

Study of Self-Help and Support Services for Student Mental Health in Tertiary Institutions

NCT06623682

Status	RECRUITING
Phase	Not Applicable
Sponsor	Chinese University of Hong Kong
Enrollment	1,684 participants

Key Eligibility Criteria

Inclusion (5)

- years old or above
- Able to read Chinese or English
- With internet connection and able to access the internet
- With moderate-severe GAD-7 a/o moderate-severe PHQ-9
- studying full-time at a tertiary education institution in Hong Kong

Exclusion (4)

- not able to read and understand Chinese;
- under 18 years old;
- not able to access the Internet or use digital devices
- without depressive symptoms or anxiety symptoms

Locations (1 total)

Diversity and Well-being Lab, Hong Kong, Hong Kong