

Junior Research Mentoring Programme

Code:	JRMP2021_23
School / Department:	Department of Rehabilitation Sciences
Name of Research Leader:	Dr Cynthia Y.Y. Lai, Associate Professor
Research Topic:	Effects of Zentangle Drawing on Neurophysiological States, Cognitive Performance and Mental Well-being in Children, Adolescents and Adults
Short Description of the Research Project:	<p>Challenges are inevitable in our life. It may create stress and subsequently affect the mental health, cognitive performance and participation in daily living. In recent years, Zentangle is getting popular in schools and rehabilitation sectors. Zentangle is a drawing method. During Zentangle drawing, the person will focus on drawing some patterns (called "tangles") repetitively and become relaxing as Zen practice (achieving a state as meditation). Therefore, more and more clinicians are starting to apply Zentangle drawing to promote the mental well-being in healthy and clinical populations, such as cancer patients, people with anxiety and depression symptoms, and even children with special educational needs. This project aims to examine the effects of Zentangle drawing and its mechanism behind the changes of cognitive and mental health status in children, adolescents and adults. The participants of this study will receive Zentangle drawing class during the intervention period and neuro-psycho-physiological measurement in the pretest and posttest period. The research leader of this project is a Certified Zentangle Teacher and registered occupational therapist. She will engage the mentees of JRMP in the research project and will also share with them the tips for applying therapeutic activity on clinical populations to promote their functioning.</p>
No. of Places Offered:	3

* The information presented above is subject to change.

Junior Research Mentoring Programme

Code:	JRMP2021_24
School / Department:	Department of Rehabilitation Sciences
Name of Research Leader:	Dr Billy So, Assistant Professor
Research Topic:	Exoskeleton Technology for the Construction Industry: Biomechanical Evaluation in a Manual Handling Task
Short Description of the Research Project:	<p>The scope of this project is to investigate the potential benefits of exoskeleton technology for construction workers whilst lifting or carrying and understand the exoskeleton technology acceptance by construction workers. The objectives of this project are as follows:</p> <ol style="list-style-type: none"> (1) To biomechanically assess the effectiveness of exoskeleton technology in reducing the muscle activity of construction workers whilst lifting and carrying with considering posture, carrying distance, and load weight; and (2) To evaluate how exoskeleton technology can enhance the task performance of construction workers whilst lifting and carrying with considering posture, carrying distance, and load weight.
No. of Places Offered:	3
Special Requirement(s):	Preferred subjects taken: Physics and Biology

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Junior Research Mentoring Programme

Code:	JRMP2021_25
School / Department:	Department of Rehabilitation Sciences
Name of Research Leader:	Dr Andy S.K. Cheng, Associate Professor
Research Topic:	Perceived Stigmatization and its Impact on Quality of Life and Return to Work of Patients with Lung Cancer
Short Description of the Research Project:	The project is to investigate the underlying moralisation of smoking and the stigmatisation of lung cancer using a mixed methods approach incorporating both social cognitive techniques from health communication research that avoid social desirability biases. The qualitative component will examine lung cancer stigma in Hong Kong people with semi-structured interviews examining how they talk about people with different cancers, and their views about lung cancer patients, followed by focus group discussions for deeper investigation on how culture and communication associated with lung cancer stigma and their impact on quality of life and return to work of lung cancer patients. The quantitative component will test a model of moralisation of smoking and lung cancer stigma. Together, these two components of the study will run concurrently and represent the first examination of lung cancer stigma in return to work and its precursors in Hong Kong.
No. of Places Offered:	3
Special Requirement(s):	Preferred subjects taken: Psychology, all single and Combined Science

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Junior Research Mentoring Programme

Code:	JRMP2021_26
School / Department:	Department of Rehabilitation Sciences
Name of Research Leader:	Dr Arnold YL Wong, Assistant Professor
Name of Team Member:	Dr Billy So
Research Topic:	The Prevalence of Musculoskeletal Pain and the Associated Risk Factors among Adolescents in Secondary Schools
Short Description of the Research Project:	<p>While muscle and joint pain is common among adults, little is known regarding the prevalence of muscle and joint pain in adolescents. There is growing evidence that many teenagers experience muscle and joint pain, which may affect their studies or participation in extracurricular activities. Since an early onset of muscle or joint pain at teenage will increase the risk of pain in adulthood, it is important to determine the prevalence of muscle and joint pain, as well as to identify associated risk factors for such pain in teenagers so that proper preventive strategies can be developed and implemented.</p> <p>Unfortunately, no local study has investigated the extent of muscle and joint pain among teenagers in Hong Kong. As such, the aim of the research project is to recruit a few secondary school students to serve as junior researchers and ambassadors in their schools to conduct a survey on muscle and joint pain, and to develop a campaign to promote muscle and joint health to their peer schoolmates.</p> <p>The involved students not only will be taught and mentored by experienced researchers in conducting research but also have the opportunities to polish their presentation and organization skills through the development of school campaigns in their schools.</p>

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No. of Places Offered:	3
Special Requirement(s):	Preferred subjects taken: Science (Biology or Human Biology) Good creativity, communication skills, and presentation skills

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