



# JUNIOR RESEARCHER MENTORING PROGRAMME 2022

<b>Code:</b>	JRMP2022_31
<b>School / Department:</b>	School of Nursing
<b>Name of Research Leader:</b>	Dr Lam Ka Wai Katherine, Research Assistant Professor
<b>Research Topic:</b>	The Use of a Brief Mental Health Program and Positive Psychology Intervention in Promoting Mental Health among Low-income Families
<b>Short Description of the Research Project:</b>	<p>Mental health is an important issue, particularly for low-income families. When compared with high-income families, low-income families have more disadvantaged health outcomes. However, a review found that governments have emphasized addressing poverty at the country level but neglected to build families' personal attributes, thereby reducing their capacity to cope with distress resulting from poverty. This project aims to promote mental health in low-income families with children by using a brief mental health program and positive psychology intervention.</p> <p>This project can increase the awareness of promoting mental health in low-income families. It can also benefit schools, non-governmental organizations and the country by introducing and implementing this intervention in low-income families, aiming at promoting their mental health.</p>

	<p>This project will be conducted in schools and community centres in Hong Kong. Students joining this project are expected to assist in:</p> <ol style="list-style-type: none"> <li>1. liaising with schools and other relevant community stakeholders;</li> <li>2. data collection (questionnaires and/or interviews);</li> <li>3. data entry and/or analysis;</li> <li>4. reviewing literature relating to mental health in low-income families;</li> <li>5. conducting interventions in schools and other relevant community organizations;</li> <li>6. preparing materials for interventions;</li> <li>7. report and manuscript writing; and</li> <li>8. other project-related duties as assigned by the mentor.</li> </ol>
<b>No. of Places Offered:</b>	4
<b>Frequency of Meetings:</b>	Bi-weekly

*\* The information presented above is subject to change.*