



MENTAL WELLNESS AND POSTGRADUATE STUDIES



Wellness and Counselling Centre
Office of Student Affairs, The Chinese University of Hong Kong
香港中文大學 學生事務處 心理健康及輔導中心

Changes and Challenges



Mental Health

心理健康



Mental Illness

精神疾病

- **Most common mental illnesses among university students**

於大學生群體中最常見的精神疾病

- Depression 抑鬱症
- Anxiety disorder 焦慮症
- Adjustment disorder 適應障礙





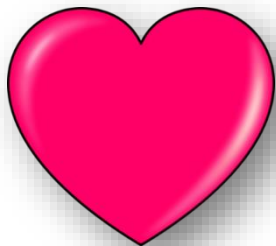
mental
health

?

the absence of mental illness

Mental Health

心理健康



- a state of well-being in which every individual
- 一種健康狀態，包括能夠
 - realizes his or her own potential,
發揮到自己的潛能
 - can cope with the normal stresses of life,
應付日常的生活壓力
 - can work productively and fruitfully,
有效率地做事
 - and is able to make a contribution to her or his
community.
及對自己的社群作出貢獻

Mental Health 心理健康

- Social growth
- Social integration
- Social acceptance
- Social contribution
- Social coherence



Emotional wellbeing

情緒層面的幸福

- Interest in life
- Satisfaction
- Happiness

- Autonomy
- Environmental mastery
- Personal growth



- Purpose in life
- Self-acceptance
- Positive relations with others

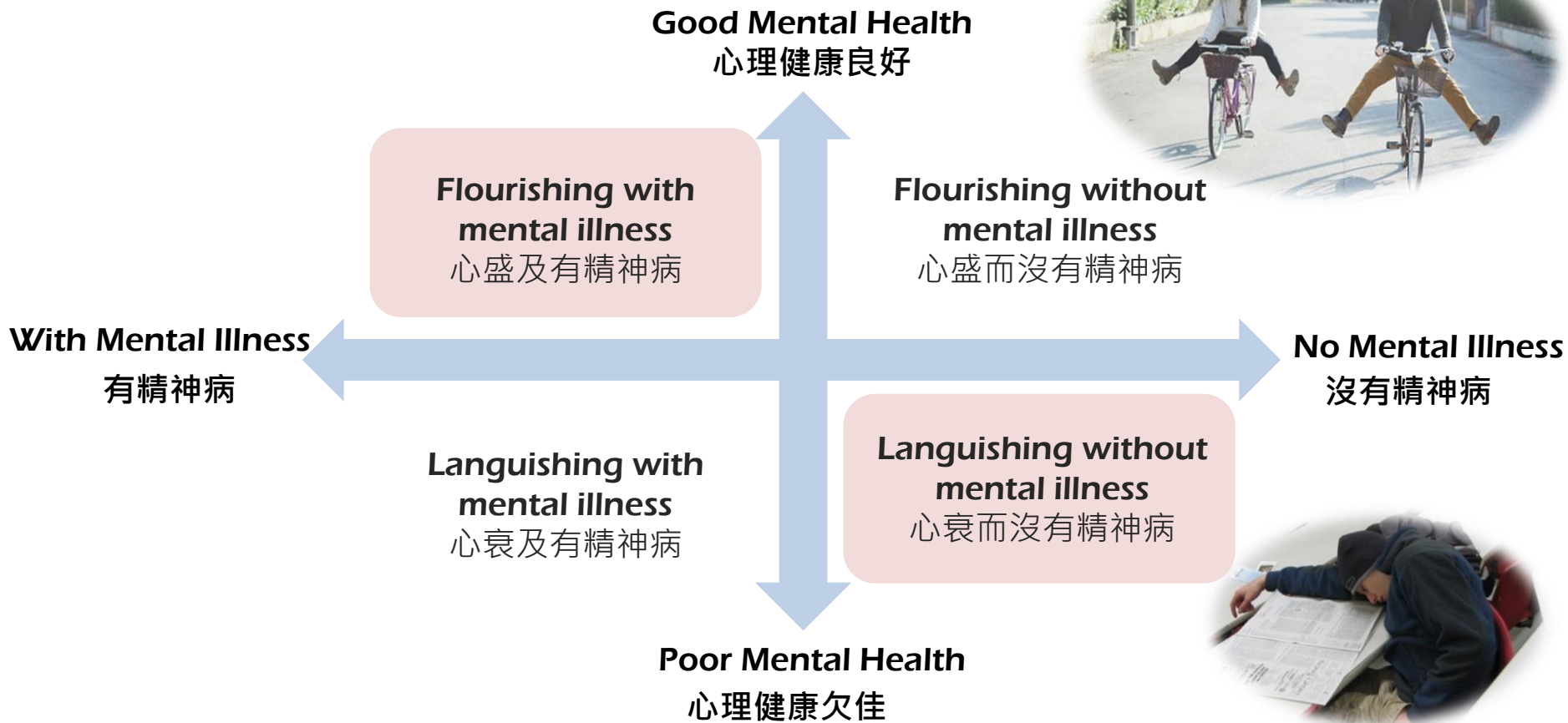
**I'M NOT
PERFECT
I'M
AWESOME!**

mental
health

≠

the absence of mental illness

Mental Health 心理健康



Flourishing 心盛



happy and satisfied
愉快和滿足



see life as having a purpose
視生活為有意義和目的



**feel some degree of mastery and
accept all parts of self**
對生活有掌控感，
並接受自己的全部



**have a sense of
personal growth**
有個人成長

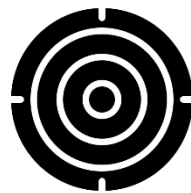


**have a sense of autonomy and
an internal locus of control**
對生活有自主及承擔

Languishing 心衰



sad and unsatisfied
不愉快和不滿足



not seeing life as having a purpose
視生活為沒有意義和目的



**no sense of mastery and
do not accept yourself**
對生活沒有掌控感，
並不接受自己的全部



**no sense of
personal growth**
沒有個人成長



**no sense of autonomy and
an external locus of control**
對生活沒有自主及承擔

Mental Health Check-up! 精神健康檢測

- ✓ Level of flourishing 心盛程度
- ✓ Depressive symptoms 抑鬱徵狀
- ✓ Anxiety symptoms 焦慮徵狀



Mental Health Check-up! 精神健康檢測

Information would be confidential
資料會保密

- **Only available to WACC**
只有心理健康及輔導中心知道你的資料
- **Will not be known to your department/Graduate School**
而非你的學系或研究院



MEASURE
YOUR
MENTAL
HEALTH,

SCREEN FOR
DEPRESSION
& ANXIETY

Scale 1: (3rd page of Questionnaire) Measure for **Mental Wellness** (adapted from the Mental Health Continuum-Short Form [**MHC-SF**])

Scale 2: (4th page of Questionnaire) Measure for **Depression** (adapted from the Patient Health Questionnaire – 9 [**PHQ-9**])

Scale 3: (5th/ last page of Questionnaire) Measure for **Anxiety** (adapted from the generalized anxiety disorder 7-item scale [**GAD-7**])

Mental Health Test for New Students 2023-2024 (Talk)

1
PICS

>

2
Personal Information

>

3
MHC-SF

>

4
PHQ-9

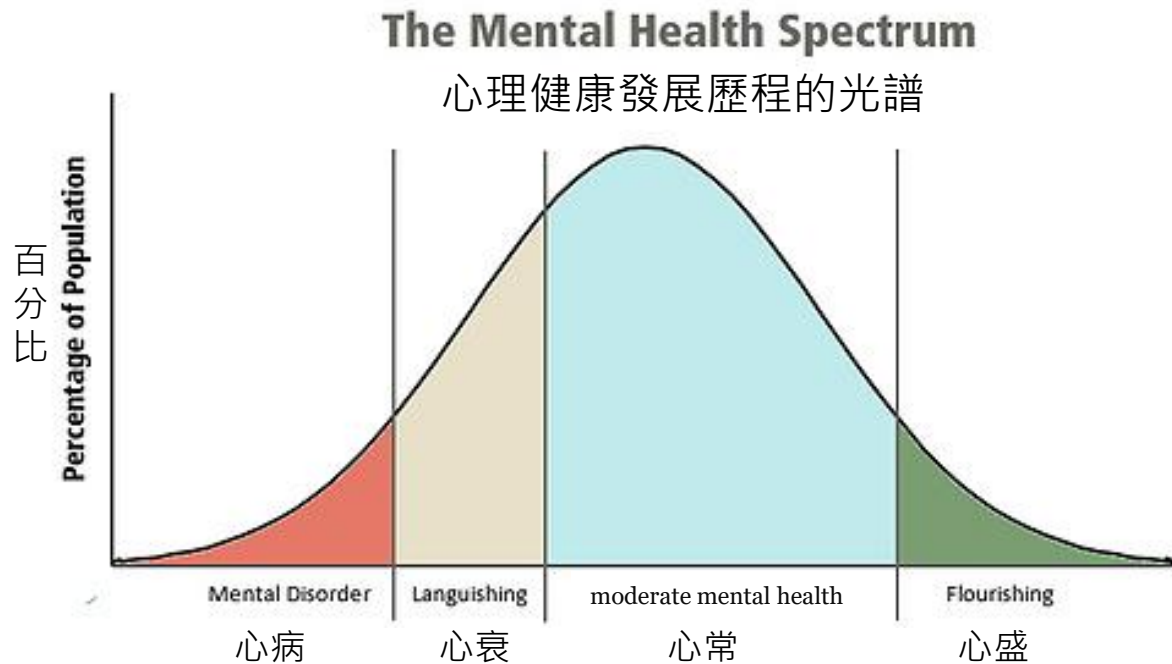
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5
GAD-7

Mental Health 心理健康

Scale 1

adapted from the **Mental Health Continuum-Short Form [MHC-SF]**



(Huppert, 2005)

Mental Health 心理健康

Scale 1

1. Happy
2. Interested in life
3. Satisfied with life

4. That you had something important to contribute to society
5. That you belonged to a community (like a social group, school, neighborhood, etc.)
5. That our society is a good place, or is becoming a better place, for all people
7. That people are basically good
3. That the way our society works made sense to you



Social wellbeing
社會層面的幸福



Emotional wellbeing
情緒層面的幸福

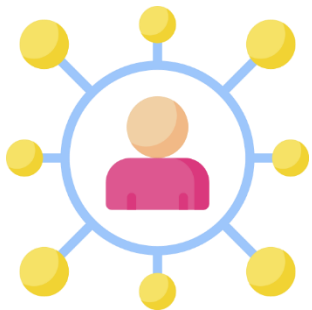


Psychological wellbeing
心理層面的幸福

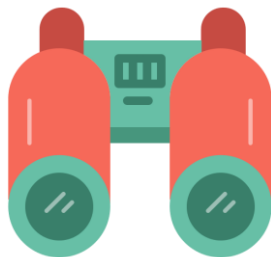
3. That you liked most parts of your personality
10. Good at managing the responsibilities of your daily life
11. That you had warm and trusting relationships with others
12. That you had experiences that challenged you to grow and become a better person
13. Confident to think or express your own ideas and opinions
14. That your life has a sense of direction or meaning to it

Level of Flourishing
心盛程度

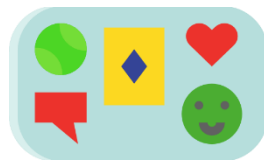
Scale 1



Explore the social network around you
探索新的社交圈子



Try out different new things with an open mind
用開放的心去嘗試新事物



Find out what you enjoy and fulfil your own potential



發掘你喜歡的事物，並發揮潛能

MEASURE FOR DEPRESSION (ADAPTED FROM THE **PATIENT HEALTH QUESTIONNAIRE - 9 [PHQ-9]**)

Scale 2

Developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. [No permission required to reproduce, translate, display or distribute.](#)

PHQ-9 Patient Depression Questionnaire



For initial diagnosis:

1. Patient completes PHQ-9 Quick Depression Assessment.
2. If there are at least 4 ✓s in the shaded section (including Questions #1 and #2), consider a depressive disorder. Add score to determine severity.

Consider Major Depressive Disorder

- if there are at least 5 ✓s in the shaded section (one of which corresponds to Question #1 or #2)

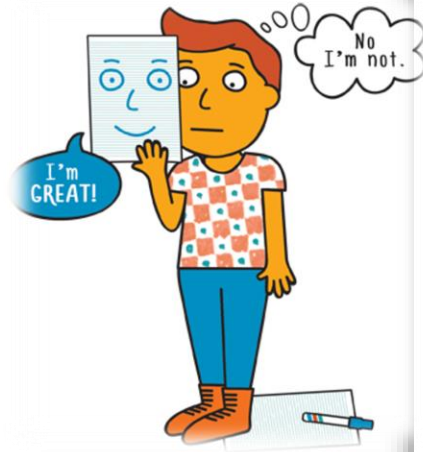
Consider Other Depressive Disorder

- if there are 2-4 ✓s in the shaded section (one of which corresponds to Question #1 or #2)

Note: Since the questionnaire relies on patient self-report, all responses should be verified by the clinician, and a definitive diagnosis is made on clinical grounds taking into account how well the patient understood the questionnaire, as well as other relevant information from the patient.

Depression 抑鬱

Scale 2: PHQ-9



What is depression?

Depression is more than just feeling upset or sad – it is a serious condition which makes coping with day-to-day life to be hard and leaves you feeling down most of the time.

You might feel irritable, sad and stressed most of the time. Or you might get more angry than usual and feel restless, unable to relax or stop thinking about what is on your mind. Other feelings that you might experience include feeling guilty, worthless, frustrated, unhappy, indecisive, disappointed and miserable.

Depressive symptoms 抑鬱徵狀

Scale 2: PHQ-9



Feeling sad or depressed
情緒低落



Loss of energy or increased fatigue
感到疲累乏力



Loss of interest or pleasure in activities once enjoyed
對以往喜愛的活動失去興趣



Difficulty thinking, concentrating or making decisions
思考能力、專注力下降



Trouble sleeping or sleeping too much
很難入睡 / 渴睡



Feeling worthless or guilty
內疚、自責



Changes in appetite
食慾不振或暴食



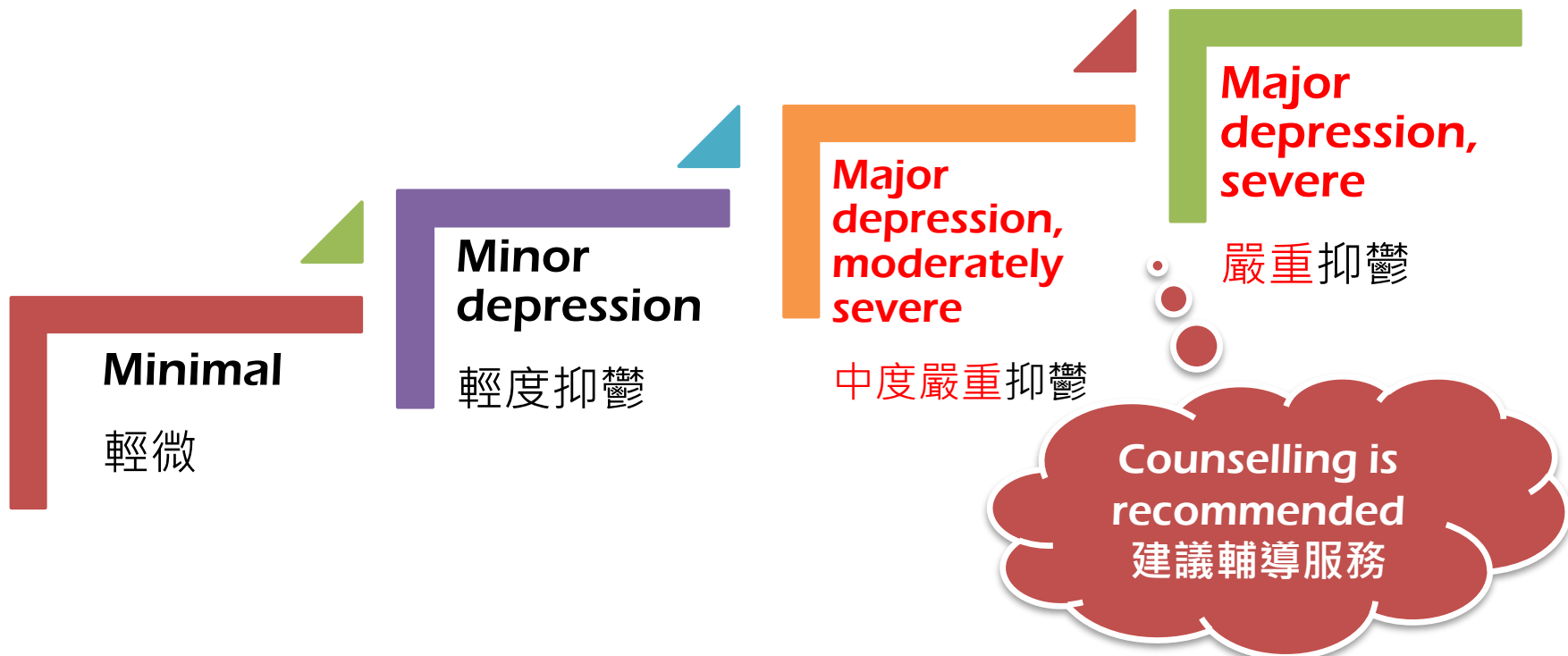
Recurrent thoughts of death or suicide
反覆有死亡、自殺念頭



A slowing down of thought and a reduction of physical movement
思想緩慢/行動遲滯

Depressive symptoms 抑鬱徵狀

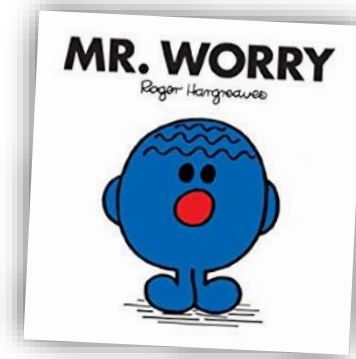
Scale 2: PHQ-9



MEASURE FOR ANXIETY
(ADAPTED FROM THE **GENERALIZED ANXIETY
DISORDER 7-ITEM** SCALE [**GAD-7**])

The GAD-7 was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues, with an educational grant from Pfizer Inc. [No permission required to reproduce, translate, display or distribute.](#)

This easy to use self-administered patient questionnaire is used as a screening tool and severity measure for generalized anxiety disorder.

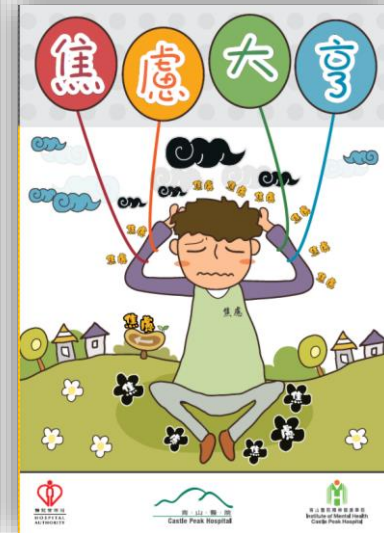
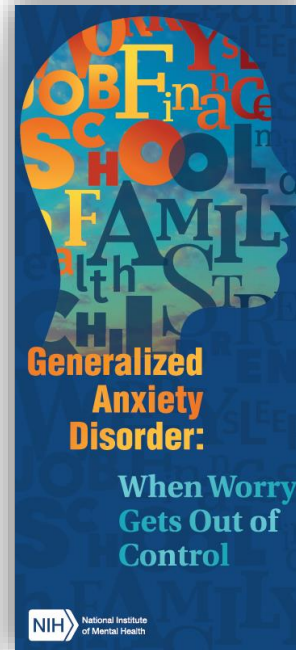


Anxiety 焦慮

Scale 3: GAD-7

WHAT IS GAD?

Occasional anxiety is a normal part of life. You might worry about things like health, money, or family problems. But people with generalized anxiety disorder (GAD) feel extremely worried or feel nervous about these and other things—even when there is little or no reason to worry about them. People with GAD find it difficult to control their anxiety and stay focused on daily tasks.

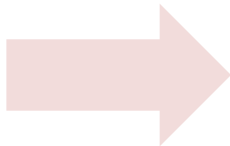


<https://www.nimh.nih.gov/health/publications/generalized-anxiety-disorder-gad/index.shtml>

Anxiety symptoms 焦慮徵狀

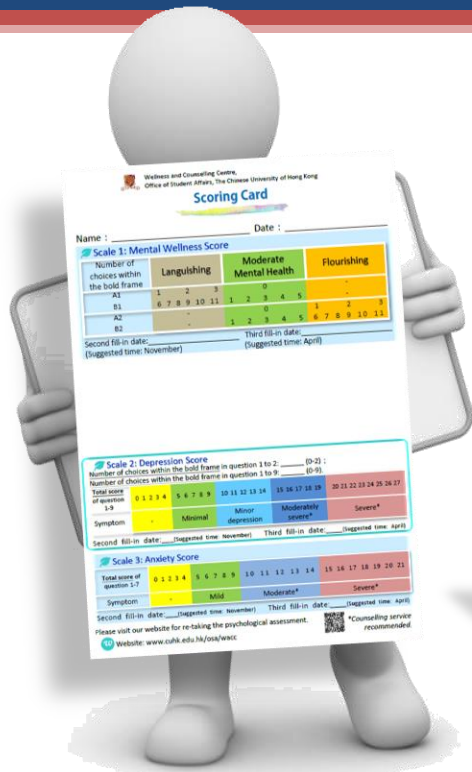
Scale 3: GAD-7

**excessive anxiety and worry
which is hard to control**
過份焦慮和擔心，並且難以控制



Restless 坐立不安
Easily fatigued 容易疲累
Difficulty concentrating 難以專注
Irritable 暴躁
Muscle tension 肌肉緊張
Sleep disturbance 睡眠問題





Please visit our website for re-taking the psychological assessment.



Website: www.cuhk.edu.hk/osa/wacc

#CHOOSEHEALTH

1
EAT A
HEALTHY DIET

2
BE PHYSICALLY ACTIVE,
EVERY DAY, YOUR WAY

3
GET
VACCINATED

4
DON'T USE
ANY FORM
OF TOBACCO

5
AVOID OR MINIMIZE
USE OF ALCOHOL

6
MANAGE STRESS FOR
YOUR PHYSICAL
AND MENTAL HEALTH



7
PRACTICE
GOOD HYGIENE

8
DON'T SPEED,
OR DRINK AND DRIVE

9
WEAR A SEAT-BELT
WHEN DRIVING
AND HELMET
WHEN CYCLING

10
PRACTICE
SAFE SEX

11
REGULARLY CHECK
YOUR HEALTH

12
BREAST FEEDING:
BEST FOR BABIES



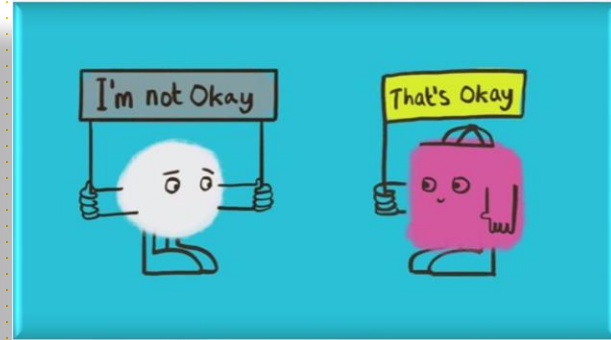
World Health
Organization

WWW.WHO.INT/HEALTHPROMOTION

6

**MANAGE STRESS FOR
YOUR PHYSICAL
AND MENTAL HEALTH**

**RESOURCES &
SUPPORT FOR
YOUR MENTAL
HEALTH**



Wellness and Counselling Centre (WACC)

心理健康及輔導中心

- **Serves full-time CUHK undergraduate and postgraduate students**
服務香港中文大學全日制本科生及研究生
- **Staffed by Psychologists and professional counsellors**
有心理學家以及專業輔導員
- **Free of charge** 費用全免
- **Tel 電話: 3943 7208 / 3943 3493**

• **Office hour:**

辦公時間:

Mon - Thu	8.45 am - 1.00 pm 2.00 pm - 5.30 pm
Fri	8.45 am - 1.00 pm 2.00 pm - 5.45 pm



Wellness and Counselling Centre

心理健康及輔導中心

2/F Pommerenke Student Centre

龐萬倫學生中心二樓

Next to Chung Chi College student canteen

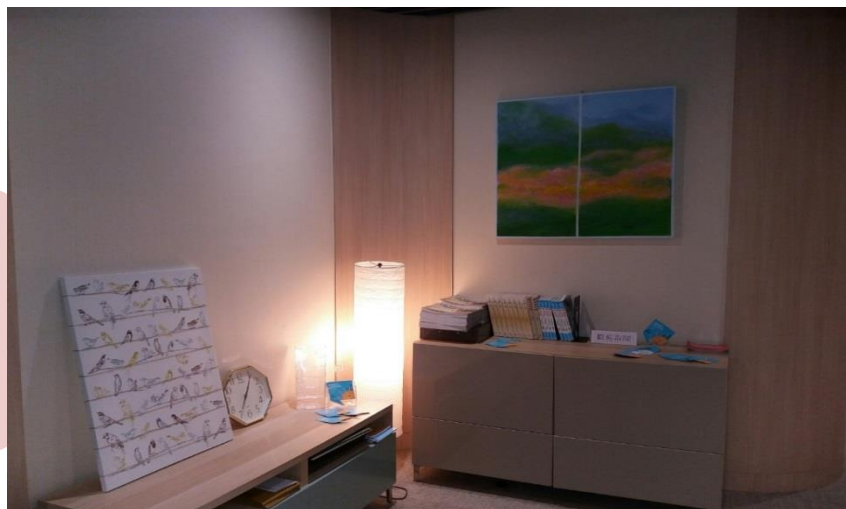
崇基學院眾志堂旁





心理健康及輔導中心休憩閣
Our cosy waiting area

心靈健康書刊歡迎取閱
**An open shelf with
mental wellness books and leaflets**





面談室
**A cosy, sound-proofed
interview room**

活動室
**Group Counselling Room
for workshops and mental health activities**



24 Hour
Emotional
Support
Hotline



5400 2055

The hotline service is **operated by trained counsellors from Christian Family Service Centre** which offers telephone counselling and crisis interventions. Our service would follow up on the students in need of psychological counselling.

本熱線由基督教家庭服務中心專業輔導員接聽，並提供即時情緒支援及危機處理。隨後學生事務處心理健康及輔導中心會主動跟進有需要支援的同學。

Support in CUHK 校園支援



- **Graduate School**
研究院
- **Professors / Academic Advisors**
教職員
- **University Health Service**
大學保健處
- **Hostel Warden & Tutors**
宿舍舍監及樓導師
- **Office of Student Affairs**
學生事務處

And your friends and family!
還有你的朋友！

Help seeking is not a weakness, but a strength

尋求協助是一個優勢，而非弱點

Seek help if you need to!

如果你需要，請盡快尋求協助！



More about our service and mental health related information

知道更多心理健康的資訊及
我們的服務



Sunshine At CUHK



A one-stop online platform for students to access handy self-help mental health information.

❖ Mental Health materials include:

❖ Mindfulness videos (Breathing exercises, guided imagery videos, etc.)

❖ Self-help tips and articles on personal wellness, personal growth, interpersonal relationships, etc.)

❖ In-depth mental health information

❖ Self-assessment tools

❖ Online community resources and hotlines

下載「中大有晴手機應用程式」
隨時隨地照料你的心靈！

More self-care tips on Sunshine@CUHK Mobile App





Sunshine At CUHK at-a-glance

01 WEBSITE

<https://www.sunshine.cuhk.edu.hk>

03 FB

<https://www.facebook.com/SunshineatCUHK>

06 Workshop

- Mindful Walk / Shinrin Yoku
- Kalimba Keychain & Mandala x Mindfulness Workshop
- Fluid Bear x Mindfulness Workshop



02 MOBILE APP



中大冇晴APP
Sunshine@CUHK
Mobile App



中大冇晴APP
Sunshine@CUHK
Mobile App



04 IG

<https://www.instagram.com/sunshineatcuhk/>

05 YouTube

<https://www.youtube.com/channel/UCle1nzx4dWaf5t1eJL0nEg>



Flourishing First Year @ CUHK



Purpose

Encourage healthy habits in 7 aspects of life, with reference to “7 Well approach”

Format

Conduct Year-Round Workshops and Events for all **NEW** students



For details



Mental WELLNESS (Mental Health)



1. **VALUE** Mental Health, as it matters to You
2. **REMEMBER:** It's More than the Absence of Mental Illness
3. **KEEP** Learning how well you're now; screening for depression and anxiety
4. **BE ACTIVE** in the use of Resources and Support for Your Mental Health





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香港中文大學 學生事務處 心理健康及輔導中心

**Mental Wellness Box
for new students**

新生適應錦囊



Counseling Support @CUHK

心理輔導在中大



Sunshine@CUHK

中大有晴



**Services to students with
Special Educational Needs**

特殊教育需要學生服務



**Mental Wellness
Programmes/Activities**

心理健康推廣活動

