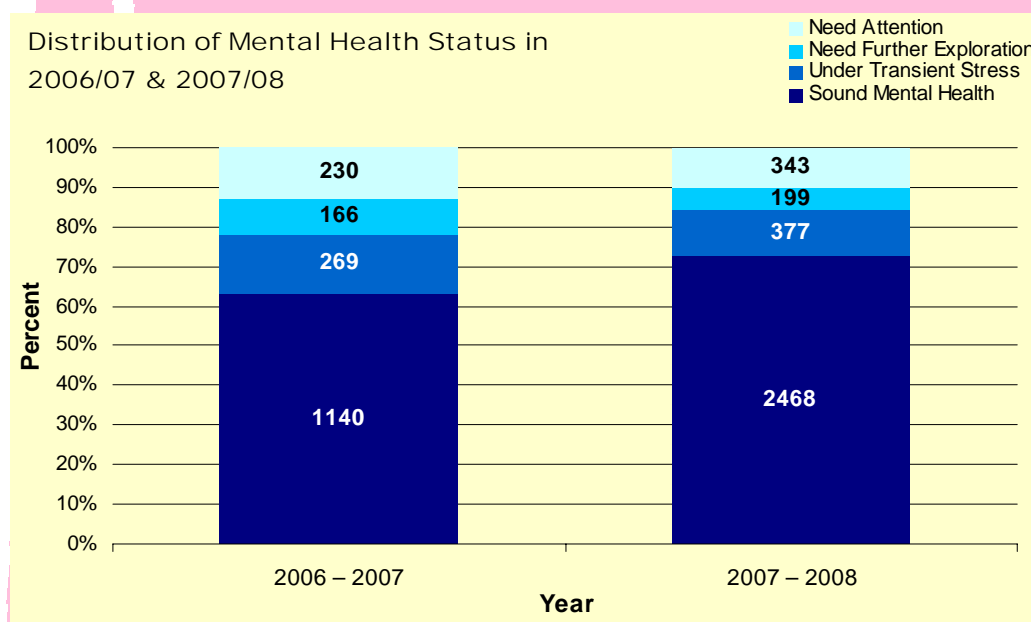


General Health Questionnaire 2007

The General Health Questionnaire was administered to most of the first year students before commencement of the academic year. It serves the purposes of producing a general profile on the mental health status of PolyU's first year students as well as identifying students in need of counselling service. The results showed that among 3387 first year students, most of the students were psychologically healthy. However, 10.1% (N = 343) were classified as "Need Attention" students and 5.9% (N = 199) were "Need Further Exploration" students, both types of students required follow-up counselling services. The risk levels were assessed by the symptoms of depression and pre-occupation of suicidal ideation during the past month before the survey.



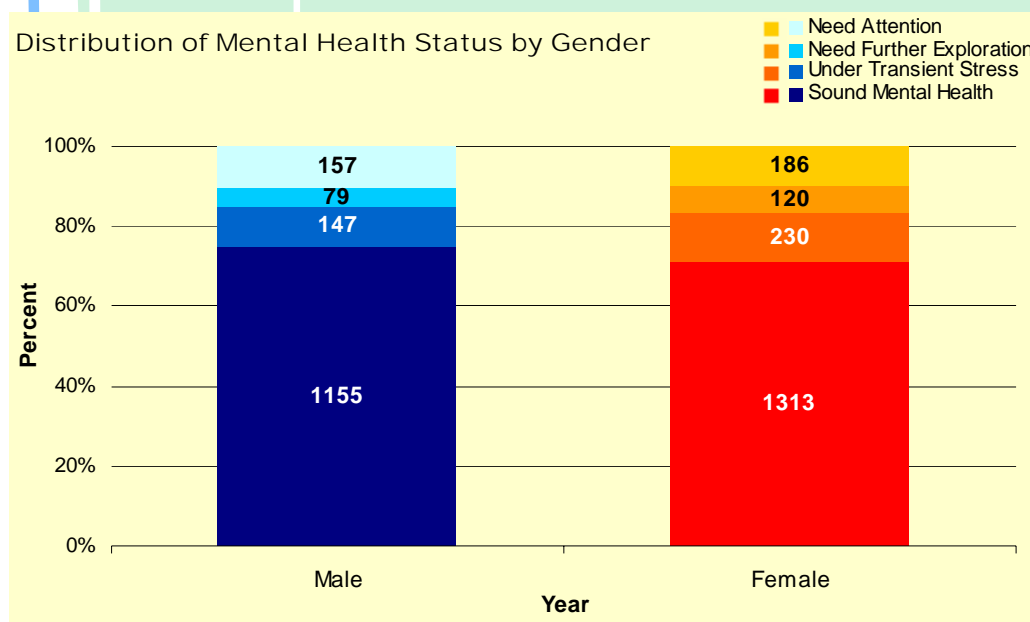
Compared to the survey in last year, a decline of 2.6% in Need Attention and 3.3% in Need Further Exploration were found.

Table 1
Distribution of Mental Health Status in 2006/07 and 2007/08

Mental Health Status	2006 - 2007		2007 - 2008	
	No. of students	%	No. of students	%
Sound Mental Health	1140	63.2	2468	72.9
Under Transient Stress	269	14.9	377	11.1
Need Further Exploration	166	9.2	199	5.9
Need Attention	230	12.7	343	10.1
Total	1805	100	3387	100

However, similar to findings from the previous year, female students in general were found more susceptible to mental health problems. The proportion of female students needed follow-up counselling services was higher than male students (F = 16.6% > M = 15.3%). The details are shown in Table 2.

Table 2				
Distribution of Mental Health Status by Gender				
Mental Health Status	Male		Female	
	No. of students	%	No. of students	%
Sound Mental Health	1155	75.1	1313	71.0
Under Transient Stress	147	9.6	230	12.4
Need Further Exploration	79	5.1	120	6.5
Need Attention	157	10.2	186	10.1
Total	1538	100	1849	100



The survey has not examined the possible causes for students' stress and factors leading to the changes in the mental health profile. However, the difficulties experienced by students in adjusting to the transition from secondary schooling to tertiary education are likely to be the major stressor. Interpersonal difficulties, personal or family problems and the lack of effective life-coping skills could possibly be some of the others factors attributing to their stress and anxiety.

From the survey, most of our students seem to be psychologically healthy. However about 16% of students overall have reported stress and anxiety symptoms recently and need attention. In addition, 4.4% of students were identified as 'higher risk' because they felt that life was hopeless and some even had suicidal thoughts.

Students are most welcome to contact our counsellors to discuss individual mental health profiles and to explore further your particular concerns. The personal counselling service is free and all information will be kept confidential. You can visit our website http://www.polyu.edu.hk/sao/cs/counselling_services/index.html to know more about our service.

Counselling Appointment and Enquiry

Telephone: 2766 6800

Fax: 2774 5226

Email: sapcc@inet.polyu.edu.hk

On-line booking: <http://www.polyu.edu.hk/sams>