

CAT 4 RESOURCE DEVELOPMENT

Resource on Anxiety Disorders Group 4-082

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Abstract:

Project Mind is a user-friendly, easy-to-use online resource package which aims to raise awareness for anxiety 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 anxiety disorders. The resource package includes a website, information on stress, depression and anxiety disorders. Furthermore, we also interviewed the school counsellor, Mr Edmund Teo, to get his opinion on our project. Comics drawn by Warren and Way Long also allowed students to better visualise how anxiety disorders affect students. 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.

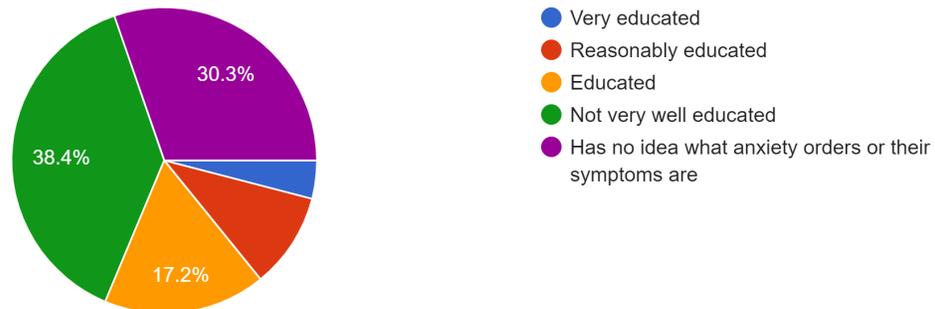
Introduction:**1.1 Rationale**

According to the Singapore Mental Health Survey, 100,000 Singapore residents had anxiety disorders at some point in their lives. This shows that anxiety disorders are very prominent in Singapore, but yet not many people know about them. We did a survey asking students from secondary 2 in Hwa Chong Institution if they knew anything about anxiety disorders. Out of the 99 respondents, around 30.3% of the respondents or 30 respondents did not know what anxiety disorders are or their symptoms and 38.4% of the respondents or 38 of the respondents said that they were not well informed on the topic of anxiety disorders, showing that there is a large portion of Hwa Chong students that are not well educated on this topic, yet anxiety disorders remain as a concern in Hwa Chong Institution. According to Mr Edmund Teo, 20.7% of the cases seen by school counsellors had been anxiety related, showing that there are a lot of students with anxiety disorders in Hwa Chong Institution. Therefore, we wanted to create a resource that would help raise awareness about anxiety disorders in Hwa Chong Institution, and want to break the stigma regarding mental disorders, especially anxiety

related issues.

Question 4. How educated are you on this topic of anxiety disorders?

99 responses



1.2 Objectives

Some of the objectives that we would like to through this project is to:

- Raise awareness of the prominence of anxiety disorders in Hwa Chong
- Educate secondary 2 Hwa Chong students on the symptoms of anxiety disorders, and what to do when you encounter them
- Help to reduce the stigmatisation regarding mental health issues, to show that getting help is not a sign of weakness

1.3 Target Audience

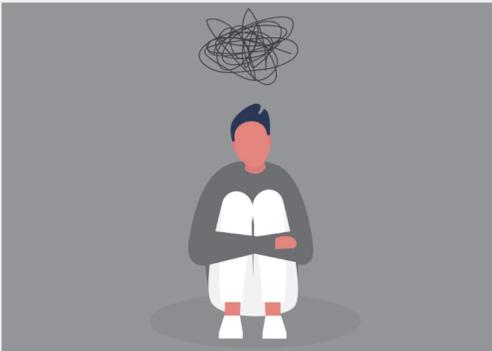
Our target audience is Secondary 2 students in Hwa Chong Institution.

1.4 Our Resource

Our resource package will include an Instagram page, a website created by wix, a kahoot quiz at the end of the website and comics hand drawn by Warren. In our website, readers can learn more about what are anxiety disorders, the symptoms and anxiety disorders, and what to do when encountering anxiety disorders.

Screenshots of the Kahoot quiz

What are some of the causes for anxiety related issues? 🔍



Submit

Select one or more answers!

- ▲ A traumatic or stressful incident
- ◆ Relationship issues with parents or peers
- Eating too much
- Stress from examinations

What are symptoms of social anxiety disorder?



Submit

Select one or more answers!

- Fear of situations in which one may be judged negatively in
- There are no symptoms
- Not wanting to go outside
- Intense fear of talking or interacting with strangers

Screenshots of website

PROJECT MIND

ABOUT ANXIETY-RELATED ISSUES SYMPTOMS OF ANXIETY-RELATED ISSUES WHAT TO DO WHEN WE SPOT SYMPTOMS

PROJECT MIND

Raising awareness for anxiety related mental illnesses

So, why should we care?

According to a study done by the Institute of Mental health, 1 in 7 people in Singapore has experienced a mood, anxiety or alcohol use disorder in their lifetime.

This shows that anxiety issues are incredibly prominent in Singapore, such as OCD and PTSD. However, people still do not think that it is a very big issues, as a survey done by Straits Times on 1,796 people conducted last year, 6 in 10 people said they believe that mental health conditions are caused by a lack of self-discipline and willpower, while half believe that people with mental health conditions should not be given any responsibility.

This shows that the public thinks that mental disorders is just someone being stressed out, and they think very lightly of it. However, this is not the case as shown.

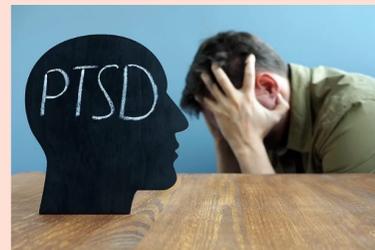


Symptoms of PTSD may include:

- Vivid flashbacks to the trauma inflicted on them. (e.g. Flashbacks of a traumatic experience.)
- Intense thoughts and feelings such as anger, sadness and hatred.
- Intrusive thoughts or images
- Being easily upset or angry
- Having an aggressive behaviour

Symptoms of GAD may include:

- Restlessness; having a sense of dread
- Difficulty concentrating
- Difficulty falling and staying asleep
- A noticeably strong and irregular heartbeat



Symptoms of OCD may include:

Symptoms of Panic attacks may include:



So, what do we do when we spot symptoms?

What can you do to help?

If you spot any symptoms of anxiety related issues in yourself or your peers, you should:

- Report this to one of the school counsellors, Mr Edmund Teo or Mr Vincent Tan, or email them at counselling@hci.edu.sg
- Tell a teacher about it, a teacher will be able to understand and help said student or help you go through it.
- Tell your parents/your friend's parents about it, your parents/your friend's parents will be able to help you/your friend get through this tough time that they are going through.
- See a psychiatrist, there you/your peer will be able to get the help they need for going through such a tough time.



Link to our website:

<https://202466b.wixsite.com/project-mind>

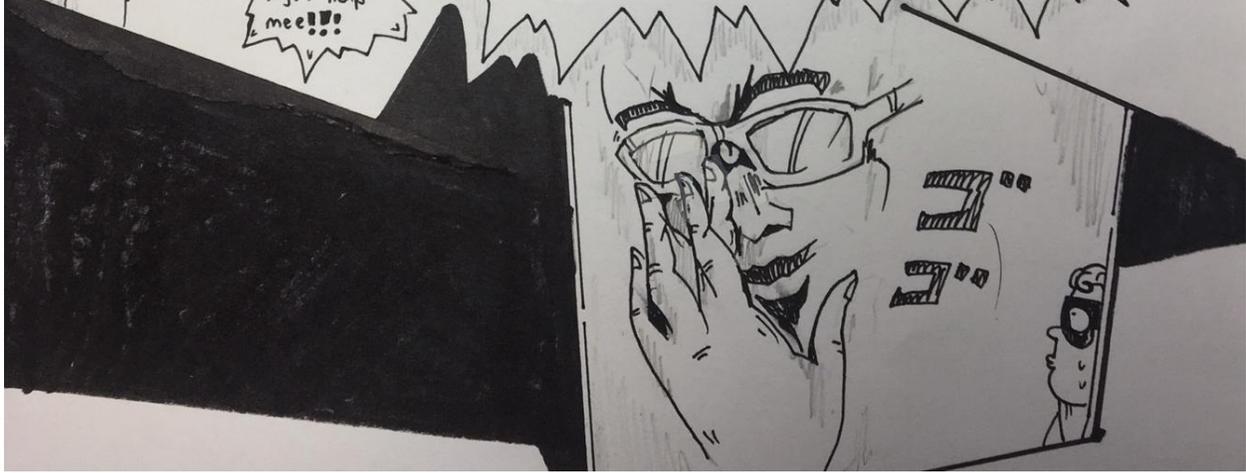
Examples of our comics:

stress levels 



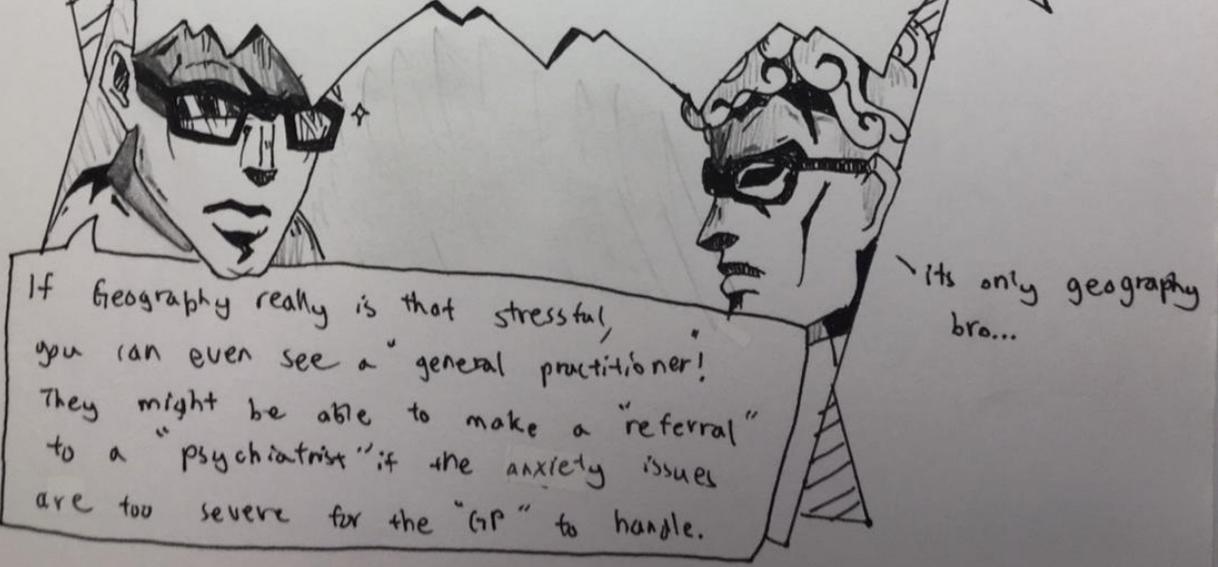
ARGHH
This is unbearable.
Kyan help
me!!!

Why? Why is this topic so goddamn
HARD?! How the hell am I supposed
to memorise everything for the test?! I'm
so stressed out!





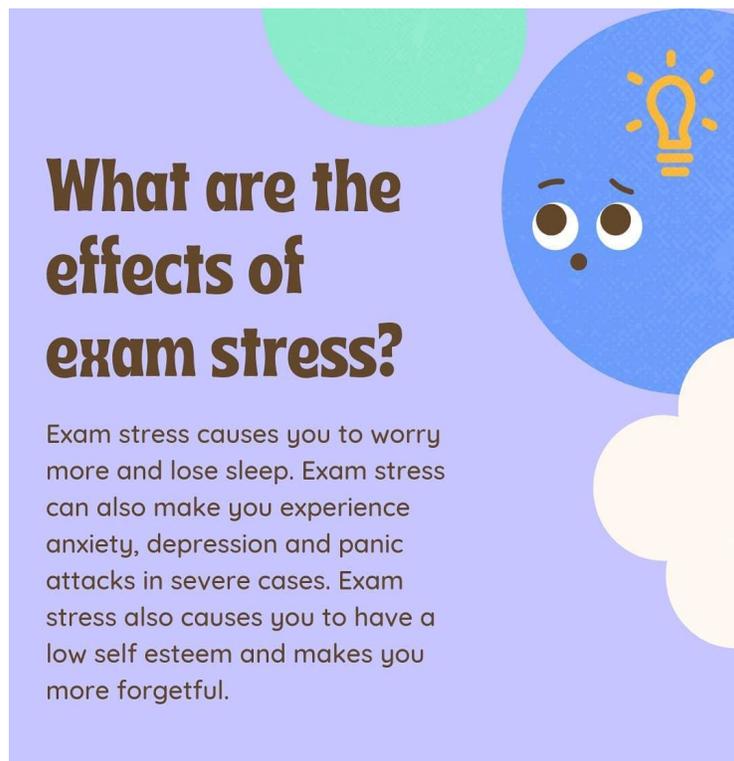
If you feel like you are too "stressful" or even "anxious," you should tell a "teacher" about it as a "teacher" can understand and, help you to go through it, or if you feel your "teacher" does not understand you can even tell your "friends" like me to help you get through this "tough time"! I won't judge you for going through this phase as it happens to "everyone!"



If Geography really is that stressful, you can even see a "general practitioner"! They might be able to make a "referral" to a "psychiatrist" if the anxiety issues are too severe for the "GP" to handle.

- its only geography bro...

Examples of our posters



ANXIETY ISSUES.

Why should we care?

- + Incredibly prominent in SG
- + Public thinks very lightly of it
- + Misconceptions about OCD
- + Anxiety issues can lead to physical harm

“

“People with OCD just need to relax.”

“OCD is all about cleanliness.”

– Some misconceptions about OCD



60%

of people surveyed by The Straits believed that mental health conditions were caused by a lack of self-discipline and willpower.



14%

of people in Singapore has experienced a mood, anxiety or alcohol use disorder in their lifetime.



Check out our website at <https://202466b.wixsite.com/project-mind/what-are-anxiety-related-issues> to find out more!

Link to our Instagram page: https://www.instagram.com/project_mind_hci/

Literature review

2.1 What are some of the causes for anxiety disorders?

According to Mind UK, some of the causes for anxiety disorders may include past or childhood traumas, your current life situation, physical or mental health problems and drugs and medication. Some of the past or childhood traumas that may have caused these anxiety disorders may include physical or emotional abuse from parents, parental

neglect, losing a loved one or a parental figure and being bullied or socially excluded. Some of the factors in your current life situation may include exhaustion or a build up of stress, lots of change and uncertainty, long working hours, losing someone close to you or feeling lonely or isolated. Living with an ongoing life-threatening physical health condition may also trigger anxiety, and it is very plausible to develop anxiety with already pre existing mental health conditions such as depression. Anxiety can also sometimes be caused by side effects from drugs and medication, or also can be developed through the excessive drinking of alcohol. Some of these causes may be what students in Hwa Chong are facing, especially the causes regarding their relationship with their parents.

2.2 Existing Resources reviewed

Unlike other websites which are content-heavy and are very wordy, we made our resource more appealing to students by using more images and less words. As mentioned earlier, students are becoming more tech-savvy so our infographics on Instagram would be more accessible to them. This will allow students to better understand and learn from our resources. Below is a screenshot of the IMH website and as you can see, it is very wordy and rather hard to read.

Clinical Services

Common Conditions

Addictions

Adjustment Disorders

Attention Deficit Hyperactivity Disorder

Autism Spectrum Disorders

Bipolar Disorder

Dementia

Depression

Generalised Anxiety Disorder

Intellectual Disability

Obsessive-Compulsive Disorder

Panic Disorder

Post-Traumatic Stress Disorder

Psychosis

Schizophrenia

Specialised Services

Community-based Services

Other Services

Appointments & Referrals

Admissions

Directory of Doctors

Outpatient Clinics

Generalised Anxiety Disorder

Anxiety and fear are common emotions. But, while fear is a normal response to a perceived threat, anxiety is an unwarranted or inappropriate fear or response to a vague or ill-defined threat. Anxiety can be a normal or an appropriate emotion when dealing with day-to-day stresses or problems. However, when these emotions are persistent, excessive and irrational, they may affect (a) the way a person leads his life, (b) the person's ability to work and (c) the person's ability to cope with the demands of life or relationships. When this happens, the anxiety becomes an abnormal condition or disorder.

There are different types of anxiety disorders characterised by anxiety or fear as the predominant emotion. They include phobia, generalised anxiety disorder, panic disorder, post-traumatic stress disorder, acute stress disorder and obsessive compulsive disorder.



To watch videos on other common conditions, click [here](#).

Signs and Symptoms

Anxiety triggers unpleasant mental symptoms such as:



Methodology

3.1 Needs Analysis

During March this year, we had conducted a study to find out if students really knew much about anxiety disorders. Our respondents included Secondary 2 students from Hwa Chong Institution. Out of 99 respondents, 30.3% of the respondents or 30 people said that they did not know anything about anxiety disorders or their symptoms, and

38.4% of the respondents or 38 people said that they were not very well educated on the topic of anxiety disorders. When we conducted an interview with Mr Edmund Teo, he said that anxiety disorders had become some sort of “epidemic” amongst the youth in Singapore, with cases of anxiety disorders increasing rapidly in Singapore. Mr Teo also told us that the Google Meets that he holds twice every year is not enough to raise awareness about this topic. He said that we need to “use more interactive mediums” in order to get students to understand the symptoms of anxiety disorders and what to do when they spot them. Mr Teo also feels that students underestimate stress and how it can impact their life, often treating it as a joke, such as laughing when one of their peers mention that they are stressed. They undermine it by laughing it off and saying “Everyone deals with it, what’s the big deal?”. Therefore, through these mediums, we want to educate students on the severity of stress and anxiety disorders, to show that these are not jokes, and break the stigmatisation regarding these topics.

3.2 Development of Resource

Through research done using online search engines such as google, we have compiled information through multiple sources. This makes information about anxiety disorders more accessible, as Hwa Chong students only have to go to one website in order to get the information from 4 different websites. We also used Canva to make our Instagram posters, as they had easy-to-access templates that looked aesthetically pleasing at the same time. In order to create our website, we used Wix, which is a free website creator that has a user-friendly interface. We also used Kahoot in order to make a quiz about anxiety disorders, to test students’ knowledge after they browse the website.

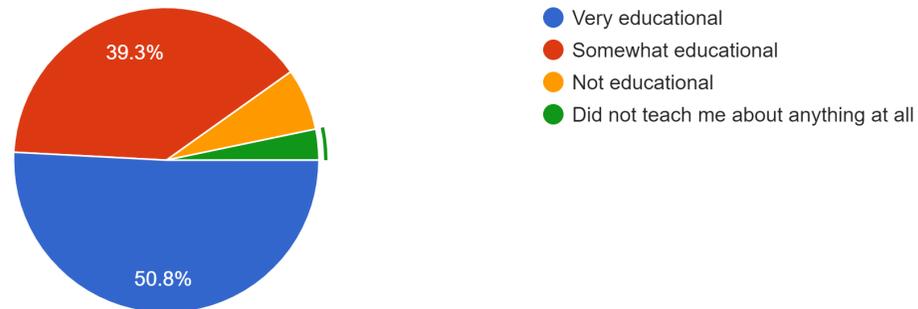
3.3 Pilot Test

We sent the website to some of our peers in Hwa Chong from classes 2A3 and 2P3, and asked them to look through the website. We asked them to give us feedback on our website, saying whether it was educational or not, or if it helped them to understand

anxiety disorders better. Around 61 people responded and out of the 61 people, 50.8% of the respondents or 31 people found our website to be very educational, and around 39.3% of the respondents or 24 students said that our website was somewhat helpful.

Did the website help you to understand more and educate you about anxiety disorders and their symptoms?

61 responses



Outcome and discussion

The project group has successfully created a resource package including a website, an Instagram page, a Kahoot quiz and hand drawn comics.

4.1 General Feedback

The general feedback received from our resource packages were relatively positive. Out of 50 responses on our feedback form for our pilot test, 52% of the respondents found our website to be very educational, while 38% of the respondents said it was somewhat educational. However, some of the respondents said that our website was a bit too wordy, and we should cut down on the amount of words. Some of the respondents also said we should include how common symptoms of anxiety disorders were. We also consulted Mr Teo, the school counsellor, on our website. He said that we should embed short videos that explain anxiety disorders in detail. He also said that we should use proper terms to describe anxiety disorders.

4.2 Limitations of the project

We are unable to diagnose patients with anxiety disorders through this website, for the fear of the website getting the wrong diagnosis on the patients. We also could not give real life examples of how anxiety disorders may affect some people, as most of us do not have close relationships with those suffering from anxiety disorders. Therefore, we could only use hypothetical situations in which one might act if he has anxiety disorders.

4.3 Future developments for the project

This project can move on to other mental health disorders such as depressive disorders and others, so we can expand this project in that direction. We can also expand the Instagram page by interviewing people that have suffered from anxiety disorders and other mental health disorders before, to better understand how it is like to have a mental health disorder.

5 Conclusion

In conclusion, we feel that this project is a very meaningful one, as we are able to raise awareness about a serious topic that has not had much light shone on it in the past few years. We feel that this project is a good way to help out our school, as we would be educating students about the severity of anxiety disorders and showing them that seeking help is not a sign of weakness. We feel that our project could potentially positively affect the school, as more students would seek our school counsellors' help when experiencing symptoms of anxiety disorders and stress. Some of the challenges we have faced during this project might be the lack of communication between group members. In the early stages of this project, we could not decide what resource we should use. Kyan said that he wanted a video, while Way Long said that he wanted to use a website in order to raise awareness about anxiety disorders. In the end, we went with Way Long's suggestion to make a website. We also felt that we should have started taking project work more seriously earlier, as we were lagging behind most of our peers

when it came to making our resources. All in all, we are quite happy with the way this project turned out, and we hope these resources can help raise awareness for anxiety disorders.

6 References

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