

POLYU Junior Researcher Mentoring Programme 2024



Code:	JRMP2024_17
School / Department:	School of Nursing
Name of Research Team Member(s):	Dr Grace Ho, Associate Professor Dr Leung Sau-fong, Associate Professor
Research Topic:	Mental health and resilience in young people
Short Description of the Research Project:	<p>Young people face many unique challenges today and their overall mental health is on the decline. Resilience, which is the ability to bounce back from challenges, can protect young people's mental health and give them a more meaningful outlook on the future. One important question remains: How can resilience be built?</p> <p>Funded by the Seal of Love Charitable Foundation, this project will test the effectiveness of a gamified resilience-building intervention that was co-created through consultations with over 200 PolyU students. Through self-discovery, game-based challenges and connecting socially with peers, this intervention aims to promote resilience and mental health in young people in a fun and engaging environment.</p> <p>The participating students will assist with running group activities, collecting data, transcribing interview data, designing promotional materials and conducting literature reviews. They will learn how to perform individual resilience-building consultations and to manage and analyse research data. Importantly, the participating students will also learn about the skills and strategies for developing resilience and be able to share that knowledge in their community.</p>
No. of Places Offered:	4
Frequency of Meetings:	Bi-weekly
Special Requirement(s):	The participating students should have a strong interest in mental health.

* The information presented above is subject to change.