



THE HONG KONG JOCKEY CLUB
Centre for Suicide Research
and Prevention
THE UNIVERSITY OF HONG KONG
香港大學香港賽馬會防止自殺研究中心



築橋拓疆

PUSHING BOUNDARIES
AND
BUILDING BRIDGES

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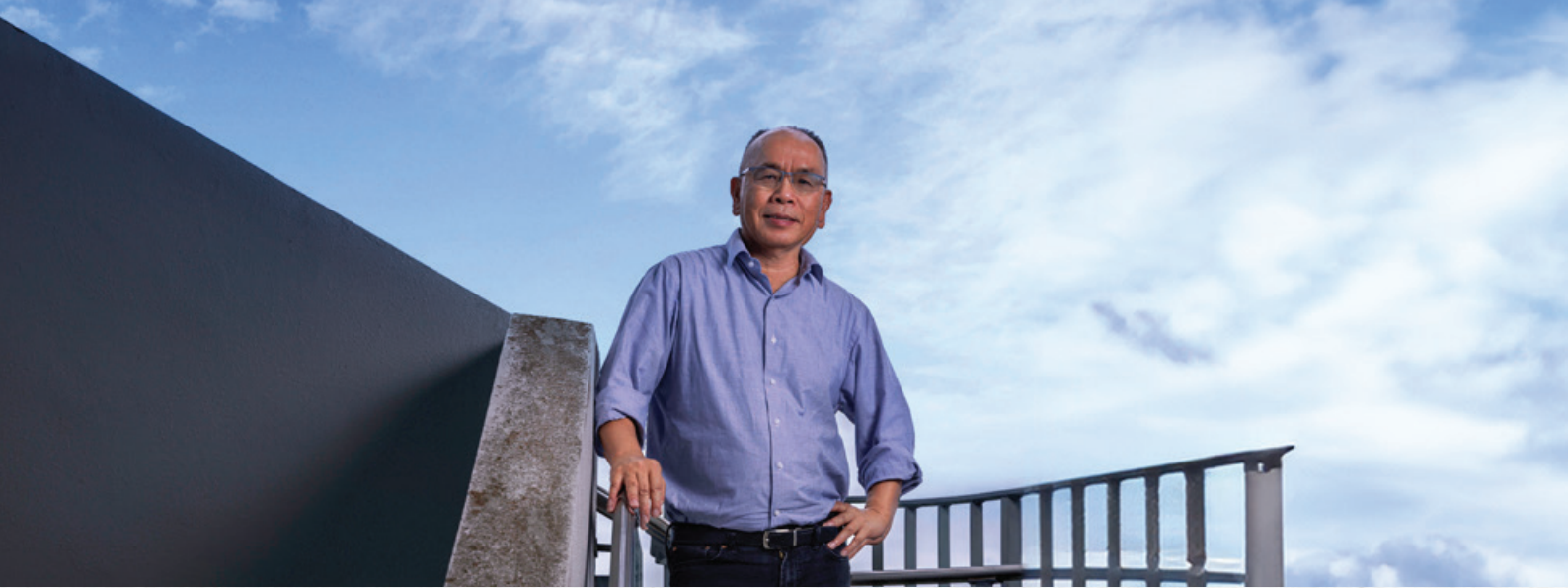
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鳴謝



I am delighted to present this year's annual newsletter, showcasing the work of the Hong Kong Jockey Club Centre for Suicide Research and Prevention (CSRP) and our partners in promoting mental health and suicide prevention.

Despite the challenges of the past year, we have made significant progress in our mission to build bridges and push boundaries as reported in our invited paper for *The Lancet Regional Health – Western Pacific*. One of the most pressing issues we face in Hong Kong and globally is the escalating rates of youth suicide, as signaled by the recent increase in suicides among our school children. The tragic endpoint of visible suicides is only the tip of the iceberg, with numerous unreported attempts and pervasive suicidal thoughts lurking beneath the surface. This complex issue requires a multifaceted approach that is anchored in the community to not only support individuals at risk, but also to create an environment that supports mental health more broadly. At CSRP, we are committed to promoting a public health approach to suicide prevention, working with schools and other community partners to identify and address mental health distress in students, youth, and the community at large.

School education projects remain one of the key cornerstones of CSRP's research efforts. Our initiatives include incorporating mental wellness into the curriculum, training educators to spot early signs of emotional distress, fostering supportive communities where students feel safe to discuss their struggles, and empowering parents, teachers, and students to recognize signs of mental health crises. We are especially grateful for the ten years of support under the Quality Education Fund Thematic Network, which came to an end in August, 2024. In that time, we have developed ten principles to promote mental health practices in schools with the support of our advisors including teachers, principals, psychiatrists, and many others, and we hope the guidelines can provide practical and relevant experiences for schools to promote a wellbeing first environment. We are also excited to announce our new collaboration with LivingWorks to bring their suicide prevention skills training programs to Hong Kong.

Apart from our school-based projects, we have a variety of other projects to support our youths and the community at large. We are proud to continue our Open Up 24-hour online text-based counselling platform, which has been operating since 2018 in collaboration with five NGOs and with the support of the Hong Kong Jockey Club (HKJC) Charities Trust. This platform provides personalized support to youth in need and allows our team to better understand changes in mental wellness amongst our youth. We are also developing an evaluation tool for the HKJC Student Suicide Prevention and Youth Mental Health Program to assess the effectiveness of nine community-based programs and how they could benefit students in need. Other consultancy projects aimed at understanding the needs of offenders, and supporting young offenders in particular in their rehabilitation, can help to reduce their chances of re-offending. Finally, we are working on a collaborative research project to improve pandemic readiness by reflecting on experiences in the COVID-19 pandemic from different perspectives. We must be able to reflect on what we have done and respond better in the future, because it is not a question of if the next pandemic will come, but rather a matter of WHEN.

As we move forward, we are committed to ongoing evaluation and adaptation, building on the ten principles of promoting a wellbeing first school, and expanding our research and knowledge exchange efforts. We are grateful for the support of our community stakeholders, including the HKJC Charities Trust, the Hong Kong Government, private foundations, and individual donors. I would like to express my sincerest appreciation to my dedicated team, whose unwavering support has made CSRP a resource hub for suicide prevention locally, regionally, and internationally. I invite you to join us as a gatekeeper for our fellow citizens, and especially our young people, by volunteering or donating to our projects. Together, we can push boundaries and build bridges towards a brighter future for Hong Kong.

總監的話

Message From The Director

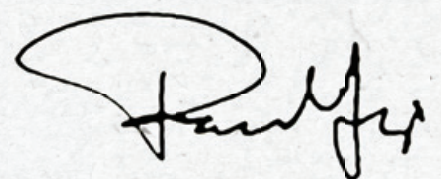
我很榮幸向大家展示本年度香港賽馬會防止自殺研究中心 (CSRP) 及其合作夥伴在推動精神健康所作的工作項目。

儘管過去一年面臨著許多挑戰，但正如我們被邀為《The Lancet Regional Health – Western Pacific》撰寫的文章中提到，本中心在推動精神健康的各領域上繼續不斷搭建新的橋梁並擴展邊界。青少年自殺是其中一個香港及全球需迫切面對的問題，最近本港學童自殺個案增加就是一個明顯的警號。大眾所知的自殺悲劇其實只是冰山一角，無數未被報導的自殺行為和遍佈的自殺念頭都潛藏在表面之下。這複雜的問題需要多導向的解決方案，並且必須以社區為基礎去支援高風險的群眾，同時也要創造一個更支持精神健康的環境。本中心致力推廣以公共衛生角度去預防自殺，與學校和其他社區夥伴一起識別並改善學生、青年和整個社區的精神健康。

學校教育項目是 CSRP 研究工作的重要基石。本中心倡議：一、將精神健康納入課程；二、培訓教師早期識別學生的情緒困擾；三、建立正向的社區，讓學生能安心地分享他們面對的掙扎；四、使家長、教師和學生能識別精神健康危機。我們特別感激過去十年來優質教育基金（主題網絡計劃）的支持，該計劃已於二零二四年八月完滿結束。計劃期間在老師、校長、精神科醫生和其他顧問的支持下，制定了十項在學校促進精神健康的原則，希望這些指南能為學校提供實例及經驗分享，建構以精神健康為首的卓悅校園。今年，我們將更進一步與 LivingWorks 合作，將他們的防止自殺技能培訓引入香港。

除了學校教育項目，本中心還有其他支援青少年和整個社區的工作。我們非常榮幸能延續 Open 嘢 24小時在線上（online）諮詢和支援平台，此平台自2018年以來一直與五個非政府組織合作，並獲得香港賽馬會（HKJC）慈善信託的支持。平台為有需要的青少年提供線上個人化的支援，也讓團隊更能掌握本港青少年整體於精神健康上的轉變。我們同時正在為香港賽馬會學生防止自殺和青少年精神健康計劃（HKJC Student Suicide Prevention and Youth Mental Health Program）開發一種評估工具，評估九個以社區為本計劃的有效性以及該計劃如何幫助有需要的學生。本中心亦接受懲教處委託理解在囚人士的需求，支援年輕在囚人士，協助他們重返社會。最後，我們與各部門及院校合作進行一項研究項目，透過反思新冠肺炎疫情（COVID-19）的經驗來提升社會對大規模流行疫症的應對能力，以備不時之需。

在未來的路上，本中心將持續做好研究評估和調整的工作，以促進學校精神健康的十項原則為基礎，擴大本中心的研究與知識交流。感謝各持份者的支持，包括香港賽馬會慈善信託基金、香港政府、私人基金會和個人捐助者。我亦要向中心團隊表達最真誠的感謝，他們的堅定不移參與和支持使 CSRP 成為本地、區域、以及國際重要的防止自殺資源樞紐。我邀請您加入成為身邊人的守門人，尤其是我們的年輕人，通過成為志願者或捐助來支持我們。攜手共進，擴展邊界，搭建通往香港更美好未來的橋樑。



Paul Yip 葉兆輝

LIVINGWORKS ASIST WORKSHOP SHARING

Sharing by Ms. Carmen Lai

I recently had the privilege to participate in the 5-day intensive LivingWorks ASIST workshop, and I am filled with a sense of inspiration. This workshop brought together individuals from diverse backgrounds, ranging from education to counseling fields and charities, and even the construction industry! Collaboration among individuals from various walks of life by sharing experiences and ideas underscored the power of unified action in achieving the common goal of suicide prevention. On the other hand, the workshop emphasized the crucial role of both attitude and skills in preventing suicide. "Suicide is preventable" is a fundamental belief to create a safer community. Alongside this attitude, acquiring the necessary skills in suicide detection and intervention is equally vital. By equipping individuals who are interested in working for suicide prevention with comprehensive tools to identify warning signs, intervene effectively, and connect individuals with support, they become more confident in their participation in suicide prevention work. I am grateful for the opportunity to be part of this transformative experience and look forward to applying what I have learned to contribute to a safer community, free from the tragedy of suicide.

黎翠珊女士的分享

我有幸參加了為期五天的 LivingWorks ASIST 工作坊。這個工作坊匯集來自中學、大學、輔導領域、慈善機構、甚至建築業的參加者。透過分享在防止自殺工作的想法和經驗，更體會到不同領域共同合作的重要性。透過多界別的共同合作，集合更強大的力量，建構更遼闊的保護網，守護更多有需要的人。另一方面，工作坊強調在推動防止自殺的態度和技能。抱持「自殺是可以防止的」這個態度，以及辨識自殺警號和掌握介入的技能同樣重要。透過系統化且技術含量高的培訓，讓即使是普羅大眾亦同樣有信心支援有自殺念頭的人。總括來說，我感恩能有這次體驗，並期待應用所學，與大家一同建構更安全而愉快的社區。



Project Manager
Ms. Carmen Lai

項目經理
黎翠珊 女士

MENTAL HEALTH CONSULTATION



IT'S OKAY TO ASK FOR HELP

National Suicide Prevention Skills Training Centre



Sharing by Dr. Wendy So



I am very glad to have had the opportunity to join the LivingWorks ASIST training in Australia in February 2024. It was a challenging, but gratifying 5-day intensive training focused on suicide prevention.

The trainers were very passionate about the program, making the course both engaging and enjoyable. During the course, I met people from different cultures and backgrounds, and it was invaluable to see how committed we all are to making efforts in suicide prevention and saving lives. This was one of my most memorable trainings, involving lots of sharing between participants and role-play exercises. I appreciate the diversity of the training for anyone who is passionate about suicide prevention as well as its evidence-based nature. After this experience, I feel more well equipped to aid those who are facing the challenges of suicide. As a trainer, I am eager to deliver this information to our community in Hong Kong and transfer my knowledge to colleagues at our Centre. I hope that everyone can become well-equipped to support individuals with suicidal ideation and behaviours, hence working together to create a safer community.

蘇穎欣博士的分享

我非常高興能在今年二月參加在澳洲舉行的 LivingWorks ASIST 培訓。這是一個為期五天的密集式培訓，非常具有挑戰性。我從這次訓練中學到了很多有關防止自殺的技巧，並且很期待將這些知識帶回我們的中心與同事分享。LivingWorks 培訓導師對防止自殺工作充滿熱誠，讓培訓過程既有趣又令人投入。在課程期間，我遇到了來自不同國家的參加者，看到大家都視預防自殺和拯救生命為目標，非常感動。作為一名培訓導師，我期待將這個培訓帶到香港的社區。我希望每個人都能夠充分準備，隨時協助有自殺念頭或企圖自殺的人，共同努力創造一個更安全的社會。



Research Officer
Dr. Wendy So

專職研究員
蘇穎欣 博士

COMMUNITY



社區篇

難講出口? 試吓Text出手
Open 嚟4條Channel同你聊天

開始聊天



HKJC ONLINE YOUTH EMOTIONAL SUPPORT “OPEN UP”

香港賽馬會青少年情緒健康網上支援平台 – Open 嚟

SERVICE STATISTICS 服務統計 (BY 30 JUNE 2024)



172,696

Total Valid Chats
有效對話總數



223,410

Total Valid Hours
有效對總時數

78%

of users find the service helpful
使用者認為服務對他有幫助



77%

of users think Open Up encourages to seek help when they are in need in the future
使用者認為 Open 嚟 能鼓勵他日後有需要時尋求協助

43%

of users have never sought help from anyone for the problems mentioned to Open Up
從未就在 Open 嚟 傾談的問題向任何人求助

LATEST DEVELOPMENT

Supported by the Hong Kong Jockey Club Charities Trust, the online emotional support platform for youth, Open Up, has now entered its sixth year of operation. We are honoured to have established a close partnership with the five local NGOs - Caritas Hong Kong, Hong Kong Children and Youth Services, St. James' Settlement, The Boys' and Girls' Clubs Association of Hong Kong, and The Hong Kong Federation of Youth Groups - for the operation of the platform.

最新發展



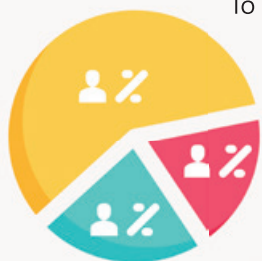
承蒙香港賽馬會慈善信託基金一直支持，青少年情緒健康網上支援平台 Open 嚟 營運至今已六年。我們很榮幸能與五間社福機構多年緊密合作，包括香港小童群益會、香港明愛、香港青年協會、香港青少年服務處、及聖雅各福群會。截至 2024年3月，Open 嚟 有超過四萬人次曾進入對話平台，前線同事和義工服務了超過16萬次對話、估計約5.8萬名用戶。其中，我們七百位經訓練的義工共服務超過

As of March 2024, Open Up has attracted around 440,000 incoming chats. Our counsellors and volunteers have served more than 160,000 chat sessions from 58,000 unique users. Among these, over 40,000 sessions are provided by our 700 trained volunteers, showcasing the support and dedication for this cause.

We are proud to share that Open Up was awarded 2023 Best Practice Awards in Social Welfare by the Hong Kong Council of Social Service for its outstanding service and innovation. With a mission to continuously enhance the service, we will continue to conduct evaluations for Open Up moving forward. We aim to understand the needs of our users more thoroughly with a data-driven approach, develop a good-practice model for text-based service, and leverage the latest technology to improve service efficiency.



UNDERSTANDING USERS' EXPERIENCE



To plan for future directions, we conducted a user experience survey on Open Up services in 2023 to understand the users' habits, comments on Open Up, and opinions on potential future developments such as AI-assisted services. We received 488 valid and complete questionnaire responses.

The survey results showed that more than half of the respondents were most satisfied with Open Up for its free, 24-hour and anonymous service. The most commonly cited area of dissatisfaction was the waiting time. Nearly 90% of respondents felt that Open Up helped them solve their problems to a certain degree. More than 70% agreed that, after using Open Up, they know better where to seek help in the future when they are in need.

Notably, almost half of the survey participants expressed a willingness to accept services that make use of chatbots with professional counselling training, especially those led by counsellors and assisted by chatbots. They believed that incorporating chatbots could help shorten waiting times.

四萬次對話。Open 嘢 團隊更有幸獲香港社會服務聯會頒發「卓越實踐在社福」獎項，嘉許 Open 嘢 卓越和創新的服務。為持續進步，本中心會繼續檢討及研究 Open 嘢 服務，期望透過數據了解用戶、建立文字輔導的最佳實踐方法和善用最新科技來提升服務效率。



了解用戶體驗

為計劃未來路向，我們於2023年進行了一次 Open 嘢 服務使用體驗 (user experience) 調查，瞭解用戶的使用習慣、對 Open 嘢 的評價、以及對未來可能發展方向 (如加入人工智能服務等) 的觀點。我們得到488份有效和完整問卷回覆，調查結果顯示過半數受訪者對 Open 嘢 最滿意之處是免費、24小時服務和匿名；而最多人選擇的不滿意之處則是輪候時間長。近九成人覺得 Open 嘢 對解決問題有幫助，逾七成受訪者同意使用 Open 嘢 服務可以讓他們更清楚日後有需要時從哪裏求助。近半數人願意接受包含專業情緒輔導訓練的 chatbot (模仿真人對話的 AI 程式) 的服務，尤其是輔導員主導、chatbot 進行輔助的服務，他們認為使用 chatbot 可以縮短等候時間。



LEVERAGING THE LATEST TECHNOLOGY

Open Up has seen a steady influx in users since its launch. While we acknowledge that there is a limit to the service capacity, we remain committed to enhancing service efficiency. To achieve this goal, we have embraced the latest technological advancements, such as Natural Language Processing for text data analysis. This has enabled us to better understand the changes in mental health landscape among young people and emerging trends in help-seeking behaviours.

Fostering knowledge exchange is particularly crucial for driving technological development. Previously, we published an article on predicting the disclosure of ideation about self-harm and suicide in online text-based counselling sessions (Xu et al., 2022). We have been vigilantly monitoring the latest tools in the field. One of our latest publications showcases the use of ChatGPT in Cantonese sentiment analysis (Fu et al., 2024), which will be fundamental for our text-based analysis in the long term.

We firmly believe that technology can not only assist our counsellors, but also enhance the user experience. As we move forward, we will continue to explore new technologies not only to refine the Open Up platform but also to elevate online text-based services worldwide.

善用最新科技

Open 嘢 使用者幾年來有增無減，而承载力有限是所有服務終要面對的挑戰，所以我們一直致力尋求提升服務效率的方法。慶幸有各種最新科技，幫助我們達到目標。例如，我們利用自然語言處理（NLP）來分析文字數據，以更深入了解年輕人精神健康狀態和求助傾向變化。知識交流在科技發展方面不可或缺，我們透過學術出版，希望和世界同類型服務分享學習。



早前，我們出版過有關在網上文字輔導中預測透露自殺念頭的文章（Xu et al., 2022），近日最新一篇側研究以 ChatGPT 作廣東話情感分析（Fu et al., 2024）。研究團隊緊貼科技發展，利用最先進工具作研究，務求為前線輔導員提供更多輔助，和改進用戶體驗。我們的目標不只提升 Open 嘢 的服務，亦望能幫到其他文字輔導服務。

GPT



Xu, Z., Chan, C. S., Zhang, Q., Xu, Y., He, L., Cheung, F., Yang, J., Chan, E., Fung, J., Tsang, C., Liu, J., & Yip, P. S. F. (2022). Network-based prediction of the disclosure of ideation about self-harm and suicide in online counseling sessions. *Communications Medicine*, 2(1), 156.

Fu, Z., Hsu, Y. C., Chan, C. S., Lau, C. M., Liu, J., & Yip, P. S. F. (2024). Efficacy of ChatGPT in Cantonese Sentiment Analysis: Comparative Study. *Journal of Medical Internet Research*, 26, e51069.

有無人可以喺呢刻
陪我傾偈？

開始聊天

嚟住嘅心



24小時在線



不如 Open Up



Evaluating HKJC Student Suicide Prevention and Youth Mental Health Programme

香港賽馬會青少年精神健康及預防自殺計劃評估研究

Given the COVID-19 pandemic and subsequent economic instability, the issue of youth suicide remains a pressing matter in Hong Kong. Unfortunately, the fragmented nature of mental health services and associated stigma have hindered students from seeking appropriate help.

In response, our Centre has been commissioned by The Hong Kong Jockey Club Charities Trust to conduct an evaluation study of nine NGO-led community-based youth mental health programmes. The programme aims to strengthen the mental health of students, parents, and teachers through a comprehensive range of services, including early detection, crisis intervention, and mental health first-aid training. The programme also prioritises the mental health of parents and teachers, providing them with support, training in potential case identification, and guidance on effective communication with youth.

Over the next two years, our Centre will collaborate with stakeholders and evaluate the effectiveness of the nine NGOs' initiatives. We are committed to promoting holistic improvements in the mental health conditions and self-management skills of young people in Hong Kong.



鑑於新冠疫情和經濟不樂觀的影響，香港青少年自殺問題仍然嚴重。精神健康服務分散和精神疾病污名化，阻礙了學生尋求幫助。

本中心受香港賽馬會慈善信託基金委託，對其資助的九間非政府組織的社區青少年精神健康計劃進行評估研究。計劃通過提供一系列綜合服務，如早期發現、危機干預和精神健康急救培訓等，加強學生、家長和教師的精神健康。計劃還為家長和教師提供支援，培訓如何識別高風險個案，並指導他們如何有效與青少年溝通。

未來兩年，本中心將與相關持份者繼續合作，評估精神健康項目成效。致力改善本港青少年精神健康和自我管理技能。



Jockey Club “Reach to Bridge” Community Elderly Support Project – Making the Unseen Seen

In recent years, there has been a surge of our elderly dying by suicide, or even taking the lives of their loved ones before ending their own. A suicide risk assessment further highlights the vulnerability of the elderly, necessitating urgent measures to address and prevent the rising cases of elderly suicide. In response, the Hong Kong Jockey Club Charities Trust has sponsored us to participate in the JC “Reach to Bridge” Project. This program aims to enhance the accessibility of social services for the elderly. Moreover, a Customer Relationship Management (CRM) system is being developed to identify elderly individuals who require assistance and connect them with social services. This groundbreaking system also establishes an inter-organizational community support network, pioneering real-time sharing of welfare resource-related information, research data, and high-risk alerts. Furthermore, this program conducts in-depth research to inform policy development for elderly community services. The overarching goal is to bring visibility to the often-overlooked elderly population, transforming the “unseen” into the “seen”.

The JC “Reach to Bridge” Project was launched in November 2023, in collaboration with the School of Nursing at The University of Hong Kong and 12 local NGOs and agencies across six districts. Our Centre will continue to participate and research with this project to optimize community service support for the elderly.



賽馬會「樂載耆蹤」社區長者支援計劃——將「不可見」變成「可見」

承蒙香港賽馬會慈善信託基金贊助，本中心獲邀參與賽馬會「樂載耆蹤」社區長者支援計劃，聯合研發「長者服務管理系統」，透過提升現時社會服務的透明度，連接有需要的隱蔽長者戶與目前社會服務之間尚未覆蓋的空隙，促進他們與社會再度連繫。

計劃已於去年第四季投入服務，本中心聯同香港大學護理學院、12間社福機構及慈善組織於本港六區率先試行。此計劃突破性地建立跨組織的社區支援網絡，首次試驗實時共享社福資源的資訊、研究數據、高危關注提示、社會服務跟進的安排等，共同致力推廣並研究優化長者的社區支援服務。

Improving Pandemic Readiness by Reflecting on Experiences in the COVID-19 Pandemic from Different Perspectives

The global impact of the COVID-19 pandemic is gradually subsiding. This project brings together experts from various fields, including public health, social science, sociology, social policy, social work, and population health sciences from different regions, to reflect on the experiences of COVID-19. Initiated on January 1, 2024, the main objective of this project is to provide evidence to enhance global preparedness for future pandemics and to serve as a foundation for policy recommendations in Hong Kong and elsewhere.

While future pandemics may have different characteristics and require unique control measures, our aim is to identify common principles and best practices that can inform pandemic planning and guide policy decisions. Within this project, two out of four programs led by the CSRP are focused on (1) mitigating the mental health consequences of a pandemic, and (2) maintaining social connectivity during a pandemic.

The first program specifically examines the impact on vulnerable subgroups of the population who have been disproportionately affected by the COVID-19 pandemic. Drawing insights from other regions, such as the US and Taiwan, the goal is to identify strategies to mitigate the mental health impact of PHSMs in future pandemics. The second program aims to identify ways to maintain or even strengthen social connectedness in future pandemics. It evaluates initiatives implemented by NGOs and other entities to foster social connectedness, particularly in relation to practicing social distancing and quarantine measures.

多角度反思2019冠狀病毒病大流行的經驗以提升對傳染病大流行的應對能力

2019冠狀病毒病大流行對全球的影響正逐漸減弱。本項目匯聚了來自不同領域、不同地區的專家，以反思新冠疫情的經驗。本項目於2024年1月1日開展，主要目標是為香港及其他地區在決策如何應對未來疫情時提供理據和政策基礎。在這項目中，本中心主要帶領研究團隊探討（一）如何減輕疫情後精神健康的負面影響，以及（二）如何在疫情爆發期間保持社交聯繫。第一部分集中研究新冠疫情對弱勢人群的影響。第二部分將評估由非政府機構實施以促進社交聯繫的措施，建立在未來疫情中能有效維持甚至加強社交聯繫的方法。



Project Convoy

護航計劃

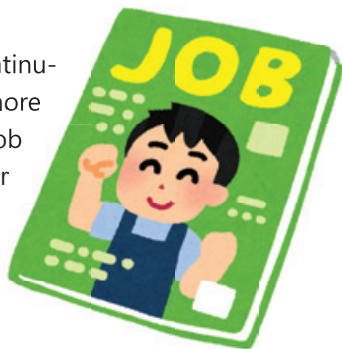
Supporting Young Offenders Through Employment

Our Centre has always been committed to supporting young offenders by providing job opportunities to help them rehabilitate and reintegrate into society. Young ex-offenders often face significant challenges in accessing educational opportunities, finding employment, and securing financial support. These barriers can lead to increased levels of distress and depression.

We are pleased to announce that we have received funding from the Drs. Richard Charles and Esther Yewpick Lee Charitable Foundation to expand our internship and job placement programs for young offenders. In addition to our Centre's efforts, we are collaborating with other departments within our university to offer more job opportunities.

In 2023, we held a project briefing session, which garnered significant interest from various departments in HKU. To date, we have successfully matched four young offenders with job positions. Of these, three are currently employed, and one has completed their contract. Employers have expressed satisfaction with their performance and greatly appreciate this project initiative.

We are committed to continuing our efforts to provide more young ex-offenders with job opportunities within our university. We hope these initiatives will help them kickstart their new journeys and pave the way for a brighter future.



協助在囚人士就業 支援他們融入社會

本中心一直致力於支援在囚人士就業，提供工作機會並幫助他們重新融入社會。他們往往在教育、就業和經濟方面面臨挑戰，這亦可能導致各種程度的困擾和抑鬱。

獲利銘澤黃瑤璧慈善基金資助，本中心與香港大學內的其他部門合作，一同為在囚人士安排不同的實習機會和職位。到目前為止，我們已為四位在囚人士找到了工作崗位。僱主對他們的表現表示滿意，並非常欣賞這個項目的宗旨。

本中心望能為更多更生人士提供工作機會，協助開啟他們新的旅程。





Enhancing Offender Rehabilitation: A Comprehensive Validation of Needs Assessment and Program Matching Protocols in Hong Kong Correctional Services

Following a recent collaborative study with the Correctional Services Department in Hong Kong aimed to refine the risk assessment tool for offenders, the centre is also continuing a further study focusing on the need assessment and management protocol for offenders.

This research is dedicated to conducting a comprehensive validation of the current needs assessment and program matching protocol for inmates in Hong Kong. The primary objective is to enhance the rehabilitation process by identifying potential mechanisms that can improve these assessments and matching protocols.

The current needs assessment system classifies inmates' needs into four distinct levels: "asset", "no need", "some need", and "considerable need". While this system has proven beneficial in identifying areas of an offender's life that require attention, it is subject to a degree of partiality, as the categorization is determined by individual officers. As such, the accuracy and consistency of the assessments can vary, potentially restraining the effectiveness of the subsequent rehabilitation processes. To mitigate this issue, we will conduct an in-depth evaluation of the existing assessment in order to identify areas for improvement.

This study will involve conducting interviews with a range of stakeholders to gain a comprehensive understanding from diverse perspectives. The interviews will include 10 Correctional Services Department officers involved in rehabilitation work, 70 current offenders, and 20 ex-offenders. The aim is



to gain insight into the needs and challenges of offenders as they encounter post-discharge, as well as the current obstacles in the needs assessment and program matching for offenders, from each unique viewpoint.

驗證香港懲教處中的需求評估和管理方案

本中心繼最近與香港懲教署合作進行旨在改進在囚人士風險評估工具的研究後，今年將進一步研究在囚人士的需求評估和管理方案。目前的需求評估系統由懲教人員進行分類，將在囚人士的需求分為四個不同的級別，因此存在一定程度的主觀性，可能會影響評估的準確性。

為了解決這個問題，我們將訪問不同持份者，包括十名的懲教人員、七十名在囚人士和二十名更新人士。從不同角度獲取更深入和全面的見解，藉此希望能改善評估和配對機制的潛在問題，完善在囚人士的康復服務。





SCHOOLS



校園篇



Combating Bullying Through an Innovative Role-Playing Online Gaming Platform for Primary School Students

Bullying is a significant risk factor linked to suicidal ideation and attempts among school-age children. To combat this alarming trend, a role-playing online gaming platform has been created to promote antibullying behaviours.

The platform (<https://nobullying.hku.hk/>) is set in an imaginary school environment where players assume the role of characters who witness bullying incidents and are tasked with controlling their actions. The program is designed to target primary school students and aim to empower the students



同守無「欺」遊戲平台助小學生對抗校園欺凌

欺凌是學生自殺的一大風險因素。為此我們推出了一個反欺凌的角色扮演線上遊戲——同守無「欺」(<https://nobullying.hku.hk/>)。玩家需要扮演目睹欺凌事件的角色，並負責控制角色的行動。平台主要對象為小學生，利用正向教育和品格強項的框架，提高他們對欺凌的理解和介入技巧。



to become "upstanders" in bullying situations by utilizing the framework of positive education and character strengths. By developing intervening skills within our positive education curriculum, students' empathy, resilience, and compassion are fostered, while also enhancing their understanding of bullying and modifying peer attitudes.

Throughout the development process, the team worked closely with local primary schools to ensure the game was relevant and effective for its target users. Primary school students were interviewed to gather insights for the design of the game, and their voices were recorded to bring the characters to life. Pilot testing was conducted to collect feedback and improve the game's features. This col-



laborative approach ensured that the platform was engaging and met the needs of primary school students in addressing bullying prevention. The online gaming platform was officially launched in June 2024. Interested schools can contact our Centre to open game accounts for their students, enabling them to access and benefit from the program.



遊戲開發過程中，團隊與本地小學緊密合作。學生接受訪談以收集遊戲設計的見解，並為遊戲中的角色配音，透過共同建立和共同創造，我們開發了這款以學生為本的線上遊戲。平台於2024年6月正式對外開放，有興趣的學校可以聯系我們開設遊戲帳號。共同守護，向欺凌說「不」。



MENTAL HEALTH

A Universal Mental Health Curriculum for All Students 共建卓悅校園

A new mental health curriculum has been released for use in kindergarten, primary, and secondary schools. This 5-year project takes a universal approach and comprises of three levels that aims to enhance students' physical and mental well-being. The curriculum covers a wide range of subjects, tailored to students' developmental needs, including communication skills, emotion management, empathy, stress management, self-care, love relationships and antibullying.

To ensure effective implementation, the curriculum is supported by regular lesson observations and onsite consultation. Corresponding videos, PowerPoints, and experiential learning activities are also provided, enabling students to grow through the framework of positive education and cognitive behavioural intervention.

This initiative represents a significant step forward in addressing mental health needs in education. By taking a holistic approach and incorporating a diverse range of topics, students are better equipped to manage the challenges they may face.

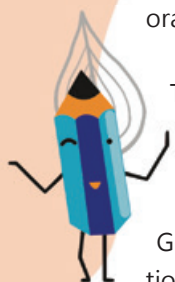
《共建卓悅校園》是一套涵蓋了幼稚園、小學和中學的心理健康課程，於2024年中正式發行。它是一個普遍性校本精神健康課程計劃，旨在提升學生的身心健康。該課程涵蓋了一系列合乎學生發展需要的主題，包括溝通技巧、情緒管理、共情能力、壓力管理、自我照顧、愛情關係和反欺凌等。為確保有效實施，課程團隊定時到校提供課堂觀察和諮詢。不少老師分享到，課程提供了寶貴的資源，提升學生對精神健康的認識。



Creating a Positive Mental Health Environment: The 10 Wellbeing First School Guidelines



Schools play a crucial role in fostering students' mental health and well-being. To facilitate such initiative, we have published the Wellbeing First School (WFS) Guidelines. These guidelines offer a comprehensive framework for promoting mental health practices in schools and have been developed through collaboration with over 100 schools in the WFS network.

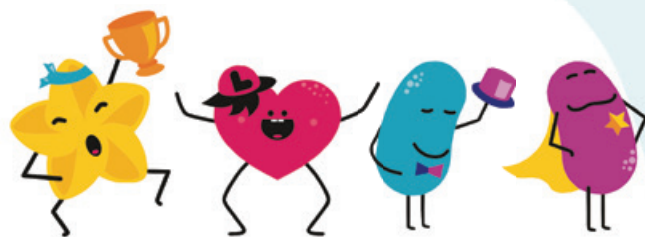


The WFS Guidelines provide a universal approach to students' mental health, designed for secondary schools, primary schools, and kindergartens. The ten principles of the WFS Guidelines include universal wellbeing education, leadership and management, student voice and participation, teachers' role and wellbeing, home-school collaboration, social environment, care environment, learning environment, building a

community of practice, and more, each with examples of good practices from schools that have successfully implemented them.



Published mid-2024, the WFS Guidelines are now available for schools to reference and implement. Our Centre remains committed to providing advice and support for schools in developing and implementing mental health policies. We encourage schools to embrace these guidelines and work towards creating a nurturing and supportive environment that prioritizes the mental well-being of all students.



建立以幸福感為先的「卓悅校園」實務指南

學校在促進學生心理健康和福祉上，有著十分重要的角色。本中心發布了《建立以幸福感為先的「卓悅校園」實務指南》，提供全面的框架，促進學校心理健康實踐。

這本指南適用於中學、小學和幼稚園。十項原則包括全校精神健康教育、學生為本的領導和管理、重視學生聲音和參與、建立老師的角色和自身幸福感、家校合作、正向的社交環境、關愛文化、非單一化的學習環境、建立實踐社群和評估與嘉許。每項原則都附有學校的良好實踐示例。指南於2024年中發布，致力為學校提供實施心理健康政策的建議和支持。





“Nourishing the Mind” A Territory-Wide Study on the Mental Health of Secondary Schools Students in Hong Kong

We are honoured to co-organize this research program with Kowloon True Light School, and the launch ceremony was successfully held this February. This is a student-led project involving the collaboration of eleven local secondary schools, aimed at enhancing students' awareness of mental health through supporting their research on peer mental health. This academic year, our Centre has provided two seminars for the participating students to learn about mental health and research methodologies in order to apply this knowledge in practice. After the workshops, each school will be assigned a mentor from our Centre whom the students can consult if they have any queries during their research process. Currently, the students have begun their research projects and are in the process of collecting data. We look forward to seeing the outcomes of their research.



「滋養心研」全港中學生 精神健康研究計劃

本中心很榮幸能與九龍真光中學合辦這個研究計劃，啟動禮亦已在今年二月成功舉辦。這是一個由十一所本地中學合作的學生主導項目，旨在透過支持學生對朋輩精神健康的研究，提高她們對心理健康的覺察與認識。本學年，本中心為計劃學生提供了兩場講座，讓學生能夠學習有關精神健康和研究方法的知識，並在實踐中應用所學。講座結束後，每所學校都會被分配一位本中心的同事作為友師，學生們在研究計劃過程中如有任何問題都可以諮詢。目前，學生們已逐漸開始自己的研究計劃，並正在收集數據，我們期待看見她們的研究成果。



Empowering Educators: Equipping Teachers with Practical Skills for Mental Health

為教師提供與精神健康相關的實用技巧

Maintaining a good mental health for teachers is crucial for creating a happy campus and providing quality education. The Education Bureau has commissioned the Centre to organise workshops and online courses aimed at equipping teachers with practical skills to safeguard their own mental health and that of those around them. During the second half of this academic year, a total of 10 Mental Health First Aid workshops and 2 Webinars were held for over 400 teachers.



Mental Health First Aid is an evidence-based, early-intervention course that educates participants about mental health challenges. Following the course, teachers have shared their appreciation for the valuable learning experience and its role in enhancing their skills in recognising and supporting individuals in distress. Some teachers have also reflected on how the course has improved their self-awareness regarding their mental well-being, which is a crucial initial step in self-support.

These webinars provided further support to teachers in fostering their self-care with practical strategies. Many factors affecting mental health were covered, alongside strategies for maintaining a healthy mental well-being, such as stress management and mindfulness practices. The importance of a balanced lifestyle, healthy relationships, and effective communication were emphasised. Participating teachers found the webinar resourceful, relevant, and interactive.

The positive feedback from participating teachers highlights the importance of promoting the well-being of educators, contributing to a healthier and thriving educational environment.



教育局委託本中心舉辦工作坊和線上課程，為教師裝備精神健康的急救技能，讓他們能夠保護自己和身邊人的精神健康。

中心舉辦實證為本的精神健康急救課程，讓參與者學習有關精神健康的知識。有教師反映課程有助他們識別和支援受困擾中的人，亦改善了他們對自身心理健康的認知。

此外，中心亦舉辦網上研討會。涵蓋了影響精神健康的因素以及維持精神健康的辦法，包括壓力管理和正念認知，為教師提供自我情緒照顧的訓練。研討會亦強調教師需保持良好的精神健康，包括健康的生活模式、人際關係和良好溝通，以創造更健康、更優質的教育環境。

KNOWLEDGE EXCHANGE

知識交流

SUICIDE PREVENTION IS A PUBLIC HEALTH CHALLENGE!

DR. ERIC CAINE, M.D.
Center for the Study and Prevention of Suicide
University of Rochester Medical Center
Canandaigua VA Center of Excellence for Suicide Prevention

ABOUT THE TALK
Suicides most often reflect individuals' great pain and suffering. They also bring deep sorrow and lasting scars to family members, friends, and communities. Efforts to reduce suicides have been successful in a few nations, offering lessons about social and clinical factors that promote positive change. At the same time, suicide rates continue to climb in many countries.

Preventing suicides require several core elements: preventing persons from ever becoming suicidal, reducing the lethality of available means, and addressing the needs of those individuals who are suicidal. This presentation will largely consider perspectives from the United States (US), which has seen a dramatic increase in suicides during the 21st century. The US has pursued policies that tend to focus on individual mental health needs—aimed at providing support for persons who are suicidal or "high risk." At the same time, few programs have been developed to prevent persons from becoming suicidal. Investments in the former have grown substantially during the past decade, even as the suicide rate has continued to increase.

Factors that have contributed to successful prevention efforts in several countries will be considered, as well as future directions for new initiatives.

24. OCTOBER 2023
4PM-5PM
Function Room, 11/F, Jockey Club Tower, HKU

Registration:
s.id/7Va6o
Enquires: Ms. Joyce LIU at 2831 5220 or joycelyw@hku.hk

Seminar by Dr. Eric Caine Suicide Prevention is a Public Health Challenge!

Center for the Study and Prevention of Suicide, University of Rochester Medical Center, Rochester, NY
& Canandaigua VA Center of Excellence for Suicide Prevention, Canandaigua, NY

Seminar by Dr. Alvin Junus Evaluating potential effects of interventions in a co-morbid symptom network: in silico scenarios for distress symptoms' intervention and suicidality

Centre for Urban Mental Health & Dept. of Psychiatry, Amsterdam UMC, University of Amsterdam

Evaluating potential effects of interventions in a comorbid symptom network:
in silico scenarios for distress symptoms' intervention and suicidality

Complexity science perspectives like the network approach to psychopathology have emerged as a prominent methodological toolkit to generate novel hypotheses on complex etiologies surrounding various mental health problems and inform intervention targets. Such approach may be pivotal in advancing early intervention of suicidality among the younger generation (10–35 year-olds). However, the network approach currently lends limited insight into the potential extent of proposed intervention targets' effectiveness, particularly for target outcomes in comorbid conditions, thus limiting its capability to inform policy decisions.

This talk will present a theory-driven approach for evaluating potential effects of interventions in silico (i.e., through computer simulations), which can allow researchers to bypass practical constraints involved in implementing real-world interventions. Here, symptoms' complex interactions are mapped onto dynamic processes and their evolution is analyzed.

The proposed methodology is applied to investigate potential effects of changes in 1968 community-dwelling individuals' distress symptoms on their suicidal ideation. Findings are evaluated against typical conclusions in standard network analyses that are based on centrality indices. In particular, nuances beyond those suggested by centrality indices will be explored. Implications for timely agenda-setting in population mental health measures will be discussed. Finally, the talk will conclude by sketching out potential directions to extend the boundary of the field of network psychopathology.

Dr Alvin Junus
Speaker


Alvin Junus is currently a postdoctoral researcher at the Centre for Urban Mental Health, University of Amsterdam. Originally trained as an engineer, he completed his PhD in the Department of Social Work and Social Administration at the University of Hong Kong.

His research agenda broadly falls within the theme of population mental health. A key perspective underlying his research is that any mental health issue within a target population is a dynamic process shaped by 'complex', non-linear interplays between multiple factors operating at various levels.

His works thus draw upon methodologies from agent-based modeling to network psychometrics in order to tease apart this complexity, with the aim of uncovering nuanced pathways from stressful life events to mental disorders and suicidality, and informing intervention strategies, e.g., through policy sandboxing.

27 December, 2023 (Wednesday)
10:30 - 11:30 am
Studio 1, 2/F, The Hong Kong Jockey Club Building for Interdisciplinary Research, 5 Sassoon Road

Registration
https://hkuems1.hku.hk/hkuems/ec_detail.aspx?guest=Y&uid=91934



Open Up Symposium 2024

2024年Open嘢研討會

- Unmarried or deceased parents,
- No religious affiliation,
- Nonheterosexual identification and behavior,
- Extrinsic motivation for college enrollment

Symposium on “Promoting Youth Mental Health through Technology-Assisted Means”

The symposium brought together service providers across Asia who specialize in providing emotional support through technology-assisted means. Representatives from esteemed organisations such as Mr. Billy Cleary from TELL (Japan), Mr. John Lam & Ms. Charlene Heng from Samaritans of Singapore, Ms. Chen Hsuan-Chia from Taiwan Lifeline International, Prof. Chang Shu-Sen from National Taiwan University, Dr. Alan Tong from JCTourHeart+ (Hong Kong), and Ms. Sharon Choi from Jockey Club Online Youth Emotional Support – Open Up (Hong Kong) shared their expert insights and experiences in utilizing technology to promote mental health awareness.

We are pleased to have Prof. Christian Chan from the Department of Psychology of The University of Hong Kong to be the moderator for the panel discussion. The discussion focused on understanding the practical and operational aspects of online mental health services, including scaling up innovative mental health services for youth in different regions, protocol adherence and therapeutic alliance of technology-assisted mental health services.

We are honoured to have Prof. Pim Cuijpers, the world’s leading expert on psychotherapy research and depression, delivered a keynote speech on mental health and technology at the symposium. Prof. Pim Cuijpers, Ph.D. is professor emeritus of Clinical Psychology at the Department of Clinical, Neuro and Developmental Psychology, Amsterdam Public Health Research Institute, Vrije Universiteit Amsterdam, The Netherlands. At the symposium, Prof. Cuijpers presented various meta-analysis studies on mental health issues, effectiveness of digital intervention, prevention, and treatment for college students. It is ineffable how fortunate and honourable to have Prof. Cuijpers delivering such a fruitful and inspiring speech.

「如何透過科技促進青少年精神心理健康」研討會

研討會邀請了亞洲各地透過科技提供情感支援的機構分享相關技術運用的見解和經驗。當中包括來自日本的TELL、新加坡援人協會、國際生命線台灣總會、國立臺灣大學、賽馬會心導遊+計劃和香港賽馬會青少年情緒健康網上支援平台 Open 嘢。

研討會聚焦於網上精神健康服務的實踐和運作，包括擴展青年精神健康服務，不同地區網上精神健康服務之介入模式和治療成效。Prof. Pim Cuijpers 亦於研討會中發表了精神健康和相關科技的演講。Prof. Cuijpers 是全球首屈一指的心理治療和統合分析專家。能夠有幸邀請 Prof. Cuijpers 參與這次研討會並發表如此具啟發性的演講實屬難得。



Meta-analyses In Mental Health Research Workshop Series by Prof. Cuijpers

With the growing number of randomized controlled trials examining treatments to mental health problems, the need for integrating the results of these trials into a single, reliable estimate of treatment effects is also increasing.



Professor Cuijpers is specialized in conducting randomized controlled trials and meta-analyses on prevention and psychological treatments of common mental disorders across the life span. He has an impressive publication record, with more than 1,250 peer-reviewed papers, chapters, reports and professional publications, including more than 1,000 papers in international peer-reviewed scientific journals. According to the Web of Science (Clarivate InCites Essential Science Indicators) Professor Cuijpers currently ranks as the top author in the field of psychiatry and psychology.

Jul 19,22 (7月19日及7月22日)



精神健康統合分析工作坊

由於有關研究治療心理健康問題效果的隨機對照試驗數量不斷增加，將多個研究結果整合在一起的需求也在增加。

Prof. Cuijpers 專門針對一生中常見精神障礙的預防和心理治療進行隨機對照試驗和統合分析。他發表了 1,250 多篇同行評審論文、章節、報告和專業出版物，其中在國際同行評審科學期刊上發表了 1,000 多篇論文。在 Web of Science (Clarivate InCites Essential Science Indicators) 中，他目前在精神病学/心理學領域排名第一。



CSRP Attended Two International Association for Suicide Prevention Conferences

Over the past year, CSRP research staff attended two conferences organised by the International Association for Suicide Prevention (IASP) — the 32nd World Congress held in Piran, Slovenia in September 2023, and the 11th Asia Pacific Conference held in Bangkok, Thailand in June 2024. Through a series of oral and poster presentations, they were able to share the latest progress of our ongoing projects with an international audience. Two posters were also awarded as runners-up for Best Poster in their respective conferences. This year, the Centre also became the regional hub for the northern Western Pacific region of IASP's flagship Partnerships for Life programme, which fosters regional and international collaborations to help countries develop comprehensive national suicide prevention strategies. Many meaningful connections were made with academics and professionals from around the world, and we are eager to continue expanding our collaborative efforts!

本中心參加了兩個國際防止自殺協會主辦的學術會議

過去一年，本中心研究團隊出席了兩個由國際防止自殺協會（IASP）主辦的學術會議，包括2023年9月在斯洛維尼亞皮蘭舉行的第三十二屆世界學術大會，和2024年6月在泰國曼谷舉行的第十一屆亞太地區學術大會。我們透過一系列口頭和海報報告，和與會的國際同道分享本中心多個現正進行項目的最新進展。我們其中兩份海報報告，更分別在兩個會議上獲得最佳海報報告第二名。今年，本中心也成為 IASP 旗艦「Partnerships for Life」計畫西太平洋北部地區的區域中心，該計畫促進區域和國際合作，幫助各國制定全面的國家自殺預防策略。我們在會上和很多來自世界各地的學者及專業人士建立了很多有意義的聯繫，我們熱切期待繼續加強我們的合作！



International Association
for Suicide Prevention



"I am so honoured to have had the opportunity to deliver two oral presentations about S.H.I.E.L.D.S., and humbled that the programme seemed to resonate with so many conference attendees. Everyone was so warm and supportive, and I'm grateful for all the new connections I was able to make!"

—Ms. Ingrid Lui, Research Assistant



「很高興能參加這次學術會議，與世界各地人士分享中心針對學童精神健康的計劃和研究，同時與學者及防止自殺領域的專業人士進行交流，令我受益匪淺。」

—專職研究員 蘇穎欣博士



Research Papers (From August 2023 to July 2024)

研究論文 (2023年8月至2024年7月)



Chen, J., Lui, I. D., Hsu, Y. C., & Yip, P. S. F. (2024). Patterns in suicide by marital status in Hong Kong, 2002–2020: Is marriage still a protective factor against suicide? *Journal of Affective Disorders*, 346, 31-39.

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GBD 2021 Risk Factors Collaborators. (2024). Global burden and strength of evidence for 88 risk factors in 204 countries and 811 subnational locations, 1990–2021: a systematic analysis for the Global Burden of Disease Study 2021. *The Lancet*, 403(10440), 2162-2203.

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Published Articles in Newspapers (From August 2023 to July 2024)

報章撰文 (2023年8月至2024年7月)

Date	Author(s)	Title	Publisher
2023-08-09	Xiao, Y., & Yip, P.	Guizhou offers Hong Kong lessons in building bridges and tackling poverty	South China Morning Post
2023-08-11	肖雲鈺、葉兆輝	貴州建橋樑對扶貧的反思	信報
2023-09-10	Yip, P.	Hong Kong needs all hands on deck to prevent suicide and create a brighter future for our youth	South China Morning Post
2023-09-13	薛朗天、葉兆輝	新學年開學需要什麼準備	信報
2023-09-14	葉兆輝	世界防止自殺日：展現行動，創造希望	明報
2023-10-03	Bai, Y., & Yip, P.	A more humane approach to prison life offers lessons for Hong Kong	South China Morning Post
2023-10-10	葉兆輝、張鳳儀	探討「懲」與「教」的界線——協助更生人士重投社會	信報
2023-10-11	Chung, C., & Yip, P.	Installing screen doors on MTR platforms should be a top priority	China Daily
2023-10-22	Yim, A., Liu, J., & Yip, P.	In brewing mental health crisis, Hong Kong must help its youth speak up about their troubles	South China Morning Post
2023-10-24	嚴世倌、劉欣樺、葉兆輝	促進青少年求助 改善家庭關係	信報
2023-11-13	葉兆輝、許育誠、林子美、蘇穎欣	加裝月台閘門 建構安全網絡	信報
2023-11-29	陳之翰、何胤嘉、葉兆輝	一葉知秋：從實證數據看香港社企發展	信報
2023-12-11	張鳳儀、葉兆輝	請不要「醫療化」學童自殺議題	明報
2023-12-27	Yip, P.	Hong Kong youth need an empathetic and forgiving society to flourish	South China Morning Post
2024-01-09	葉兆輝	常懷寬容之心 栽培年輕一代	信報
2024-01-16	葉兆輝、黎翠珊、陳樂儀	倡議社會連結 驅走長者孤獨	信報
2024-02-09	葉兆輝、何倩恒、蘇穎欣	藝人輕生的反思：關心身邊人 負責任分享	信報
2024-02-13	Siu, Y., & Yip, P.	We all have a duty to ensure our teenagers are safe online	South China Morning Post
2024-02-20	蕭諾汶、劉欣樺、葉兆輝	青少年網絡安全：如何向前走	信報
2024-03-20	何倩恒、許育誠、黎翠珊、葉兆輝	不要剝奪孩子生存的權利——堅毅向前、勇於求助	信報
2024-04-03	何倩恒、許育誠、葉兆輝	從源頭做起 創造快樂有希望社會	信報
2024-04-10	吳志崑、葉兆輝	生命共行·與長者漫步人生路	信報
2024-04-15	薛朗天、葉兆輝	提升師生幸福感 需共建網絡及課程支援	明報
2024-04-20	何倩恒、葉兆輝	從4Rs精神健康約章重新出發	信報
2024-06-22	Siu, Y., & Yip, P.	Could social media warning labels help protect Hong Kong youth?	South China Morning Post
2024-06-27	蕭諾汶、葉兆輝	有效管理社交媒體：從警示到支援的策略	信報

CENTRE UPDATE

最新動向



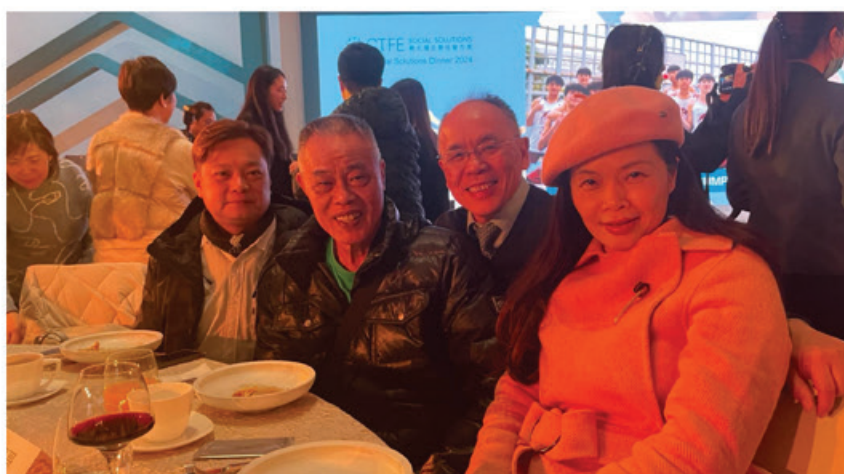
**CSRP SHIELDS Dissemination
Seminar with Participating
School Students and Staff**
Jan 19, 2024

**Sham Shui Po District
Welfare Planning Forum 2024**
Jan 31, 2024



**Research Meeting in Taiwan
with Prof. Shu-sen Chang, Prof.
Ying-yeh Chen and their team**
Jan 12, 2024

**CTFE Social Solutions
Dinner 2024 with
Shum Shui Po Ming Gor
and
Ms Sze Lai-Shan**
Jan 23, 2024





LEAP Forum 2024 - Life Education in a New Era - Equipping Children and Youth with Skills for Life through Social and Emotional Learning
Jun 28, 2024

Panel Discussion for HKFYG M21's Programme "With All Our Might" with The Hon Lillian Kwok, Legislative Council Member and Youth Representatives
Apr 27, 2024



20IMPACT20 Osaka Celebration Dinner with Mr. Clement Lee, District Judge, a supporter of CSRP
May 11, 2024

Youth Interview by Mr. Andy Chan, Supervisor of The Hong Kong Federation of Youth Groups
Feb 1, 2024





**CSRP Visit from
Chief Superintendent
Stephen Liauw,
Commanding Officer of the
Police Negotiation Cadre,
and his team
Mar 5, 2024**

**FPAHK Forum on Planned
Parenthood 2024 with
Mr Cheuk Wing-hing,
Deputy Chief Secretary for
Administration
May 24, 2024**



**School Suicide Prevention
Training hosted by the
Police Negotiation Cadre in
Police Headquarters
Jun 15, 2024**

**CSRP Executive
Committee Meeting 2024 with
Associate Directors
Prof. Zhansheng Chen (L4),
Dr. Kai-Tai Chan (L5),
Dr. Sunny Liu (L7),
Prof. Frances Law (L8),
Mar 8, 2024**





Invited talk at
World Red Cross Day 2024
“Not OK Still OK”
May 5, 2024

Open Up Visit by
Dr. the Hon Lam Ching-choi,
Chairman of the Advisory
Committee on Mental Health
May 23, 2024



Invited talk at
New Era Governance
Research Centre hosted by
The Hon Bill Tang,
Legislative Council Member
Jan 20, 2024

Radio Interview on
881903.com
"Beautiful Sunday"
with May Chan
Mar 17, 2024



Finding Hope and Embracing Individuality: An Interview with Singer-Songwriter Raphael Lam on His Inspirational Song 'Somehow'

尋找希望 擁抱個性：與歌手兼創作人 Raphael Lam 談論他富有啟發性的歌曲 'Somehow'

CAN SOMEONE TELL ME HOW TO DO



"Somehow" delivers a powerful message of hope and resilience, encouraging young individuals to live without regret, embrace their own path, and believe in their ability to achieve their dreams. Join us as we delve into the inspiration and profound meaning behind Raphael Lam's uplifting composition.

“Somehow”這首歌傳遞了一個強烈的正面信息，鼓勵年輕人活得無憾，堅持自己的道路，相信自己能實現夢想。讓我們一起了解Raphael Lam這首作品的靈感來源及其背後的意義

What was your inspiration behind writing the song "Somehow" ?
(你寫 "Somehow" 這首歌的靈感是什麼?)

My song "Somehow" was about giving hope to today's youth, and it was inspired by my own experiences during high school and college, where I faced overwhelming pressure from different aspects of my life and struggled to developing a sense of self.

Through this song, I aspire to remind young individuals that they are not alone in their struggles and that their journey towards self-acceptance and personal growth is valid and worthwhile. It is my hope that the music resonates with the Hong Kong youth, igniting a sense of hope, resilience, and the courage to pursue their dreams despite the obstacles.

(我的靈感來自高中和大學時期的經歷，當時的我因各方面的壓力使我喘不過氣，我希望能尋找自我，找回內心的平靜。藉著這首歌，我希望提醒年輕人，他們並不孤單，更重要的是在困難中學習自我接納及成長。我希望這首音樂能燃點年輕人的希望，讓他們在面對困難時都能有勇氣和毅力去堅持追逐夢想。)

Is there any particular message you wanted to convey through this song?
(你想通過這首歌傳達什麼信息?)

The core message I wanted to convey through "Somehow" is the importance of living without regret and maintaining a sense of hope, even in the face of uncertainty. The song emphasizes that no one has life completely figured out and that everyone is struggling in their own way – Anyone who is going through a tough time right now, especially those doing DSE and university exams – try living life without regret, and trust that things will work out in some way... there is always a light at the end of the tunnel.

(“Somehow”這首歌傳達的核心信息是希望大家能過著無悔的日子和保持希望。這首歌強調沒有人能完全掌握未來，每個人亦有不同的困難。我想藉此特別提醒那些正在準備DSE和大學考試的人，請嘗試活得無憾，相信事情總能解決，隧道盡頭總有光明。)

Is there any particular message you want to deliver to Hong Kong youth?
(你想傳達給香港年輕人的特別信息嗎?)

To the youth of Hong Kong, I understand that many of you may be feeling stuck and bombarded with voices coming from all directions—parents, friends, and society as a whole. The battle you face is often a mental one, but by cultivating self-belief and optimism, you've already won half the battle.

I want to assure you that it's possible to live life on your own terms. While it may require hard work and dedication, be fearless and don't lose sight of your dreams and aspirations. Embrace your unique path, be fearless, don't be afraid to take risks, give yourself the space and confidence to grow and carve out your own story.

(致香港的年輕人：在追逐夢想的路上，我們會面臨各種挑戰，包括來自家人、朋友和社會帶來的壓力。面對這樣的心理煎熬，我們仍要保持樂觀和培養自信，在追逐夢想的路上排除萬難，毋忘初衷，無畏無懼，就能譜出自己的樂章。)

Is there a particular line or phrase in the lyrics that holds special meaning to you?
(對你來說歌詞裡有沒有特別有意義的句子或短語?)

Yes. "Be insane, count the days, pray I make it out alive."

This line reflects the overwhelming struggle I experienced during a period when I was consumed by constant feelings of inferiority. Living in Hong Kong, there is a strong cultural emphasis on fitting in and conforming to societal norms. People still thinks I am insane on choosing to become a musician as it is not a stable career. Standing out or daring to be different can lead to a heightened sense of isolation and judgment – it is best to just take it day-by-day.

(有的, "Be insane, count the days, pray I make it out alive."
這句話反映了我在這段時間內所經歷的掙扎，當時我被強烈的自卑感所佔據。在香港生活，社會文化非常強調融入和遵守社會規範。很多人都認為我立志成為音樂家很瘋狂，因為普遍認為音樂家收入不穩定。縱使這個決定不被身邊的人支持，但我仍然選擇每天堅持下去。)

Raphael Lam

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Research, 5 Sassoon Road, Pokfulam, Hong Kong

薄扶林沙宣道5號賽馬會跨學科研究大樓2樓

Tel 電話 : 28315232

Fax 傳真 : 25497161

Email 電郵 : csrp@hku.hk

Website 網頁 : <https://csrp.hku.hk>

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