

# **Cat 4 Resource Development**

**Group 4-081**

## **Project Integro**

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## **Abstract**

Mental health is an important issue today, however many people are not well educated on it and do not take mental health seriously. Project Integro is an online learning package that aims to raise awareness and educate people about the Asperger Syndrome, a mental condition affecting social and conversational skills. It consists of a website containing information from trusted health organisations, self-made infographics and videos, as well as a quiz to test the users' knowledge. It contains essential information about the symptoms, causes and treatment of Asperger's and other information such as the best way to talk to someone with the syndrome. The website effectively serves as a compilation of information about Asperger's from across the Internet in one organised space.

## **1. Introduction**

### **1.1 Rationale**

Asperger Syndrome is a mental condition that affects almost 40 million people and is quite prevalent in youths worldwide. Despite this, little is known about the syndrome and a lot of people have not even heard of it. This results in people with mental conditions not receiving the care and attention they need.

BMC Psychiatry (2020) states that, "Public stigma and low mental health knowledge can negatively affect patients' health and increase the burden of mental disorders on society... sizable proportion of participants in our survey responded they would hold a negative attitude towards former mental patients, especially with regard to engaging in

closer personal relationships.”

Many of the websites containing information on Asperger’s were very wordy, with many scientific words and concepts that were hard to understand. Others were too simple and contained only the basic information about Asperger Syndrome. All the websites were unattractive and most people would have little interest in reading through them.

## **1.2 Objectives**

The objectives of this project are

- Raise awareness about Asperger Syndrome and its effects
- Educate as many people about the condition as possible
- Create a more user-friendly website that is easy to navigate and understand

## **1.3 Target Audience**

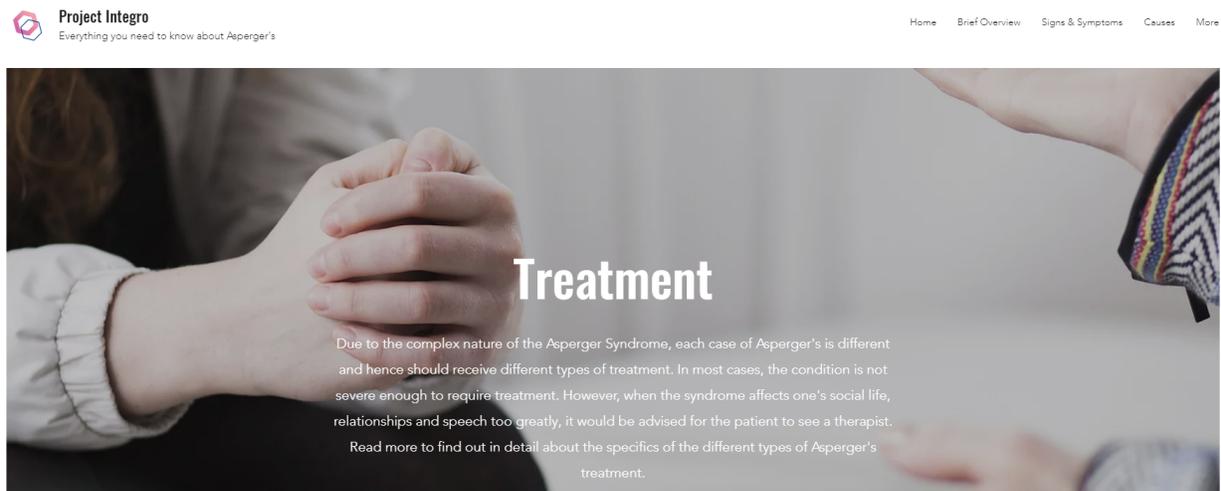
Our target audience is mainly HCI students aged 13-16 (Sec 1 to Sec 4) who are keen to learn more about mental health.

## **1.4 Resources**

The resource created for this project is an online platform comprising basic information about Asperger Syndrome, its signs and symptoms, causes, treatment and how to deal with it.



(Picture of the home screen of our website)



(Picture of one of the pages of the website)

## 2. Review

We began researching about Asperger Syndrome. It is a mental condition part of the Autism Spectrum Disorder (ASD) that affects a person's ability to interact and socialise with other people, and makes communication with others very difficult. It is also defined by repetitive patterns of behaviour, routines and interests. People diagnosed with Asperger's usually have a lack of social cues and prefer to keep to themselves. However, Asperger Syndrome differs from others on the ASD because it does not affect

intelligence levels. It is often diagnosed at a young age and symptoms slowly start to partially wear off as the person grows up. The exact cause is unknown. A variety of treatment options for Asperger's are available, such as Cognitive Behavioural Therapy and Social Skills Training.

Dan Brennan (2020) states about Asperger's patients that "They're just as smart as other folks, but they have more trouble with social skills. They also tend to have an obsessive focus on one topic... They may not smile when they're happy or laugh at a joke. Or they may speak in a flat, robotic kind of way." He also believes that people affected by Asperger's "seem awkward in social situations and don't know what to say or how to respond when someone talks to them."

Most of the websites regarding Asperger's we looked through were extremely wordy with a lack of pictures and infographics that better illustrate the point being made. This made them seem unattractive and have a low level of usability. Some sites covered broad information on Asperger's, but they did not go too in depth into each aspect. Others went extremely into detail, but only about a certain topic such as symptoms or treatment. There was no middle ground website that covered everything in detail.



**Asperger syndrome, or Asperger's**, is a previously used diagnosis on the autism spectrum. In 2013, it became part of one umbrella diagnosis of autism spectrum disorder (ASD) in the [Diagnostic and Statistical Manual of Mental Disorders 5 \(DSM-5\)](#).

**Typical to strong verbal language skills and intellectual ability** distinguish Asperger syndrome from other types of autism.



## Asperger syndrome generally involves:

- Difficulty with social interactions
- Restricted interests
- Desire for sameness
- Distinctive strengths

(Example of a website that covered everything, but without going into detail)

Autism Speaks. (2019). What is Asperger Syndrome? Retrieved from:

<https://www.autismspeaks.org/types-autism-what-asperger-syndrome>

# Asperger's Treatment: Know Your Options

[Overview](#) | [Treatment professionals](#) | [Goals](#) | [Treatment options](#) |  
[Psychological therapy](#) | [Medications](#) | [Speech therapy](#) | [Art & music therapy](#) |  
[Diet](#) | [Alternative treatment](#) | [Bottom line](#)



(Example of a website that covered only one aspect of Asperger's in detail)

Healthline. (2018). Asperger's Treatment: Know your options. Retrieved from:

<https://www.healthline.com/health/autism/aspergers-treatment>

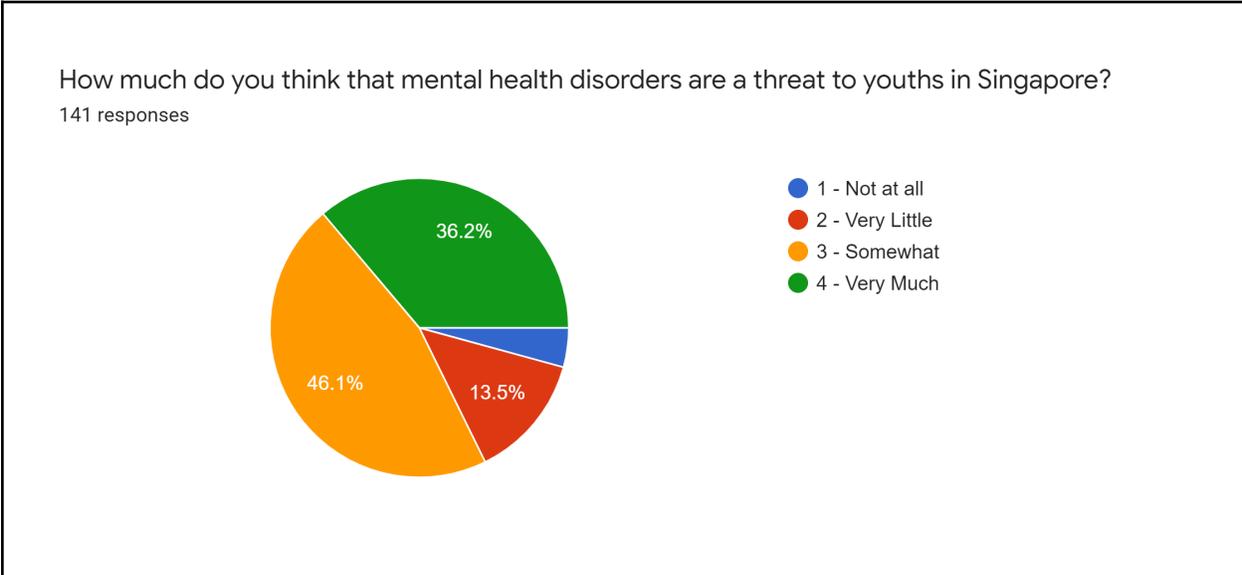
## 3. Methodology

### 3.1 Needs Analysis

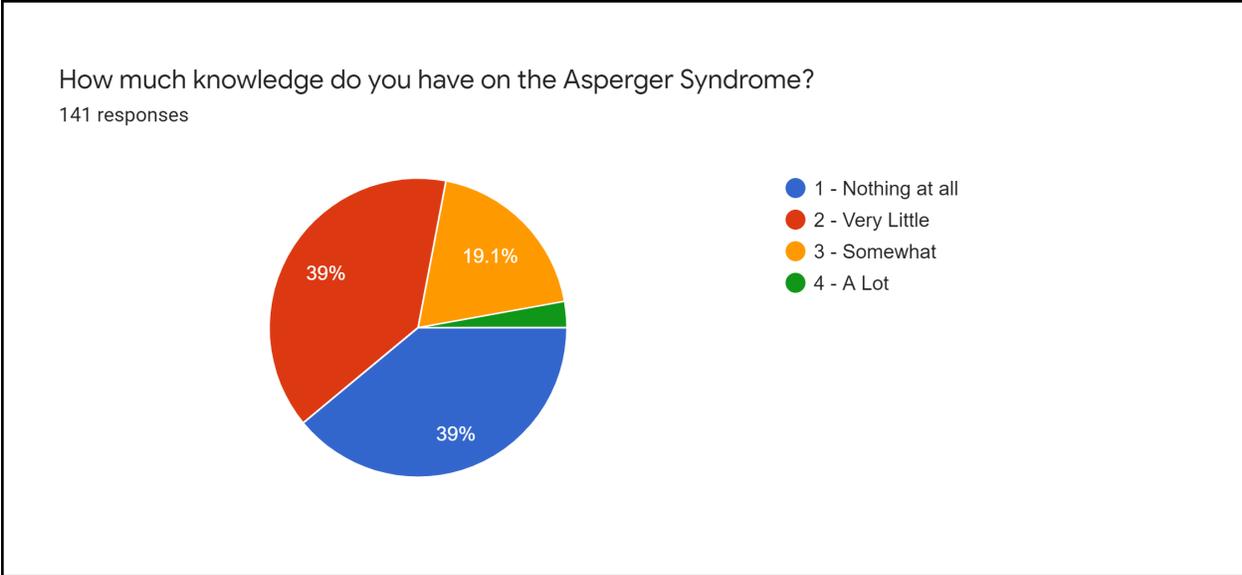
Our group conducted a survey through Google Forms to find out the demand for a resource package about Asperger Syndrome, and the relevance of the creation of the website. The survey was quickly spread to our target audience, secondary school students. We found out that despite most people thinking that mental conditions such as

Asperger's pose a threat to youths in Singapore, many have little to no knowledge on Asperger's and its effects. However, a lot of people expressed interest in a resource package and are keen to find out more about it. Many of the respondents also believed the best form of the resource package was a website.

### 3.2 Survey Results



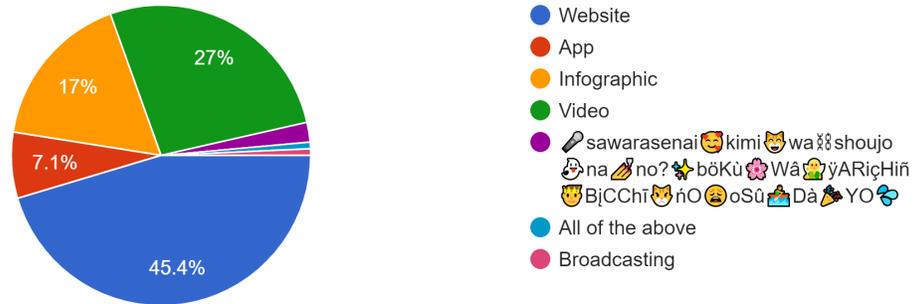
Most respondents answered that they believed mental health disorders are a threat to Singaporean youths.



However, a large majority knew little to nothing about Asperger Syndrome.

In your opinion, what would be the best resource package containing information about the Asperger Syndrome?

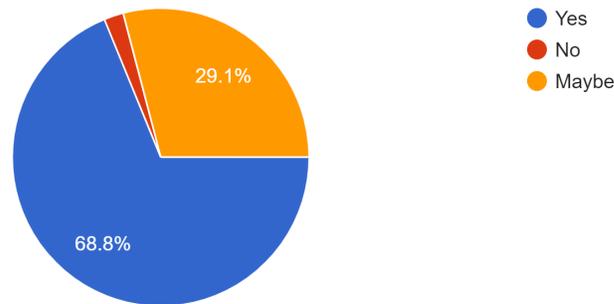
141 responses



Almost half thought that the best resource package was in the form of a website, while the demand for videos was high as well.

If you were given the chance, would you want to learn more about the Asperger Syndrome?

141 responses



Most people expressed interest in learning more about Asperger's, and only a few said they did not want to learn more.

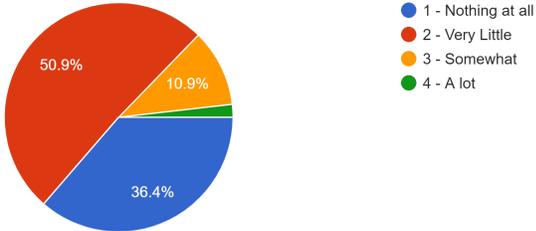
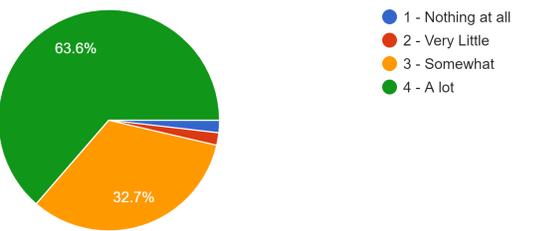
### 3.3 Development of Resources

After analysis of the survey results, the creation of the website was started. We used a popular website maker called Wix to build the site and tried our best to make it as

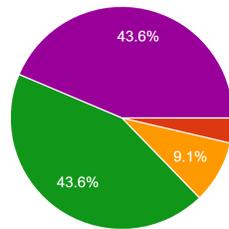
user-friendly and navigable as possible. All the information inside was also extensively researched. The website included pictures and self-made videos to better illustrate the ideas to be made across. The text used also only contained core information, and the paragraphs were not excessively long. A quiz was available, and it was meant to test the knowledge of the users after they had finished looking through the website. The site was meant to be as engaging to the user as possible.

### 3.4 Pilot Test

We published the website in mid-July and gathered some responses from secondary students aged 13 to 16, our target audience. We got many responses regarding the good aspects about the website, and areas that could be improved, as seen below.

<p>How much knowledge did you have about Asperger's before reading the website? 55 responses</p>  <table border="1"> <thead> <tr> <th>Knowledge Level</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>1 - Nothing at all</td> <td>36.4%</td> </tr> <tr> <td>2 - Very Little</td> <td>50.9%</td> </tr> <tr> <td>3 - Somewhat</td> <td>10.9%</td> </tr> <tr> <td>4 - A lot</td> <td>1.8%</td> </tr> </tbody> </table>	Knowledge Level	Percentage	1 - Nothing at all	36.4%	2 - Very Little	50.9%	3 - Somewhat	10.9%	4 - A lot	1.8%	<p>About half of the survey respondents answered that they knew very little about Asperger Syndrome before reading the website, while most of the rest said they knew nothing at all.</p>
Knowledge Level	Percentage										
1 - Nothing at all	36.4%										
2 - Very Little	50.9%										
3 - Somewhat	10.9%										
4 - A lot	1.8%										
<p>How much knowledge do you have about Asperger's, now that you have looked through the website? 55 responses</p>  <table border="1"> <thead> <tr> <th>Knowledge Level</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>1 - Nothing at all</td> <td>3.7%</td> </tr> <tr> <td>2 - Very Little</td> <td>0%</td> </tr> <tr> <td>3 - Somewhat</td> <td>32.7%</td> </tr> <tr> <td>4 - A lot</td> <td>63.6%</td> </tr> </tbody> </table>	Knowledge Level	Percentage	1 - Nothing at all	3.7%	2 - Very Little	0%	3 - Somewhat	32.7%	4 - A lot	63.6%	<p>However, after they read our website, the respondents have gained a lot of knowledge, with almost two thirds saying that they now know a lot about Asperger's.</p>
Knowledge Level	Percentage										
1 - Nothing at all	3.7%										
2 - Very Little	0%										
3 - Somewhat	32.7%										
4 - A lot	63.6%										

This website has greatly improved my knowledge on Asperger's.  
55 responses



- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

Almost 90% agreed or strongly agreed that the website greatly improved their knowledge.

What features about the website do you like?	What changes can be made to the website to improve it?
<p>It has a nice design, kudos to the designer! :D Also the facts provided really help understand what Asperger's Syndrome is, and its symptoms. :p</p>	<p>Font size should be increased, some words are too small to read</p>
<p>The actors acting</p>	<p>Points explaining Aspergers for people to read instead. Like an informative poster to explain</p>
<p>The skits are interesting, while the website is informative :)</p>	<p>The videos should have a text version too, some people might have audio problems, or are unable to hear, and it reduces the effectiveness of the website.</p>
<p>It has the basic knowledge of Asperger's Syndrome in every aspect, so it is very fitting for people who want to know more.</p>	<p>Make the website less wordy</p>
<p>The videos provide good real life examples of how people with Asperger's Syndrome react, and teaches us how to talk to them.</p>	<p>All the pages, especially the causes page, are very wordy and hard to read. I think there can be more pictures and graphs added to make it less filled with words</p>

Through these responses, we gained insight as to how people belonging to our target audience perceived our website.

## **4. Outcome and Discussion**

After looking through some of the responses from the survey, we found out that a lot of people thought the design of the website was good and that it was educational as well. However, there were complaints on the font size of the words on the website, and some people were requesting a poster or infographic to better illustrate the ideas. There were others who wanted less words and more pictures. After looking through some of the responses, we decided to make a few changes to our website. We increased the font size used for the text, thus making it less wordy and easier to read. A few posters and educational infographics were also put inside. We also added textual descriptions under each of our videos.

## **5. Conclusion**

Project Integro was a laborious project. Over the course of more than half a year, our team has worked tirelessly to achieve our mission, which is to spread awareness about Asperger Syndrome, and play our part in making mental conditions more known to the world. We feel that we have succeeded in our cause as many people have read through the resource package and learnt more about Asperger's. Despite facing a lot of challenges and difficulties along the way, such as group members not being able to meet each other in person for a portion of the year, and survey respondents each wanting our resource package to go in different directions, we were able overcome them and deliver a well-designed website filled with information on Asperger's. Overall, the project was quite a fun experience.

## 6. References

### **Articles used in this report:**

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Healthline. (2018). Asperger's Treatment: Know your options. Retrieved from:

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### **Other articles that were used for our research:**

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