

Abstract of C2206

This research adopts a dual-factor model of mental health (i.e., both positive and negative well-being are considered) in our study. We investigate the happiness index, psychological well-being, and psychological distress of students of secondary schools. The research is hosted by the Preparatory Committee of the Sai Kung District Happy Life Community Health Promotion Project (西貢區快樂人生社區健康推廣計劃籌備委員會), co-organized by the Sai Kung District Secondary School Principals Association (西貢區中學校長會), with the Research Unit on Love, Marriage and Family of the Caritas Institute of Higher Education serves as the research group.

Participation of the students is voluntary and anonymous. Informed consent would be solicited before data collection. The Preparatory Committee and the Primary and Secondary School Principals Association are responsible for soliciting informed consent of students and their parents and for the data collection procedure.

The general aim of the project is to investigate factors associated with happiness, well-being and psychological distress of secondary school students. Based on literature review and thorough discussions with members of the Preparatory Committee and members of the Sai Kung District Secondary School Principals Associations, essential factors associated with happiness, well-being, and psychological distress are formulated for the research project. It is generally agreed that these factors should include school life quality, family life quality, community life quality, sociodemographic characteristics, and variables relevant to positive and negative psychological well-being. A questionnaire is designed by the research group of Research Unit on Love, Marriage and Family of Caritas Institute of Higher Education. The questionnaire includes items on sociodemographic characteristics and items on the associated factors identified for the research project. Reliability and validity of the measuring instruments are established before data collection.