



香港城市大學
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Students' application of positive psychology and mental health theories to create an app for people with mental health problems

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Abstract:

Based on previous successful experiences of producing websites and computer games to promote psychological well-being of students and parents, we plan to develop another student's project on designing and building an APP that is composed of self-assessment and community resources, interactive self-help games based on positive psychology and mental health theories, and a mutual support network. The project will be participated by the students of the Department of Applied Social Sciences, School of Creative Media, and Department of Information System. The project will support and enhance students' discovery and innovation through cultivating a learning process that is action-based, interdisciplinary, and participative. Students will be encouraged to think out of the box and apply their innovative ideas to design and build the APP. They will transform their learned knowledge into a product in the learning process. Through this project, students will not only gain updated knowledge of mental health, positive psychology and APP design, but also have self-growth and development as they will live out the positive psychology concepts and have more empathy towards people with mental health problems. The APP designed and built by the students will be the first to provide online positive psychology intervention for people suffering from mental health problems.