

CATEGORY 4 RESOURCE DEVELOPMENT

Group ID 4-089

PROJECT MENTALITY

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Abstract

1 Introduction

Our mental wellbeing is important when maintaining healthy relationships with others. When one avoids most or all social situations, it will affect their relationships with others, and can also lead to low self esteem, negative thoughts and a lack of improvement to social skills, which will affect the livelihood of the person. To help with this pressing issue, Project Mentality provides an outlet for students with social anxiety to seek advice and share their experiences with others with a similar issue, and from there learn to overcome their anxiety.

1.1 Rationale

We all know the feeling of being nervous or uncomfortable in a social situation. Maybe you have clammed up when meeting someone new or gotten sweaty palms before making a big presentation. Public speaking or walking into a roomful of strangers is not exactly thrilling for everybody, but most people can get through it. All socially anxious

people have different reasons for dreading certain situations. But in general, it is an overwhelming fear of being judged by others in social situations, being embarrassed or humiliated, accidentally offending someone, or being the center of attention. Avoiding all or most social situations will lead to relationship issues which is why it is important for students with social anxiety to first, recognise that they are suffering from social anxiety disorder, and then seek help. Thus, it is vital that we provide them with the assistance they need to overcome their anxiety.

1.2 Objectives

The objectives of Project Mentality were to

- Increase understanding of social anxiety in students
- Provide a platform for students with social anxiety to seek advice from
- Encourage students with mental issues to overcome them with stories and experiences by real people

1.3 Target Audience

The target audience was HCI secondary 3 to 4 students where we, as upper secondary students ourselves, can relate to each other and use our own experiences as well.

1.4 Resources

Project Mentality

Change image ▾

Header type

Hello! We are a group of Secondary 4 Hwa Chong Students and we wish to aid students with social anxiety. In our website, we will provide information on social anxiety to deepen your understanding of it, as well as provide some useful tips and how to overcome your social anxiety. You will also get to listen to our school counsellor Edmund Teo, for his take on the matter.



We all know the feeling of being nervous or uncomfortable in a social situation. Maybe you have clammed up when meeting someone new or gotten sweaty palms before making a big presentation. What you are feeling, is social anxiety.

What is Social Anxiety?

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 Header type



Social anxiety, is the fear of social situations in which embarrassment may occur. It is the apprehensiveness about one's social status, role, and behaviour.

In extreme cases, social anxiety can be classified as a mental health condition. It is the intense, continuous fear of being watched and judged by others. This fear can affect work, school, and your other day-to-day activities. It can even make it hard to make and keep friends.

Resources

Change image ▾ Header type





2 Review

How did your condition affect you in your daily life?

I tend to overthink and blow things out of proportions a lot. I would immediately assume the worst and wouldn't be able to get out of bed. When I was in Primary 4, I started having physical problems like headache or a stomach ache, and ended up skipping school a lot. It got worst along the way and I would often be admitted to the hospital. Every time the doctors wouldn't be able to find anything wrong with me. They said my head, stomach and chest were perfectly fine. But the same thing would happen again in a few months. It was during my PSLE when I ended up in the hospital for a very long time. I was admitted for two or three months and it was then that the doctors suggested that I see a psychologist or a counsellor. My parents disapproved of me seeing one at first but eventually allowed me to. I was diagnosed then and given proper treatment. I had quit school only after attending one week of secondary school. For the next three years, I would go to YouthReach for activities because I had nothing to do at home. But I wasn't showing up at YouthReach often. It was like one activity per month, so I was spending most of my time at home. I had problems coming to YouthReach because I have to wake up early again and get back into the routine. When I wasn't able to make it, my caseworker would say, "It's ok, we can try it again", and would continue to keep in contact with me to find out how I have been.

How has YouthReach helped you?

YouthReach has been incredibly supportive in both my mental well-being and academic pursuits. Through tuition both at home and at the centre, they managed not only to broaden my knowledge, but often provided moral support and steered my self-confidence back on track whenever I doubted myself. This in turn led to achieving my goal of getting an 'O' level certificate, which I have been struggling towards for years, and eventually landing me a spot in the college of my dreams. Everyone at YouthReach has been amazingly patient, kind and understanding towards my goals, pushing me towards greater heights whenever I needed it the most. For that, I am most grateful.



This website is called Singapore Association for Mental Health, which is meant to improve the lives of people who suffer from mental illnesses through rehabilitation and reintegration. Some problems with the website is that the font is relatively small and does not have highlights or pointers, so readers might miss out important information especially if they are desperate to find help. Although the website has a video section regarding mental health, there are only a few videos on personal stories. Personal stories can be very effective as people who require help can relate to these experiences, and can make them more willing to learn how to deal with and recover from their condition. The website's layout is confusing and is difficult to navigate, with many URLs under main headings, making it difficult to navigate to specific sections.

Youth team up with Sun Xueling to tackle mental health issues

Group of six are gathering stories from young people for an e-book to help those struggling



This is Sun Xueling's initiative to assist youth facing mental health issues. However, this project has just started on March 29th and has not reached fruition yet. It also focuses on general mental issues among youth working adults, while our project will focus on social anxiety among upper secondary school students.

3 Methodology

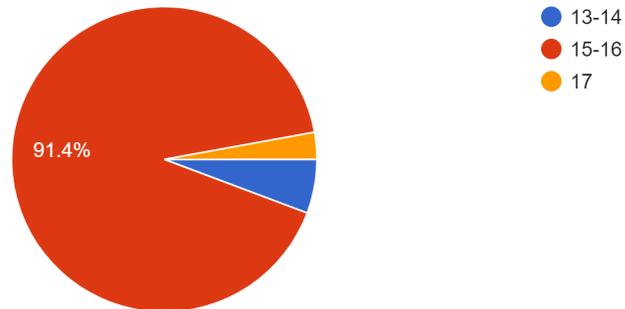
3.1 Needs Analysis

We conducted a survey amongst students aged from 13-17 years old, the results of which indicated that above 50% of participants experience mild to severe symptoms of social anxiety, such as difficulty engaging in conversation with peers, being constantly afraid of being judged by others or left out. Although experiencing these symptoms does not necessarily mean that one has social anxiety, it does mean that the majority of the student population are at risk of having social anxiety. A majority of the respondents have also stated that a resource to help those with social anxiety will be helpful. Thus, there is a great need to assist those suffering from social anxiety.

Survey Results

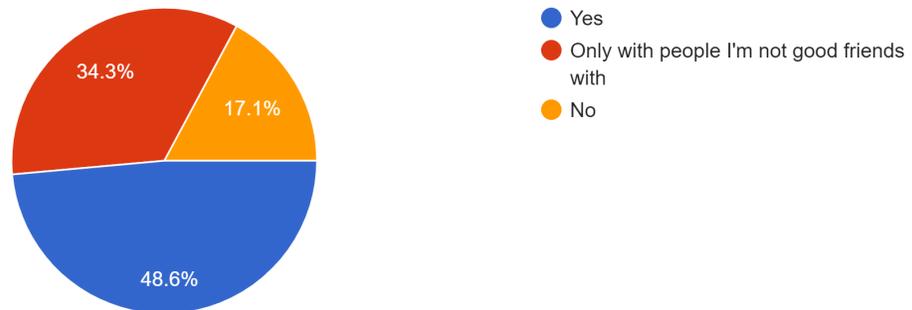
What is your age?

35 responses



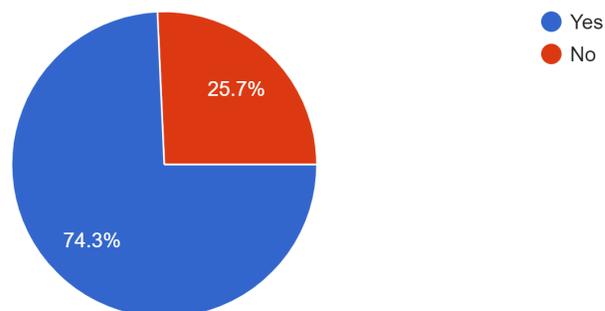
Do you find difficulty engaging in meaningful conversations with your peers?

35 responses



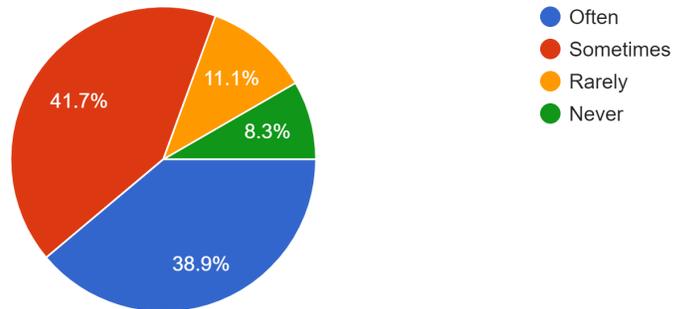
Do you have a constant fear of being judged by others?

35 responses



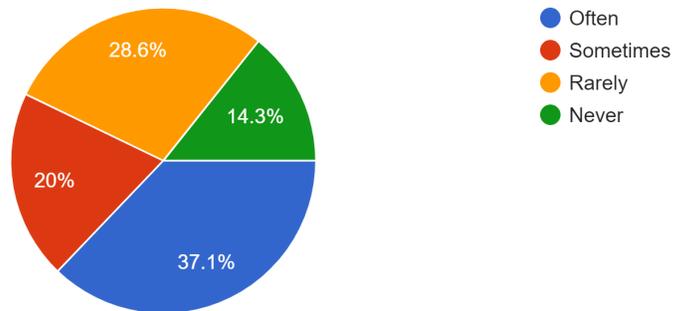
Do you ever feel left out?

36 responses



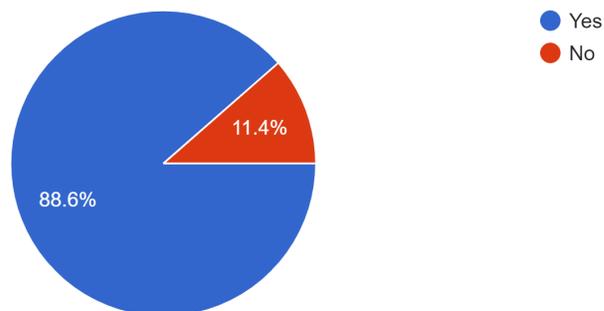
Do you prefer being by yourself?

35 responses



Do you think that a resource to assist those with social anxiety will be helpful/useful?

35 responses



3.2 Development of Resources

During the June Holidays, we conducted an interview with the school counsellor to find out more about social anxiety among students. Our questions covered aspects like how social anxiety develops in a student, how we can identify it in students, how it impacts the lives of those who suffer from it and what we can do to assist those that suffer from social anxiety. We then used the data gathered from the interview to create resources for our website. We tried to gather personal experiences of those who have suffered from social anxiety before from the counsellor, but due to privacy concerns, we could not do so.

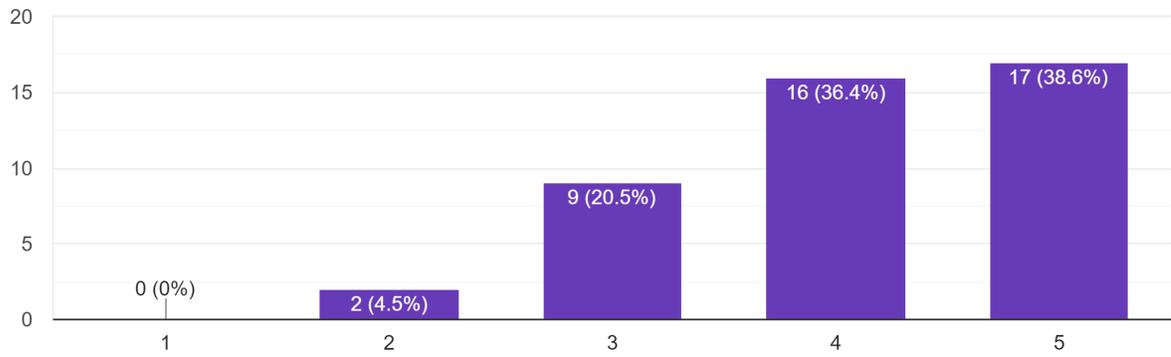
3.3 Pilot Test

Using all the information gathered above, we created a website that consisted of content which will help students suffering from social anxiety by giving advice and support. This includes a list of hotlines that these victims could call should they require further assistance. Other content in our website will have common signs that you may suffer from social anxiety and what steps to take next. This is because many people are unaware that they may suffer from social anxiety and it is negatively affecting their lives, and even if they have symptoms they might not be sure what to do next.

We also created a survey for students to evaluate our website and here are the results:

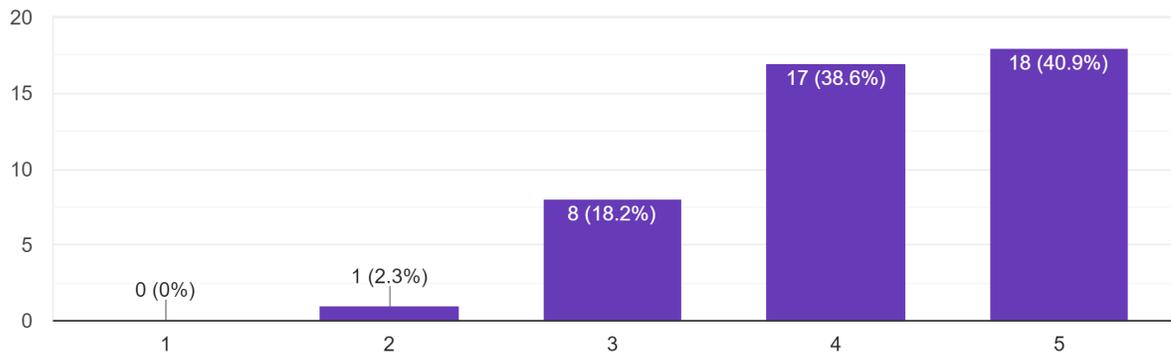
Do you feel that our resources and information concisely explains social anxiety?

44 responses



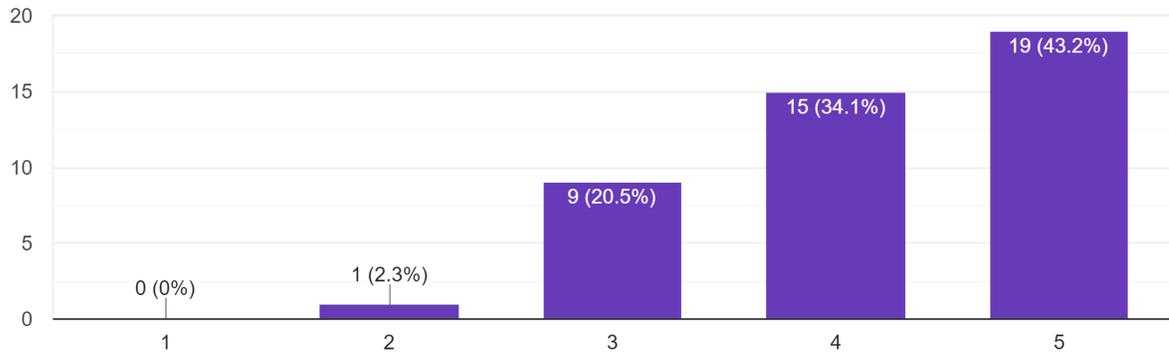
Do you feel that the website is easy to navigate?

44 responses



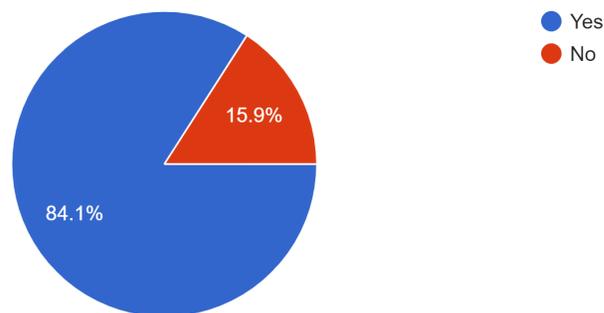
Do you think the content in our website is well targeted towards students suffering from social anxiety?

44 responses



Would you recommend the resources in this website to anyone suffering from social anxiety?

44 responses



Extra comments by students:

“The website is slightly confusing when browsing but content in the website is very clear and well done”

“Information is clear and concise, i would not lose focus when reading it”

“I like how the content is sorted by questions that most people have about social anxiety”

“Having the counsellor's advice on the website definitely helps.”

4 Outcome & Discussion

Based on the feedback we received from our users of the website, our resources have been effective in helping students cope with social anxiety.

We believe our pilot test, involving the use of a website curated with online resources, as well as interviews with our school councillor were able to connect with the students due to the relevancy of our questions being posed. Our website thus proved a useful platform for students to tackle their social anxiety without the fear of confrontation without a councillor, which might trigger their social anxiety.

Nonetheless, we were able to improve our website based on the feedback received from the pilot test, which showed that our website had some improper headers as well as footers which made navigating on phone difficult. We solved this problem by reformatting our resources into different segments.

We also improved on our website by using more photos which could remove the dullness of our website and make users more engaged and interested, so that our website will be frequented when they face social anxiety and improve its overall effectiveness.

5 Conclusion

Project Mentality was a difficult project as producing observable changes in people's behaviour was difficult, due to our inexperience in psychology and the covid situation. Thus, we chose to consult with our councillor and refer us to useful resources where we were able to consolidate our information and create online resources to reduce social anxiety in students. We had to adapt ourselves to be understanding of other people's plight through text, owing to the covid situation, and make the most of the feedback through changes in our website. At the end of the day, we are satisfied with our resources which have achieved the goals of reducing social anxiety in students.

6 References

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