

RGC Ref. No.: <u>UGC/FDS17/H01/16</u> (please insert ref. above)
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**RESEARCH GRANTS COUNCIL
COMPETITIVE RESEARCH FUNDING SCHEMES FOR
THE LOCAL SELF-FINANCING DEGREE SECTOR**

FACULTY DEVELOPMENT SCHEME (FDS)

Completion Report
(for completed projects only)

<p><u>Submission Deadlines:</u></p> <ol style="list-style-type: none"> 1. Auditor's report with unspent balance, if any: within six months of the approved project completion date. 2. Completion report: within 12 months of the approved project completion date.
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Part A: The Project and Investigator(s)

1. Project Title

Effectiveness of the Mental Health First Aid Programme for nursing students in Hong Kong

2. Investigator(s) and Academic Department(s) / Unit(s) Involved

Research Team	Name / Post	Unit / Department / Institution
Principal Investigator	Dr. HUNG Shuk Yu / Associate Professor	School of Nursing / Tung Wah College
Co-Investigator	Prof. CHOW Meyrick Chum Ming / Acting Dean and Professor	School of Nursing / Tung Wah College
Co-Investigator	Professor CHIEN Wai-tong / Vice-Director of Research / Professor	The Nethersole School of Nursing / Faculty of Medicine / The Chinese University of Hong Kong
Co-Investigator	Ms. WONG Prudence Yuk-kwai / Coordinator of Mental Health First Aid Programme	Mental Health Association of Hong Kong

3. Project Duration

	Original	Revised	Date of RGC / Institution Approval (must be quoted)
Project Start Date	01/01/2017	N/A	N/A
Project Completion Date	31/12/2018	31/3/2019	Institution approval on 4/1/2019

Duration (<i>in month</i>)	24	27	Institution approval on 4/1/2019
Deadline for Submission of Completion Report	31/12/2019	31/3/2020	N/A

Part B: The Final Report

5. Project Objectives

5.1 Objectives as per original application

The aim of this study is to evaluate the effectiveness of the MHFA programme for nursing students which able

1. to increase their mental health literacy,
2. to increase their mental health first aid intentions,
3. to increase their confidence in offering help to others,
4. to increase their mental well-being,
5. to decrease their stigma towards people with mental health problems.

5.2 Revised objectives

Date of approval from the RGC: N/A

Reasons for the change: N/A

5.3 Realisation of the objectives

(Maximum 1 page; please state how and to what extent the project objectives have been achieved; give reasons for under-achievements and outline attempts to overcome problems, if any)

Before the commencement of this study, the PI conducted preliminary pilot studies that were suggested by the FDS reviewers, as written in the FDS assessment form. Two preliminary pilot studies, including a single group pre-test, post-test and follow-up research, and a qualitative study. These two studies were conducted in early and mid-2017, respectively, to examine the students' perception of the acceptance, feasibility, and effectiveness of adding 12 hours of MHFA training as the optional course to their schedules. And the studies were financially supported by the teaching institution of the PI, i.e., the School Research Grant of Tung Wah College.

This FDS funded project had set up five objectives. The objectives have been fully achieved. By using the two well-validated questionnaires, the outcomes of the effectiveness of the MHFA training were measured at three-time intervals pre-training, post-training, and six months after training. The general nursing students' mental health literacy, mental health first aid intentions, confidence in offering help to others, stigma towards people with mental health problems were evaluated by their self-completion of the Mental Health Literacy Scale (Chinese version). Besides, their mental well-being was evaluated by and the General Health Questionnaire-12 (Chinese version).

The research data collection process was on schedule. The MHFA training for the experimental group and data collection for both experimental and control groups were completed in early 2018. The MHFA training for the control group was then commenced as scheduled to benefit all students as planned.

5.4 Summary of objectives addressed to date

Objectives <i>(as per 5.1/5.2 above)</i>	Addressed <i>(please tick)</i>	Percentage Achieved <i>(please estimate)</i>
1. to increase their mental health literacy	✓	100%
2. to increase their mental health first aid intentions	✓	100%
3. to increase their confidence in offering help to others	✓	100%
4. to increase their mental well-being	✓	100%
5. to decrease their stigma towards people with mental health problems	✓	100%

6. Research Outcome

6.1 Major findings and research outcome

(Maximum 1 page; please make reference to Part C where necessary)

There were a total of 358 students, including 63 male and 295 female participated in the study. Data were collected before the training (pre-test), after the training (post-test) and six months after the training (follow up) by questionnaires. There were 168 students in the experimental group completed a 12-hour MHFA training. Also, 167 students completed the follow-up measures. Meanwhile, for the control group, there were 176 students completed the pre-test, 175 students completed the post-test, and 165 students completed six months follow up.

The findings of this study showed that completing the MHFA training programme increases general nursing student participants' mental health knowledge, confidence, and intention to help others with mental health problems significantly. With the improvements of mental health literacy, the student participants acquired a greater understanding of mental disorders, including the associated signs, symptoms, and crises, which have reduced the stigma and social distance and increased their confidence in communicating and assisting individuals with mental disorders. Furthermore, MHFA training has the secondary effect of enhancing nursing student participants' self-awareness and their mental well-being. It may further facilitate and improve their ability to provide quality care for their patients with mental and physical comorbidities, as well as benefiting their friends, families, and the public.

Also, the PI reported the research process, preliminary findings, and final results at several local and overseas international nursing and mental health conferences. The PI prepared three articles (2 from the preliminary pilot studies and one from the main study) to demonstrate the findings of the general nursing students' learning experiences and effectiveness of the MHFA training for publication in international peer-reviewed journals.

6.2 Potential for further development of the research and the proposed course of action

(Maximum half a page)

This project is the first to examine the effect of Mental Health First Aid training in the Hong Kong context for college students. The topic is significant and relevant to Hong Kong's local situation. The adoption of a randomized controlled study design is a considerable strength. By using the MHFA as an intervention, this study had adopted a 6-month follow-up test to measure maintenance effectiveness. Further research may benefit from taking a 1-year follow-up test period and measuring the first aid actions offered by the nursing students to citizens in community settings and to patients in the hospital settings.

Moreover, this study did not measure the longer-term impact of the course. Following the general nursing students into their workplace to determine the implementation of skills developed as part of the course could be explored. Although significant changes were found, some stigma changes were not substantial. Additional supplements to the training over a more extended period may be necessary for more significant changes. To date, studies of MHFA have not measured retention of knowledge, attitude, confidence, or mental health first aid actions over the longer term. Furthermore, qualitative research for an in-depth understanding of the training experience, the mechanism of change in attitude and behavior, experience of helping people with a mental health problem is recommended.

7. Layman's Summary

(Describe in layman's language the nature, significance and value of the research project, in no more than 200 words)

Mental health illness becomes a significant public concern over the past few decades. Health care students are more vulnerable to stress and mental health problems, possibly due to the heavy academic workload and stressful clinical placement. There are recognized needs to provide extensive support for these students. Meanwhile, MHFA is a standardized psycho-educational training that has been well established in enhancing mental health knowledge, awareness of mental health problems, and decreasing stigmas towards people with mental disorders. This randomized controlled trial study not only valid these findings in Hong Kong and general nursing students, but also providing new insight on improving the students' mental well-being. MHFA training is especially relevant to health care students who can benefit not just personally but professionally too. It is recommended MHFA become compulsory training in the university curriculum or as extra-curricular activities for the new join students or current students.

Part C: Research Output**8. Peer-Reviewed Journal Publication(s) Arising Directly From This Research Project**

(Please attach a copy of the publication and/or the letter of acceptance if not yet submitted in the previous progress report(s). All listed publications must acknowledge RGC's funding support by quoting the specific grant reference.)

The Latest Status of Publications				Author(s) (denote the corresponding author with an asterisk*)	Title and Journal / Book (with the volume, pages and other necessary publishing details specified)	Submitted to RGC (indicate the year ending of the relevant progress report)	Attached to this Report (Yes or No)	Acknowledged the Support of RGC (Yes or No)	Accessible from the Institutional Repository (Yes or No)
Year of Publication	Year of Acceptance (For paper accepted but not yet published)	Under Review	Under Preparation (optional)						
2019				Hung SYM, Lam KKS, Chow CMM	Nursing students' experiences of mental health first aid training: A qualitative descriptive study. <i>Collegian</i> , 26(5), 534-540.	No	Yes	No*	Yes
		2020		Hung SYM, Lam KKS, Chow CMM, Leung SYD, Nan Kurt	Assessing the Effectiveness of Psychoeducation on Training on Mental Health Knowledge, Attitudes, and Well-Being among College Students in Hong Kong. <i>International Journal of Environmental Research and Public Health</i> .	No	No	No*	No
	2020			Hung SYM, Chow CMM, Chien WT, Wong YKP	The effectiveness of the Mental Health First Aid Programme for general nursing students in Hong Kong: A randomised controlled trial. <i>Collegian</i> .	No	No	Yes	No

* These preliminary pilot studies were suggested by the FDS reviewers before conducting the main study and were financially supported by the PI's teaching institution.

9. Recognized International Conference(s) In Which Paper(s) Related To This Research Project Was / Were Delivered

(Please attach a copy of each conference abstract)

Month / Year / Place	Title	Conference Name	Submitted to RGC (indicate the year ending of the relevant progress report)	Attached to this Report (Yes or No)	Acknowledged the Support of RGC (Yes or No)	Accessible from the Institutional Repository (Yes or No)
Nov/2017/ Hong Kong	Effectiveness of the Mental Health First Aid Programme for nursing students in Hong Kong: a pilot study	Mental Health Matters: Overcoming the Stigma The Hong Kong Mental Health Conference 2017	No	Yes	Yes*†	Yes
Jan/2018/ Korea	Effectiveness of the Mental Health First Aid Programme for Nursing Students in Hong Kong: The Preliminary Results.	The 21st EAFONS & 11th INC (21st East Asian Forum of Nursing Scholars & 11th International Nursing Conferences	2017	Yes	Yes†	Yes
Aug/2018/ Australia	Mental Health First Aid Training for Hong Kong Nursing Students.	The 19th International Mental Health Conference. Our Treatment. Our Environment. Our Strategies.	No	Yes	Yes	Yes
Dec/2018/ Hong Kong	The Effect of Psycho-educational Training in Hong Kong Nursing Students.	The 2018 HKCPsych International Mental Health Congress (HKCPsych 2018), Changes and Opportunities beyond 25 years	No	Yes	Yes	Yes
Jan/2019/ Singapore	Nursing students' experiences of Mental Health First Aid training: A descriptive qualitative study.	The 22nd East Asian Forum of Nursing Scholars	No	Yes	No*	Yes
Jan/2019/ Singapore	Effectiveness of the Mental Health First Aid Programme for College Students in Hong Kong.	The 22nd East Asian Forum of Nursing Scholars	No	Yes	Yes	Yes

* These preliminary pilot studies were suggested by the FDS reviewers before conduction the main study and were financially supported by the PI's teaching institution.

† Due to word limit in the abstract submission, an acknowledgment was included in the ppt presentation.

10. Whether Research Experience And New Knowledge Has Been Transferred / Has Contributed To Teaching And Learning

(Please elaborate)

Through this FDS research project, the research experience and new knowledge have contributed to teaching and learning. In this funded FDS project, altogether 343 general nursing students, including experimental group (168) and control group (175), completed 12-hr MHFA training with the certificate issued. The training equipped them with practical skills and techniques for offering help to people with mental health problems or experiencing a mental health crisis.

Concerning the positive evidence of this study, the findings could offer insights into the

designing of the nursing and other healthcare programmes' curriculum, suggesting that MHFA training program could be integrated into these programmes' curriculum flexibly and feasibly. The PI collaborated with the Student Affairs Office of Tung Wah College is planning to organize MHFA training courses for new students or current students to support the students' mental well-being.

11. Student(s) Trained

(Please attach a copy of the title page of the thesis)

Name	Degree Registered for	Date of Registration	Date of Thesis Submission / Graduation
N/A	N/A	N/A	N/A

12. Other Impact

(e.g. award of patents or prizes, collaboration with other research institutions, technology transfer, teaching enhancement, etc.)

With this research grant support, the PI obtained the opportunity to share and discuss the research topics and ideas with other non-government organizations and research institutions in conferences or different occasions.

The PI was invited by the Hong Kong Federation of Women's Centers to have a collaboration in the application of the Health Care and Promotion Scheme in 2018, though the application was not successful. The study application aimed to empower women family caregivers to increase their self-awareness of psychological and mental health well-being as well as their ability to identify and help others with mental health problems. However, the PI and the Hong Kong Federation of Women's Centers are planning for another collaboration very soon.

13. Statistics on Research Outputs

No. of outputs arising directly from this research project	Peer-reviewed Journal Publications	Conference Papers	Scholarly Books, Monographs and Chapters	Patents Awarded	Other Research Outputs (please specify)	
					Type	No.
	3 (1 published; 1 accepted & 1 under review)	6	0	0	0	0

14. Public Access Of Completion Report

(Please specify the information, if any, that cannot be provided for public access and give the reasons.)

Information that Cannot Be Provided for Public Access	Reasons
Nil	