



Q:  
A: Social Science/CUHK

Tel. / 電話 : (+852) 2607 6050  
 Email / 電郵 : [workheart@cuhk.edu.hk](mailto:workheart@cuhk.edu.hk)  
 Website / 網站 : <http://workheart.cuhk.edu.hk>  
 Facebook 專頁 : <http://www.facebook.com/workheartkhk>

## DELIA MEMORIAL SCHOOL (BROADWAY)

### Notice to Parents / Guardians

24<sup>th</sup> November 2021

### Invitation to Join Mental Health Research Project,

### “Let’s Work Heart” and Study Details (Adolescent Group) by Department of Psychiatry- Department of Psychology, The Chinese University of Hong Kong

Dear Sir/ Madam,

There is a widespread societal concern around student mental health in recent years. Despite anecdotal reports of students suffering from mental health issues, a territory-wide systematic study of the prevalence of psychiatric disorders among school-aged children is lacking. Therefore, the Department of Psychiatry and the Department of Psychology, Chinese University of Hong Kong (CUHK), are conducting the first epidemiological study of psychiatric disorders among primary and secondary school students in Hong Kong. The aim of the study is to estimate the percentages of psychiatric disorders among students aged between 6 and 17 years old, and to identify risk factors in relation to psychiatric disorders. Only by obtaining accurate information about the current situation of student mental health, the right kind of services can be provided to the people in need.

Our school is being invited to join the captioned research project. We cordially invite you to participate in the study with your children. The research team of the Chinese University of Hong Kong has selected your child(ren) on a random basis. **However, since there is a restriction on the number of participants for our study, agreeing to participate does not imply that you will finally be selected to join. The CUHK research team will individually inform the selected family accordingly over the phone at the next stage.** The study will promote mental wellness of



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local students and the statistics will be effectively represent students in Hong Kong. We sincerely hope you and your child(ren) can support the study.

*With the ongoing uncertain development of COVID-19*, the CUHK research team will invite you and your child(ren) to participate the study via Zoom meeting. You and your child(ren) will need to participate a series of assessments, including interviews and questionnaires separately. The research team will mail sample containers and provide clear instruction for child(ren) to measure their height, weight, blood pressure and waist size, and collect the buccal swab and hair samples. After that, the research team will come to collect the biological samples.

Details of the study are as below:

Participant	Study contents and duration
Parent	<ol style="list-style-type: none"> <li>1. Interview (around 2 hours)</li> <li>2. Questionnaires (30 mins)</li> </ol>
Child	<ol style="list-style-type: none"> <li>1. Interview (around 2 hours)</li> <li>2. Questionnaires (30 mins)</li> <li>3. Physical and physiological measurements               <ul style="list-style-type: none"> <li>• Height</li> <li>• Weight</li> <li>• Blood pressure</li> <li>• Waist size</li> </ul> </li> <li>4. Collection Biological samples               <ul style="list-style-type: none"> <li>• Buccal swab sample</li> <li>• 3 cm hair sample</li> </ul> </li> </ol>



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Each family will be given **HKD 600 cash coupons** upon completion. Based on the collected data, some participants will be selected and invited to join phase II of this study, further details will be introduced to the contacted participants.

Please note that participation in the study is **totally voluntary**. Parents may choose not to participate or withdraw from the study at any time. The study has no potential risks and **will not** cause any discomfort and harm to parents as well as their children. However, if psychiatric illnesses are suspected in the course of this study, the individual students and their carers will be duly informed and referral for professional service will be made in a timely manner.

All personal data collected in the study will be treated in strict confidence and will solely be used by the research team of CUHK "Workheart". Report to be submitted to the government in the future would only include the overall data trend and **would not involve participants' personal information.**

\*Please visit the following websites for more information.



Facebook Page



Promotion Video





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Please submit the reply slip to the class teacher on or before **3<sup>rd</sup> (December), 2021**. We look forward to your support and participation.

**Prof. HUNG Se Fong**

*Work Heart* Principal Investigator

Department of Psychiatry

Faculty of Medicine

The Chinese University of Hong Kong

**Prof. Patrick LEUNG Wing-Leung**

*Work Heart* Co-Principal Investigator

Department of Psychology

Faculty of Social Science

The Chinese University of Hong Kong

Yours faithfully,

K.C. Lo

Principal



**Reply Slip (PN\_2122\_092)**

Date: \_\_\_\_\_

**Re: Mental Health Research Project-“Let’s Work Heart” and Study Details**

Dear Principal,

I have been clearly informed of this study, and **\*agree / disagree** the research team to contact me.

Student’s Name: \_\_\_\_\_ (Class & Class No. S \_\_\_\_\_ (\_\_\_\_))

Parent/ Guardian’s Name : \_\_\_\_\_

Parent/ Guardian’s Signature : \_\_\_\_\_

Parent/ Guardian’s contact no. : \_\_\_\_\_

**(For parents who choose agree only)**

\* Please delete where appropriate