

## Appendix

### List of funded CUHK researchers and projects

1. Professor Cheng Qijin, Assistant Professor, Department of Social Work, Faculty of Social Science

Project title: **MDW Recharge Hub: enhancing and promoting a co-created online platform for migrant domestic workers' mental health**

The project aims to raise migrant domestic workers' (MDWs) awareness of mental health, reduce their distress levels, increase their willingness to seek help and enhance their access to mental health resources. The project will enhance the functions of MDW Recharge Hub, a co-created website promoting MDWs' mental health, by adding an online mental health support chat service for MDWs with emergent needs and an online training section for MDW supporters who can sustain the online chat service. Engagement activities, mental health-related creative arts competitions and public exhibitions of the creative arts made by MDWs will be arranged to promote the website.

2. Professor Ken Ho Hok-man, Assistant Professor, The Nethersole School of Nursing, CU Medicine

Project title: **Age with good mood: a volunteer network-based medical-social collaborative programme for supporting underprivileged older adults**

The project will develop a volunteer network-based medical-social collaborative programme, "Age with good mood", to support underprivileged older adults with chronic illnesses by providing them with mental health and social support through volunteer-assisted tele-consultations and tele-dispensing of medication from hospital to home. Volunteers empowered with relevant knowledge and skills will run home visits and make telephone calls to mitigate the negative emotions of the underprivileged older adults. The programme will be evaluated over a three-month follow-up period to provide empirical evidence on its effectiveness and implementation.

The project is looking for volunteers. Please click [here](#) for details.

3. Professor Regina Lee Lai-tong, Professor, Practice in Child Health, The Nethersole School of Nursing, CU Medicine

Project title: **SWELE Programme: an Unstructured Outdoor Play with Mindfulness-based Interventions to Promote Mental Health in SEN Children and Adolescents**

The project aims to raise mental health knowledge and awareness by implementing a play-based intervention, the Supporting Wellness in E-Child Learning Environments (SWELE) programme, which combines unstructured outdoor play with mindfulness-based interventions. It is expected that children and adolescents with special educational needs (SEN) will learn and practise self-regulation skills, controlling their emotions and behaviours, after participating in the SWELE programme. The findings will advance our understanding of the children's and their families' responses to the direct and indirect triggers of stress and emotional distress related to school closure during the pandemic. This will allow school health

policy and strategies to be developed appropriately to promote SEN children's and adolescents' mental health through unstructured outdoor play with mindfulness activities.

4. Professor Phoenix Mo Kit-han, Associate Professor, Centre for Health Behaviours Research, The Jockey Club School of Public Health and Primary Care, CU Medicine  
Project title: **Caring for the Caring Teachers**

The project will provide three major intervention tools to provide comprehensive prevention, screening and intervention/treatment. It will develop an app tailor-made for Hong Kong primary and secondary school teachers, aiming at promoting well-being and positive attitudes among them toward seeking professional help when they have mental health needs; and a one-stop hotline offering support services to teachers with potential symptoms, including anonymous access by app, call or text, as well as immediate support conducted by trained counsellors. The project will also include peer gatekeeper workshops on teachers' mental health for 40 primary and secondary schools, and two public webinars.

5. Professor Catherine So Wing-chee, Professor, Department of Educational Psychology, Faculty of Education  
Project title: **Resilience in the face of adversity: coping strategies for autistic children and their families**

This project aims to adopt a holistic approach and build the resilience of 400 autistic children and their parents. Families who are receiving government subsidies will be given priority. We will design and implement an eight-week resilience-enhancement (C-REP) programme for 400 autistic children aged 4-12 using social robots. We will also design and implement an eight-week resilience enhancement (P-REP) for 800 parents with human counsellors. Finally, we will disseminate tentative solutions for handling adversity to families with autistic children, and raise public awareness of the importance of resilience in autistic children.