

Jockey Club Online Youth Emotional Support – Open Up 賽馬會青少年情緒健康網上支援平台「Open嘢」

Data Sharing from Mobile Phone and Online Survey and Qualitative Interviews

October 7, 2018



Every suicide is a tragedy that affects families and communities

1

Suicide is the leading cause of death for Hong Kong youths.

33

Full-time student suicides occurred in 2016 (based on coroner's court record obtained by CSRP, HKU)

29%

Students had considered suicide throughout their life time (recent mobile phone survey done for the project, 2018)



NONETHELESS ONLY

In the community level, less than **4%** of the youth respondents had sought professional help (Chan et al., 2017).

1/3

Recent student suicides had showed certain warning signs to their parents or friends. **15% had sent out social media messages** about their suicidal behaviors. Unfortunately, those intervention opportunities were missed out.

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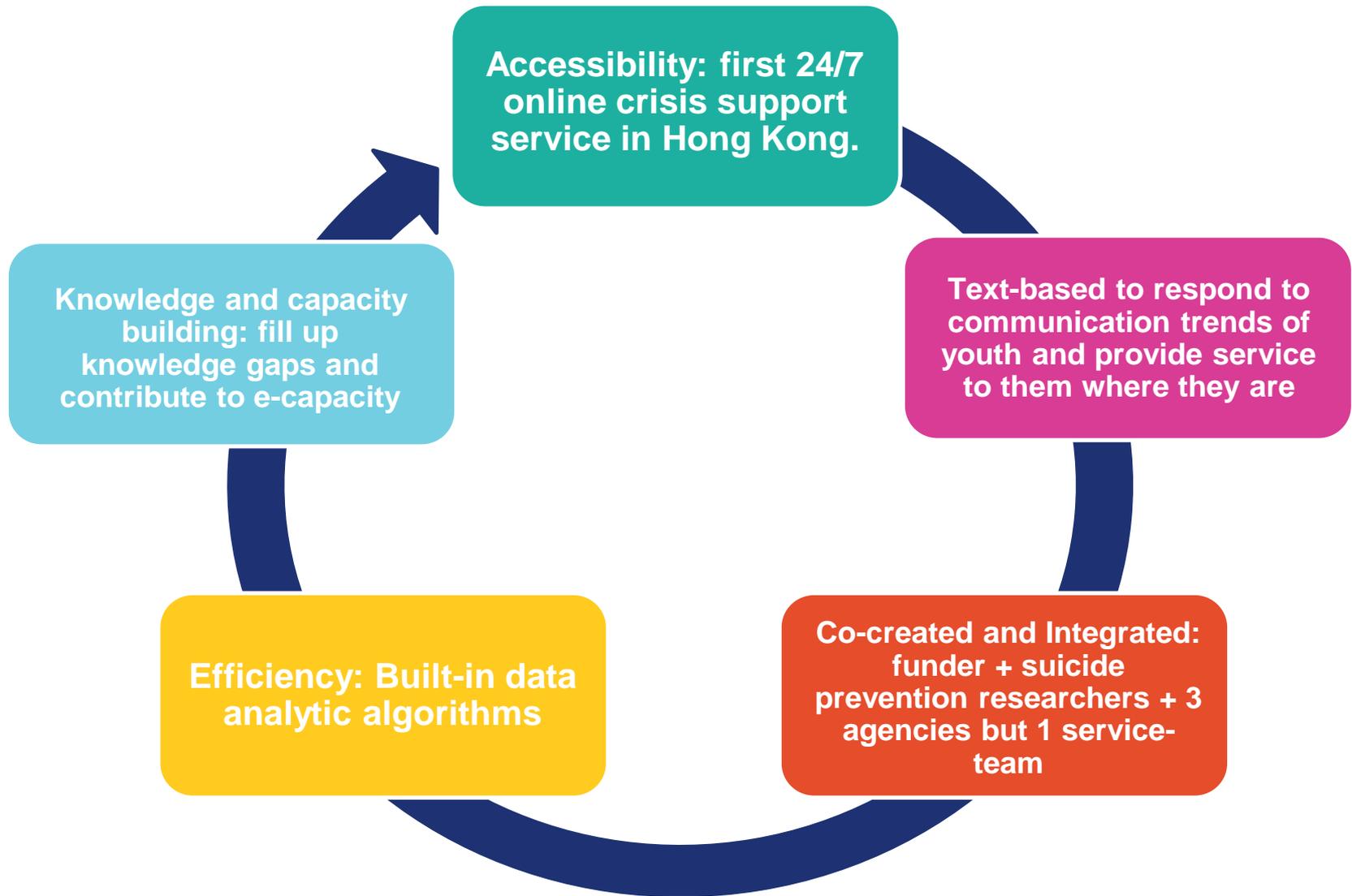
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Highlights of survey findings – Respondents Profile

	Population By-census 2016	Mobile phone survey N = 1527	Online survey N = 1732	p
Gender				<0.001
Male	49%	50%	32%	
Female	51%	50%	68%	
Age group				<0.001
Aged 25-37	57%	56%	40%	
Aged 12-24	43%	44%	60%	
Educational level¹				<0.001
Post-secondary or above	50%	61%	84%	
Secondary or below	50%	39%	16%	
Education attainment				<0.001
Student	32%	40%	74%	
Non-student	68%	60%	26%	

¹ 35 respondents from the online survey refused to answer their educational level

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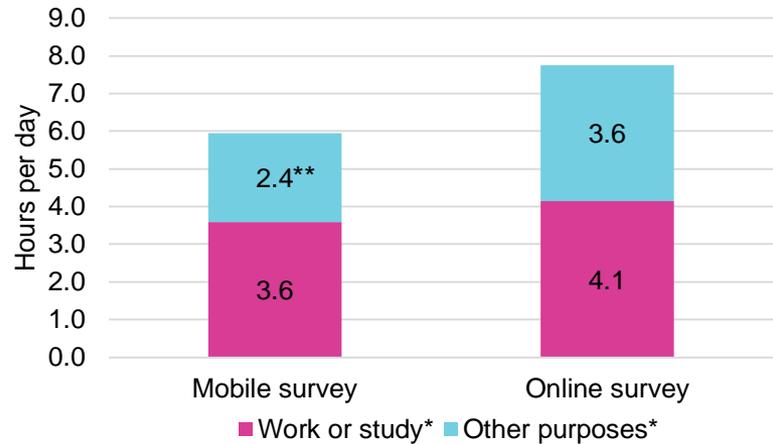


Online messaging has become an indispensable communication method for youth in HK

Findings from our baseline surveys

- Mobile phone survey on a random sample of 1527 young individuals
- Online survey on a convenient sample of 1732 young individuals

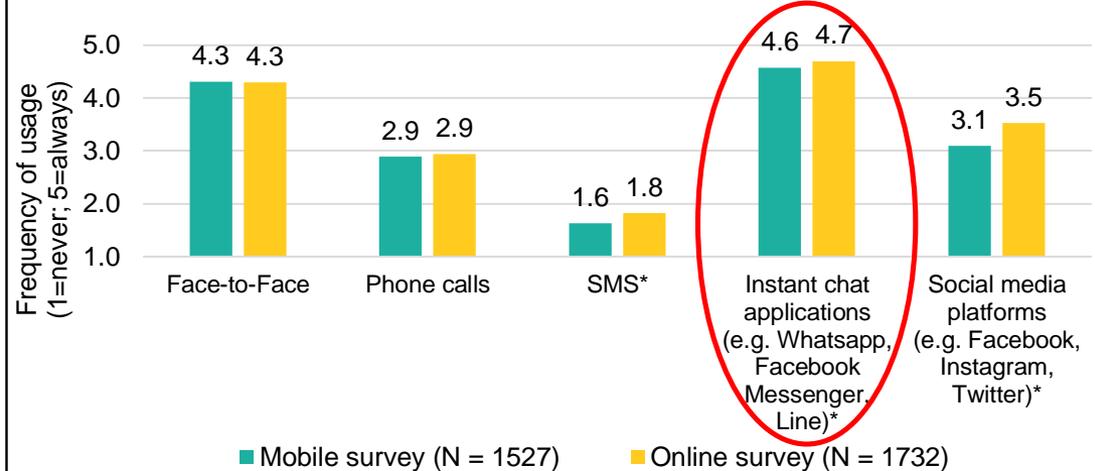
Frequency of internet usage for different purposes[^]



* Significant difference between mobile survey and online survey ($p < 0.05$)

[^] Outliers excluded

Frequency of usage of different daily communication methods



* Significant difference between mobile survey and online survey ($p < 0.05$)

On average, HK youth are spending similar, if not longer, time online than sleeping every day.

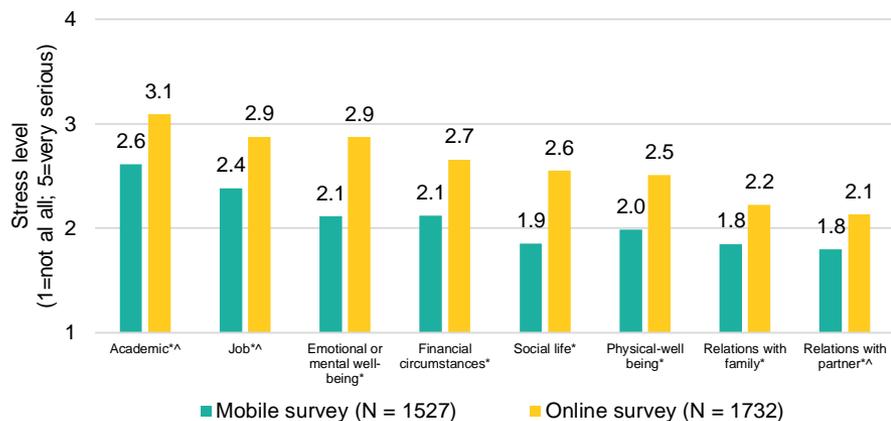
Instant Messaging has become the most frequently used communication method for youth.

** 2.4 refers to the respondents from the mobile phone survey on average spent 2.4 hours on the internet for purposes other than work or study after removing the outliers.

High prevalence of suicidal thoughts, bullying, and social withdrawal

High distress from academic

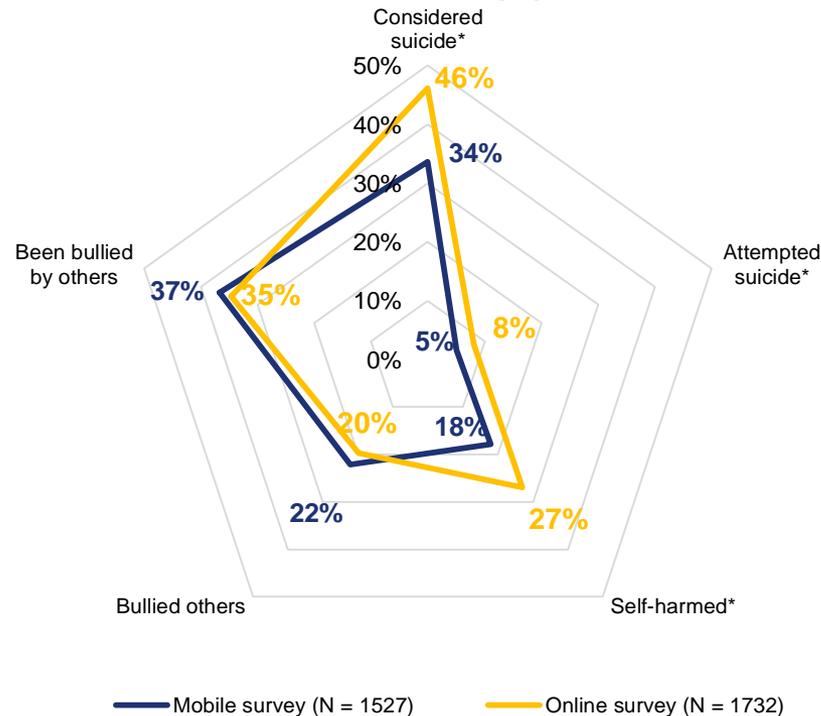
Sources of distress



* Significant difference between mobile survey and online survey (p < 0.05)
[^] Only for respondents who were studying, working or had partner

	Mobile phone survey N = 1527	Online survey N = 1732	p
Been diagnosed MDD, schizophrenia, social phobia or AvPD	6%	10%	<0.001
Samples who can be classified to be social withdrawal	5%	12%	<0.001

Risk behaviors engaged



* Significant difference between phone and online survey (p < 0.05)

In general, 34% of HK youth have considered suicide, 37% have been bullied, 22% have bullied others, 18% have self-harmed, 5% have attempted suicide in their lifetime. 6% have been diagnosed major depressive disorder (MDD; 抑鬱症), schizophrenia, social phobia, or avoidant personality disorder (AvPD; 迴避性人格障礙). 5% exhibited social withdrawal symptoms.

Among the online survey respondents, 46% of HK youth have considered suicide, 35% have been bullied, 20% have bullied others, 27% have self-harmed, 8% have attempted suicide in their lifetime. 10% have been diagnosed MDD, schizophrenia, social phobia, or AvPD. 12% exhibited social withdrawal symptoms.

Respondents from both online and mobile phone survey rated 'academic' as the most stressful source, with an average of 3.1 and 2.6 respectively. The largest difference of perceived distress level between online and mobile phone survey respondents was 'emotional or mental well-being', with an average of 2.9 and 2.1 respectively.

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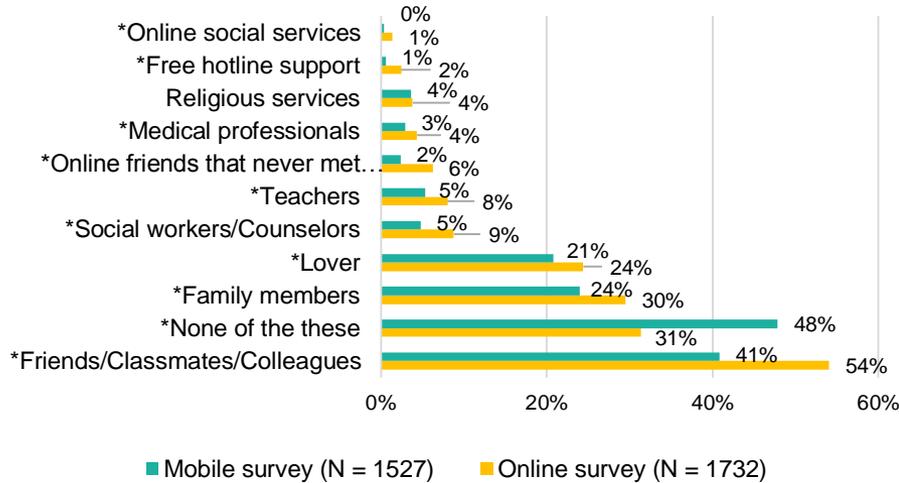


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Help Seeking Patterns

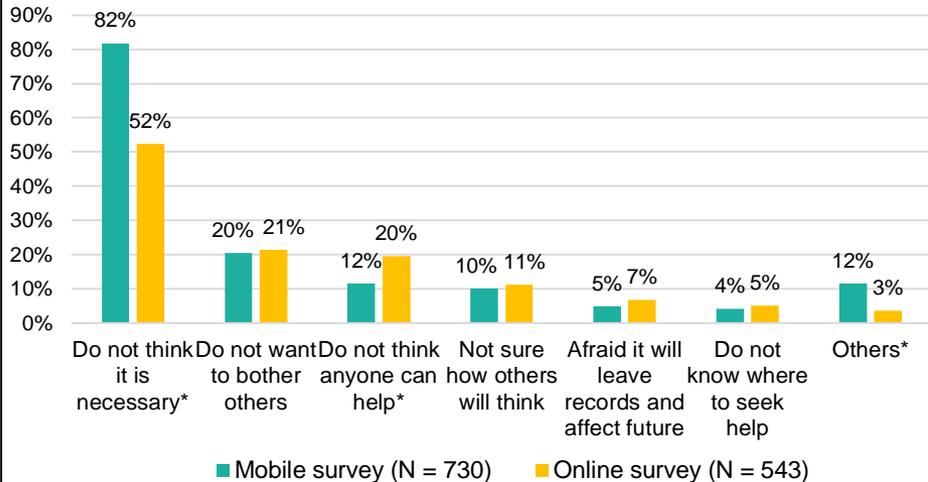
Previous help seeking method



* Significant difference between mobile survey and online survey ($p < 0.05$)

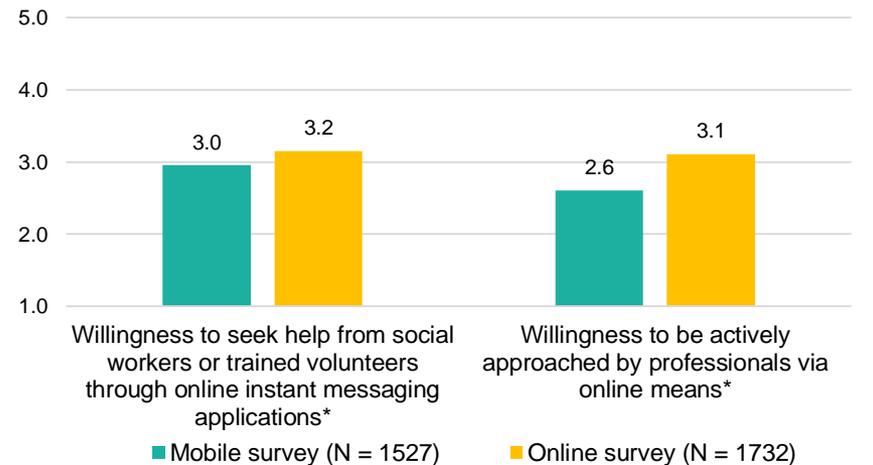
- Most sought help from “strong ties”
- Main reasons for not seeking help include low recognition of the problem, passive coping style, and low perceived efficacy of external help.
- Youth’s attitude to use online services like Open Up tends to be neutral.
- Youth’s attitude to be proactively approached by professionals online tends to be neutral to resistant.

Reasons not seeking help



* Significant difference between mobile survey and online survey ($p < 0.05$)

Perception on using our new service (1: Absolutely not willing; 5: Absolutely willing)



* Significant difference between mobile survey and online survey ($p < 0.05$)

Positive feedbacks for the Jockey Club Youth Online Emotional Support

Advantages of text-based online platform

文字通訊平台好處

More privacy

較高私隱度

24 hours coverage

24小時全天候需要

Not subject to time & geographical restrictions

不受時間地域限制

Free

免費

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Highlights of qualitative interviews - Quotes from 11 social workers

網上服務合乎青年需要
Online service meets the
special needs of youth

網上是青年的安舒區
Online is the comfort zone
for youth

填補現時服務的空隙
Fills up the existing service gap

24/7 營運
Available

11-35歲 青少年
11-35 years old youth

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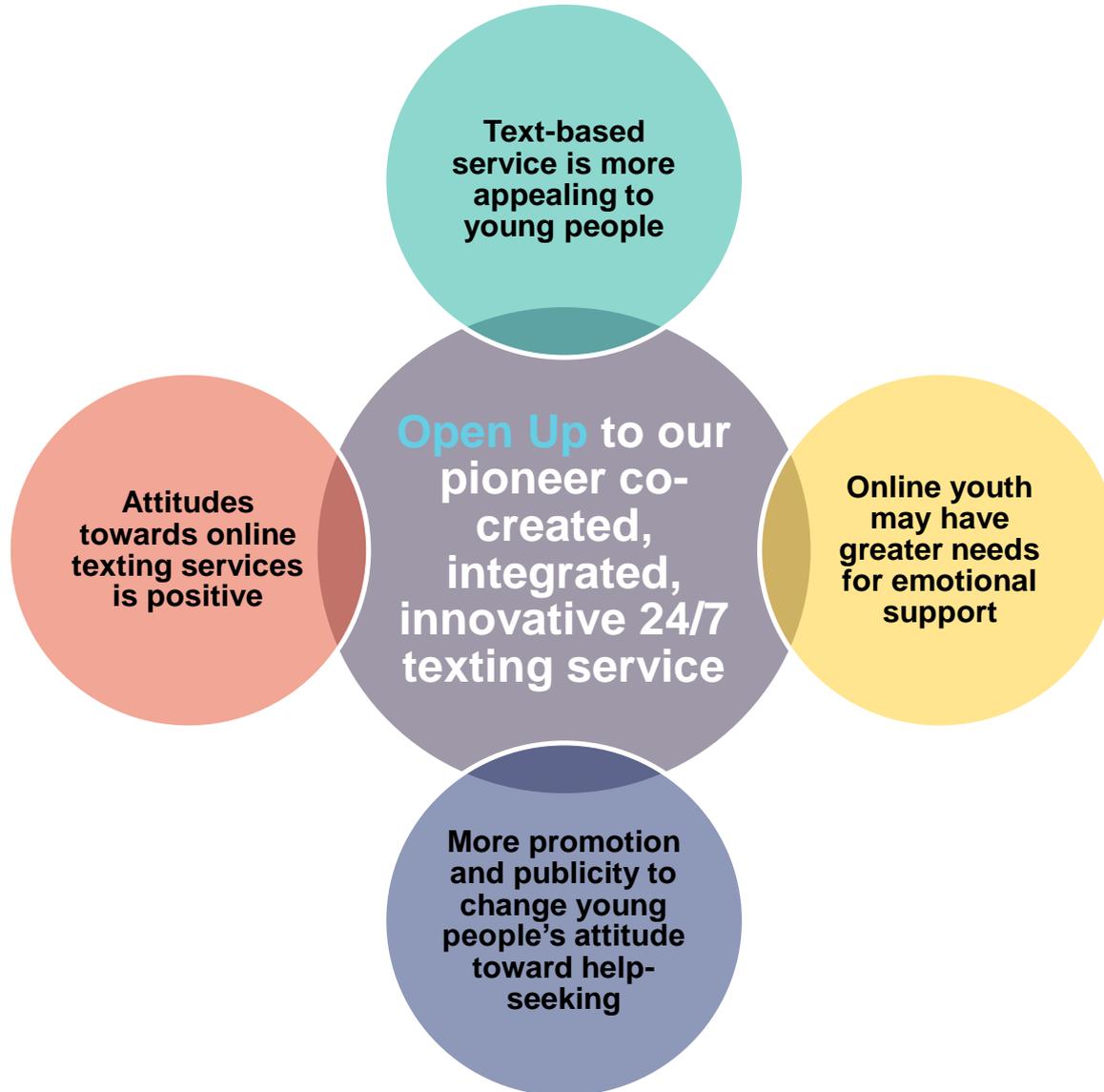
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Key Takeaways from Surveys and Interviews



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Q & A

