS BY US!



IMPORTANCE OF TAKING A BREAK

Why we should take a break every once in a while and how it helps us overcome anxiety issues.



5 WAYS TO PREVENT AN ANXIETY ATTACK

How can we prevent an anxiety attack from happening? Here are 5 ways to do so!



This is our Treatment and Help page, and some useful articles and blogs that our group members have written.



asg_hci [Message](#) [@](#) [...](#)

6 posts 121 followers 170 following

Anxiety Support Group
Mental Health Service
Hey guys! We are Pei Yan, Ethan, Mark and Luke in Sec 2 from Hwa Chong hoping to raise awareness and help people with different anxieties.
sites.google.com/d/1RK9wicPegWEu-uvSrx-pAa0AnD5-pqGB/p/1JhutZnQP68s...

 Highlights

[POSTS](#) [TAGGED](#)



ANXIETY SUPPORT GROUP
A HCI project

Can anxiety be passed through genetics?

A study in 2015 found out that the RBOX1 gene may make someone more likely to develop generalized anxiety disorder.



This is our Instagram page for publicity: https://www.instagram.com/asg_hci/.

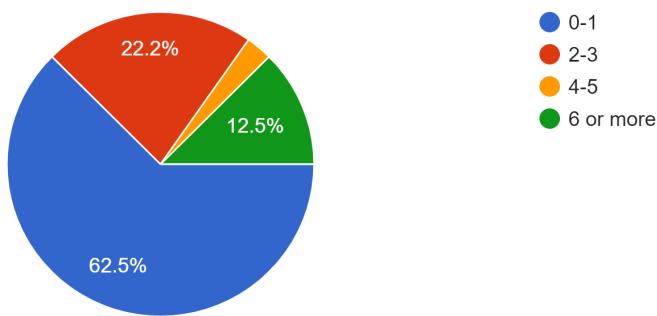
Whenever we post something on our website, we would proceed to publicise it on our Instagram page.

3.2 Needs Analysis

A needs analysis was conducted via Google Forms to check if Secondary One to Four students have a clear understanding of what anxiety is, how many types of anxiety they know?

3. How many types of anxiety do you know?

72 responses



4. Name 2 types of anxieties?

72 responses

Idk

social anxiety disorder

death and tax

i dont know any

Anxiety

NA

I am not very sure

Exam anxiety.

I don't really know the categories of anxiety

This shows that many students from Secondary 1 to 4 do not have a clear understanding of anxiety and many do not even know of any anxieties. This is why we wanted to do a project about anxiety and design a resource package.

6. What are some symptoms of anxieties? (You can name more than one.)

72 responses

Idk

Depression

shaking hands

Nervousness

terrify

Body shaking, loss of breath

quiet, and they get stressed and may even cry over small things

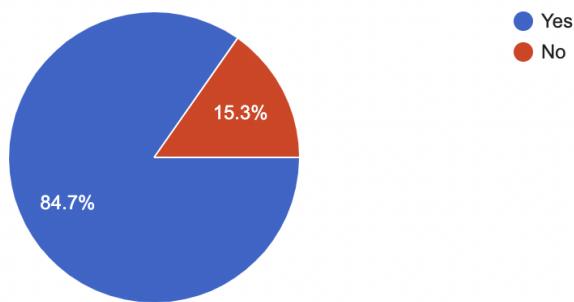
Cannot sleep.

I have no idea urgentness? And stress?

From this picture, we can see that there are some people who are uncertain or do not know about symptoms of anxieties, but many people still have some understanding of the symptoms. Hence, we added symptoms of different anxieties that we are researching into our website.

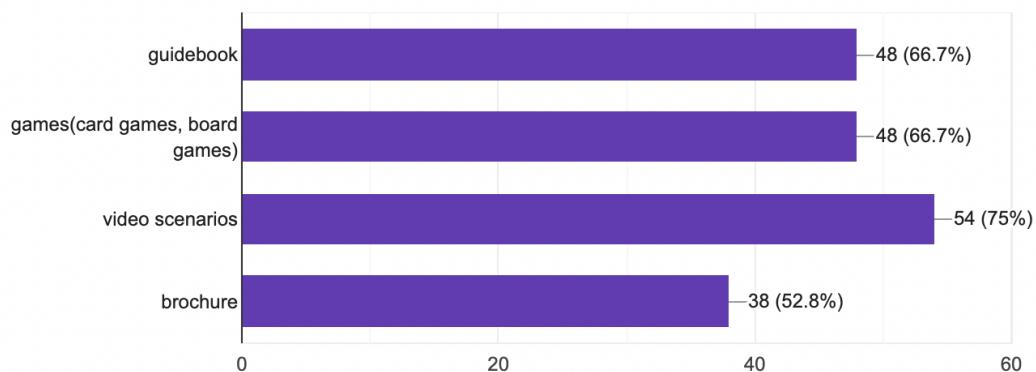
8. Would a resource package that explains more about anxiety be useful to you?

72 responses



9. What do you hope to see in our resource package?

72 responses



This illustrates that many are in favour of designing a resource package to help them better understand what anxiety is. Many have chosen that video scenarios, guidebooks and games are beneficial to their understanding and want those to be in our resource package. Hence, as seen above, we have compiled everything.

3.3 Development of Resources

Our project was not really affected by the pandemic as we could film and interview online. This is because our resource package mainly consists of videos and interviews and that the game can be downloaded and played online. One problem of our resource package was that we had planned to interview, for the “treatment and help” section of

our website, the doctors over at the Institute of Mental Health (IMH). However, none of the doctors replied to our emails.

Hence, we had to change our interviewee to Mr Edmund Teo for his insights on mental health and what are some ways to help people with anxieties.

We also went online onto many forums and found many articles on the anxieties that we were researching. These articles and forums could be found in the section of our references.

3.4 Pilot test and survey results

After we finished our website, we conducted another survey for people to voice out comments on the website and how improvements could be made.

Do you have any comments on our website?

21 responses

aesthetically pleasing, gd job!

Pretty good effort, but elaborations on different types of anxiety can be more detailed

Interviews are very rich in information. Website is very neat and tidy

not really

Very informative and aesthetically pleasing

NIL

A well made website with interactive features and a user friendly layout!

na

i have gad (diagnosed etc etc) and i think it's really cool that y'all are doing this :))

Overall, people were satisfied with the website and did not have any comments on it. Some were also happy that a website like this was created!

How can we improve on our video scenarios and interviews

23 responses

Include more videos

very gud already

Creeate more

Maybe could have featured mr vincent tan too

Make it more entertaining.

I also feel that more interviews can be done because your main interviewee was suffering from separation anxiety which is a great effort but that's very specified and it would be good to do a generalised one (interviewing someone with anxiety anxiety). The video scenarios are great, though there is some room for improvement but cannot be helped cause y'all aren't professional actors.

Its seems fine, no worries

you guys can make more videos

For our video scenarios and interviews, some said that more video scenarios and interviews could be created. However, we were unable to contact any other doctors that specialise in anxiety because the IMH doctors did not reply to us. Also, we did have the chance to interview a patient diagnosed with Separation Anxiety Disorder(SAD) because he was one of our group member's friend. Other than that, we did not know anyone who was diagnosed with the anxiety disorders that we are able to interview.

How can we improve on our game?

23 responses

You can make it more interactive

na

Its good

nil

Um why is staying at home not general anxiety disorder because technically the person isn't separated from anyone?

Nil

There should be more of them, and possibly more interactive ones

have more games

N/A

Previously, we only had one game and it was in the form of a pdf so students can download it and play. Hence, it was not very interactive. Therefore, we added an online game that anyone can play. It is called "Real life scenarios!" It also has a leaderboard where students can compete with one another to see who gets the most points.

4 OUTCOME AND DISCUSSION

We had to make many changes to our projects. Initially, we were keen on researching more anxieties. However, our project mentor advised us not to do that as there would be too many anxieties and some would be excessive. Hence, after the proposal evaluation, we minimise the number of anxieties that we were researching. In the end, our resource package included a website on the four different types of anxieties and the symptoms for each, video scenarios, games and also interviews with teachers and students. This will then help students who are troubled with these anxieties or students who know friends who are troubled with these anxieties. They can then make use of this website. Moreover, this website can be used for ‘extra knowledge’ for the students so that they can learn more about anxieties.

We could have definitely made more changes to our project and done more for our resource package. We lost some time due to the fact that we were researching other anxieties but in the end, we abandoned those research as we decided to do only 4 types of anxieties.

If we were to pick this project up one more, we think that we should have done more in terms of upgrading our resource package. We should have done more publicity on our instagram page, pushing out our video scenarios on Instagram and posting weekly or twice a week. We should have utilised social media more so that we would have more comments on our website for pilot testing. We could have also done more interviews with specialists on anxiety and about the treatment and help for these anxieties.

5 Conclusion

This project taught us how to adapt to changes and to have back-up plans for everything. For example, the doctors at the Institute of Mental Health (IMH) did not reply to us as we wanted to do an interview with them, we should have messaged another organisation that also specialises in Mental Health. As a result, we had to interview Mr Edmund Teo at the last minute. We also added some articles that we wrote by ourselves under the treatment and help section. We also learnt to utilise videos to express our ideas and present our project.

In conclusion, we were required to do extensive research to create this resource package. We had learnt more about anxiety itself and some designing techniques that we utilised to create our website. We had to change our script, edit and film the video

scenarios so that it is as accurate as possible. We kept on working hard and were united together as a team, thus we were able to complete the project.

6 References

Anxiety and Depression Association Of America (ADAA). (28 July 2021). Generalised Anxiety Disorder(GAD). Retrieved July, 3, 2021, from [https://adaa.org/understanding-anxiety/generalized-anxiety-disorder-gad#:~:text=Generalized%20Anxiety%20Disorder%20\(GAD\)%20is,difficult%20to%20control%20their%20worry](https://adaa.org/understanding-anxiety/generalized-anxiety-disorder-gad#:~:text=Generalized%20Anxiety%20Disorder%20(GAD)%20is,difficult%20to%20control%20their%20worry)

Timothy J.Pegg. (April 3 2020). Healthline, Generalised Anxiety Disorder. Retrieved July 10,2021,from<https://www.healthline.com/health/anxiety/generalized-anxiety-disorder#causes-and-riskfactors>

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Better Health (Obsessive Compulsive Disorder). (n.d.). Retrieved July 22 2021, from <https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/obsessive-compulsive-disorder>