

好心地

HELPPINESS

研究詳情
Study Details



雙語版本 | Bilingual Version

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歡迎。Welcome.

感謝您參與由香港大學防止自殺研究中心進行的一項實驗性研究計劃。本文件不僅為您提供整個實驗的概述，同時亦為您提供下載、安裝及首次啟用的步驟，以幫助您使用本應用程式。

Thank you for taking part in this experimental study by the Centre for Suicide Research and Prevention, HKU (CSR/P). This document will provide you with an overview of the experiment and a step-by-step guide demonstrating the process of downloading, installation, and first-time start-up.

1. 研究背景 Research Background

本中心早於 2014 年進行了一次大型電話調查研究香港市民之間的助人指數。研究結果顯示，香港整體的助人指數略比 2013 年有所增加。研究結果同時指出參加義工服務的人士比沒有參加義工服務的人士更顯著地滿意自己健康和家庭關係；而曾捐贈的人士顯著地比沒有捐贈的人士更滿意他們的工作。從而我們觀察到助人行為和人們對生活上不同範疇的滿意度有緊密的關係。今年，我們希望利用更科學的方法進一步調查此主題，因而進行目前的實驗研究。我們衷心感謝周大福慈善基金會的慷慨支持，讓我們進行這項獨立研究，一同努力促進互助互愛的香港。



Our Centre had conducted a large scale telephone survey back in 2014 to examine the altruism index among the Hong Kong public. Our results showed that the overall altruism index in Hong Kong increased slightly as compared to 2013. Our findings also showed that people who participate in volunteer services are significantly more satisfied with their physical health and family relationship, while people who donate is significantly more satisfied with their work. After discovering this correlation between altruism and people’s perceived satisfaction in different aspect of life, we aim to investigate further in this topic in a more scientific method, hence launching the current experimental study. Our sincere thanks goes to Chow Tai Fook Charity Foundation for their generous support for this independent research. Together, we strive to promote a mutually respect and loving Hong Kong.

2. 研究描述 About this Study

這個研究目的除了是探討助人行為及其對生理和心理健康影響的關係，更重要是希望藉此促進香港市民的助人心態和福祉。作為這個研究的參加者，您將會為我們提供非常珍貴的學術數據，從而對改善香港的社會福祉作出重要貢獻！

The aim of this study is to examine altruistic behaviours and their effects on individuals’ physical and psychosocial wellbeing. More importantly, this study hopes to promote altruism and happiness to the Hong Kong general public. As a participant of the study, you will be actively contributing valuable data for us to create a better Hong Kong.

本研究的研究團隊如下：

The research team for this study is as follow:

葉兆輝教授 Prof. Paul Yip	研究項目首席研究員 香港大學社會工作及社會行政學系教授 香港大學防止自殺研究中心總監 Research Project Principle Investigator; Professor in Department of Social Work and Social Administration, HKU Director of Centre for Suicide Research and Prevention, HKU
程綺瑾博士 Dr. Qijin Cheng	研究項目聯合研究員 香港大學防止自殺研究中心研究助理教授 Research Project Co-Investigator Research Assistant Professor in Centre for Suicide Research and Prevention
蘇偉權先生 Mr. Sam So	『好心地』程式管理員 Helppiness app Administrator
張天蔚先生 Mr. Forrest Cheung	研究項目主任 Research Project Manager

本研究有三大重點：

The current study has three main emphases:

- 資訊渠道：全新助人資訊平台，期望有效推動更多助人行為
Channel of Information: Provide a new platform for the promotion of helping information, enhancing the effectiveness in promoting altruism in society.
- 對比試驗：更精準顯示哪些因素會影響個人對助人行為的參與
Experimental Study: Provide a more accurate investigation of various factors affecting people's participation in altruistic behaviours.
- 追蹤調查：更清楚顯示助人行為與個人福祉之間的因果關係
Longitudinal Design: Provide a clearer picture of the causal relationship between altruistic behaviours and personal wellbeing.

3. 福祉的定義 Definition of Well-being

社會上對『福祉』一詞並沒有固定的定義，但一般的理解是指：『福祉』不僅僅是沒有疾病和負面情緒（如抑鬱，焦慮），更要能夠保持正面的身心狀態（如滿足感、快樂、健康、富有活力）和能正常完成自己想做的事情、實踐理想。我們在此研究簡化了福祉的定義為身體健康，心境開朗，和對社會有深入參與度，三方都為福祉不可缺少的部分，並且互相影響。

Generally speaking, there is no fixed definition of “well-being”. Nevertheless, a general consensus is that “well-being” is more than the absence of illness and negative emotions (e.g. depression, anxiety) but also the presence of positive emotions and moods (e.g. contentment, happiness, and healthy), fulfilment, and positive functioning. We have simplified the definition of well-being in our study as being physically healthy, mentally happy, and socially engaging. The three dimensions are assumed to be indispensable components of well-being and would interact with each other.



4. 『好心地』的功能 Featuring Functions

第一階段 Stage 1:

- 第一時間獲取本港各種助人信息
Instant search on a wide variety of helping information around Hong Kong.
- 便捷查詢自己感興趣的及距離自己較近的信息
Conveniently search helping information according to your preference with location filter.
- 方便管理自己將要參與的助人活動
Easily manage helping events that you are participating in.
- 及時測量和了解自己的身心健康狀況
Timely measurement and understanding of your own physical and psychosocial conditions.

第二階段 Stage 2:

- 自己發起或幫人推廣助人活動
Self-initiate or help others to promote helping events.
- 與親友分享助人信息
Share helping information with family and friends.
- 邀請更多親友加入『好心地』
Invite more people into the *Helppiness* community.
- 以用戶留言方式增加助人活動的透明度
Increase transparency of helping events by allowing comments and discussions.



5. 助人活動資訊來源 Source of Information



於第二階段及之後，用戶亦能夠為『好心地』提交資訊。

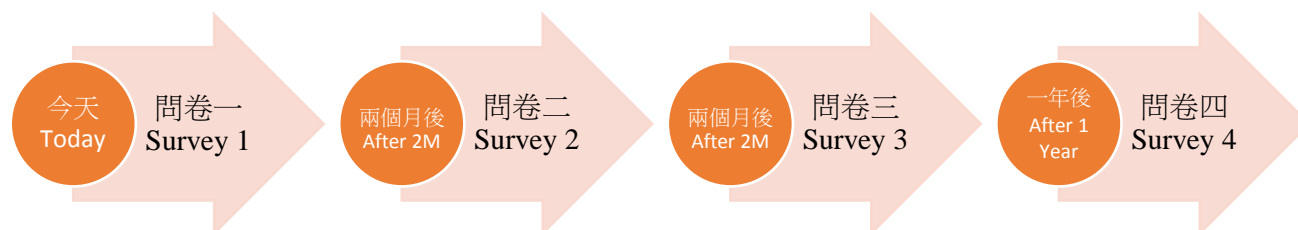
Users can also submit helping information to *Helppiness* from Stage 2 onwards.



6. 您需要做甚麼？ What do you have to do?

本研究的時間表如下：

The timeframe of the current study is as follow:



在整個研究過程中，您主要需完成四項工作，但有些工作可能暫時無法完成，請耐心等待。應用程式會在適當時候提醒您完成相應的工作。當然，我們亦歡迎您去搜索程式內的義助工作，享受參與您感興趣的義助工作！

There are mainly four tasks you are asked to complete throughout the whole study. Some tasks might not be available to you at this time, please wait patiently for the time being. The App will remind you to complete the respective task from time to time. Of course, you are more than welcome to search for helping events and enjoy participating in the ones that interests you!

工作 Tasks		所需時間 Time Required	
1	基本問卷 Basic Survey	大概 Around	15 分鐘 Minutes
2	每週身心健康評估 Weekly Wellbeing Assessment	大概 Around	3 分鐘 Minutes
3	每週助人報告 Weekly Helping Report	大概 Around	1 分鐘 Minutes
4	個性測驗 (自選) Personality Test (optional)	大概 Around	5 分鐘 Minutes

7. 下載及安裝 Download and Install

- 於 Google Play 或 App Store 上搜尋『好心地』，或用您的手機掃描下面的二維條碼，並下載及安裝到手提電話上。

Search for “*Helppiness*” from Google Play or App Store, or scan the QR code below with your phone, to download and install the App.



- 請確保您的手機有足夠的存儲空間。當安裝完成後，打開應用程式。
- Make sure your phone has enough storage space. Open the App after installation.

8. 注意事項 Notes

- 請準時及如實完成問卷、每週身心健康評估和每週助人報告
Please complete the survey, weekly wellbeing assessment and helping report when on time and honestly.
- 參與助人活動後請及時報告
Please report your participation of a helping event upon completion.
- 留言時請互相尊重
Please respect others when commenting on the App.
- 請盡量確保上載的資料的準確性
Please ensure the accuracy of the information you upload.
- 請勿關閉電話中的通知功能
Please do not turn off your phone’s notifications.
- 由於研究中包含隨機分組的元素，某些用戶可能暫時未能存取有應用程式上的一些功能。所有用戶都會在首次登記兩個月後能夠存取所有應用程式上的功能。我們感謝您耐心等待和理解。

Due to randomised grouping in our study, some users might find there are some functions not available to them at this moment. All users will have access to all functions in the App after two months from your first registration. We thank you for your patience and understanding.

9. 聯絡我們 Contact Us

如果您需要任何關於本研究的協助，或對本程式有任何想法和意見，或者使用上遇上任何問題，歡迎與我們聯絡：

If you need any assistance related to this research study, or have any thoughts and suggestions, or encountered any difficulties in using the app, please feel free to contact us:

電郵 Email : altruism@csrp.hku.hk

電話 Phone : 2831-5232 (Mr. Forrest Cheung)

