



MentalHigh

Newsletter volume 2

F2f partner meeting in Valencia

From the 27th to 31st of May 2024, the MentalHigh Consortium meeting was held at Fundació Universitat Empresa (ADEIT) in the center of Valencia, Spain. The meeting was attended by representatives of all the universities involved in the project, HAW, VNU, TUEBA, VUTED, NIE, RUPP, TAAF, VNU USSH, TURKU AMK and UJI.

Representatives had the opportunity to meet each other in person, exchange gifts, as well as being able to share very nice merchandising about the project.

Presentations were made on the progress of each of the work packages. Topics such as future scientific publications, the focus group interviews and their analysis, and the development of the digital intervention 'MoodCare and Shining mind app' were discussed.

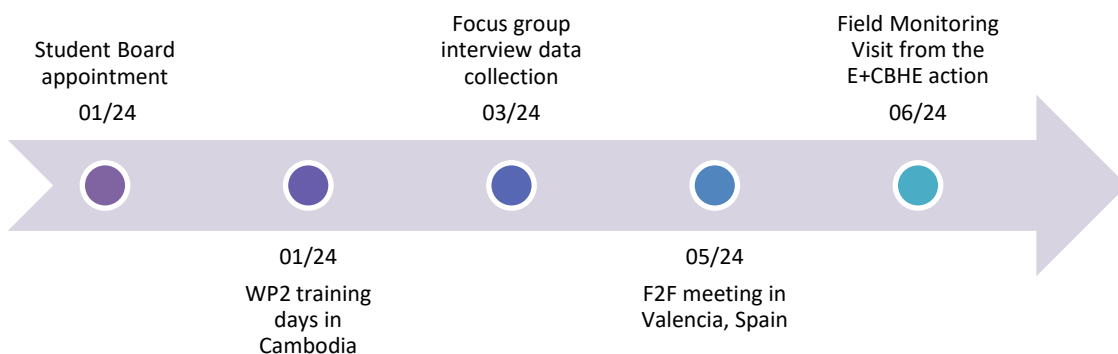


MentalHigh Consortium in Valencia, June 2024

Moreover, partners planned the Mental health calendar events and the capacity building workshops. dissemination of the project, homepage and logo were discussed.

The meeting was very productive, and it contributed to the proper progress of the project. In addition, representatives were able to enjoy cultural visits throughout the city. In January 2025, the next partner meeting will be held in Cambodia.

MentalHigh timeline over the last 6 months





MentalHigh

Newsletter volume 2

MentalHigh Student Board has been established



Prof. Phan Chanpeou receiving Certificate of appointment from Prof. Dr. Gunter Groen on behalf of RUPP student board members

On January 8th, 2024, 14 members were appointed to the MentalHigh Student Board during the kickoff meeting led by Prof. Dr. Gunter Groen from Hamburg University of Applied Sciences, Germany (HAW) – the project coordinator.

Each newly appointed student board member has pledged to represent the students of their respective MentalHigh partner universities, ensuring their needs, ideas and opinions are well-reflected in MentalHigh's content. During the f2f partner meeting in Valencia, Spain, the representatives from each institution were presented with certificates of appointment, which have been safely forwarded to the student board

members. This official recognition highlights how important their role is in guiding the MentalHigh's direction and impact.

In the meantime, MentalHigh Student Board has been actively engaged in the cultural adaptation of WP3. Their first significant contribution was reviewing the "Introduction and Welcome" module of the Smiling is Fun project. Also, the student board members voted to rename the MentalHigh's digital intervention course to "MoodCare," a title that resonates with the project's aims and objectives. The MentalHigh team is grateful for the student board's honorary work and expects their contributions to positively impact academic environment in Vietnam and Cambodia

WP2 Mapping the landscape is complete

Mapping the Landscape has finally been completed with the concerted effort of the consortium. The work package was led by Turku University of Applied Sciences (Turku UAS) with its partners' support. The main goals of WP2 include evaluating mental health needs at partner universities, identifying and describing existing mental health resources, and conducting focus group interviews with staff, decision-makers, students, and external stakeholders to gather relevant data. Analyzing this data aims to gain insights into mental health literacy, attitudes, and stigma. Focus group interviews were a central method used to collect valuable perspectives on mental health promotion in higher education. These insights will help shape future initiatives and interventions.



MentalHigh

Newsletter volume 2



WP2 training days in Cambodia, January 2024

Project phases and milestones of WP2 involved several key phases. Data management included creating a comprehensive plan to handle, transfer, and ethically manage data. The focus groups methodology involved developing protocols, checklists, and questions for effective focus group interviews, addressing challenges, and proposing solutions. Content analysis was conducted through thematic analysis, including necessary translations, to consolidate insights.

Key milestones included forming a Student Board in late autumn 2023, obtaining ethical approvals by December 2023, and completing all focus group interviews by spring 2024. Turku UAS has conducted various training sessions on data collection, analysis, and thematic development, with ongoing consultation available throughout the project.

As a result of WP2, we obtained valuable information on the needs related to supporting mental health literacy, especially highlighting how crucial the alignment of mental health and its cultural factors is to our well-being. Stay tuned for more updates as we continue to make progress in enhancing mental health support and education at our partner universities.



MentalHigh

Newsletter volume 2

WP3 Conceptual development of the online course MoodCare progressing steadily

WP3 leaders (Universitat Jaume I, Spain) of the MentalHigh project have been working on the development of content, translation and cultural adaptation of the online mental health promotion program, "MoodCare". Moodcare is an evidence-based psychological intervention based on cognitive behavioral techniques that allows the user to learn and practice adaptive ways to cope with stress and daily problems. It also includes other psychological strategies to improve positive mood.

This internet-delivered, multimedia, interactive, self-help program includes 8 modules oriented to learn and practice different psychological strategies. This program was developed by group Labpsitec, from Universitat Jaume I, and has been validated and used with different populations.



First animation video of MentalHigh MoodCare

From November 2023 to May 2024, representatives of MentalHigh project have been participating in working group sessions in order to discuss the cultural adaptation of the program. Coordinated by Universitat Jaume I, representatives reviewed all the modules of the program in order to adapt the intervention materials and messages to observable characteristics of the target population and to incorporate the suitable cultural, social, historical, environmental, and psychological aspects relevant to students in Vietnam and Cambodia.

In the following months, the Student Board of MentalHigh project will review the final version of the modules in order to see if they are adequate. Modules will be translated and "MoodCare" program will be available for Vietnamese and Cambodian students at the end of 2024.



MentalHigh

Newsletter volume 2

EU Field Monitoring Visit in Cambodia

On June 6th, 2024, Mr. Darren J. McDermott, External Evaluator of the European Education and Culture Executive Agency (EACEA) visited and discussed with partners of the MentalHigh project in Cambodia, namely the Royal University of Phnom Penh (RUPP) and the Cambodian National Institute of Education (NIE), to evaluate the performance effectiveness, sustainability of our project as well as the dissemination and exploitation of results, to find evidence and good practices on the impacts of the MentalHigh.

Representatives of the RUPP and NIE in Cambodia joined the monitoring visit along with the MentalHigh project teams, and volunteers from RUPP and NIE team. At the meeting, the Mentalhigh Cambodian team presented the overall MentalHigh project, emphasizing the importance of the MentalHigh in the capacity building of HEIs in Vietnam and Cambodia, as well as highlighting the responsibilities that RUPP and NIE have implemented and participated in.



Mr. Darren McDermott at the Cambodian National Institute of Education (NIE), June 2024



Mr. Darren McDermott with MentalHigh partners of Royal University of Phnom Penh, June 2024

Mr. McDermott also met with the Student Board members of MentalHigh, and discussed whether the MentalHigh project meets their needs in their academic environment.

At the end of the meeting, Mr. McDermott, provided positive feedback and comments on the project progress. He also appreciated the strong support and commitment to carrying out very effective work from the management team. The visit ended in an optimistic and supportive atmosphere.

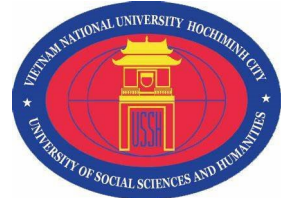


MentalHigh

Newsletter volume 2

Project Partners

- Hamburg University of Applied Sciences (Project coordinator)
- VNU University of Education, Vietnam
- Turku University of Applied Sciences, Finland
- Universitat Jaume I, Spain
- VNUHCM University of Social Sciences and Humanities, Vietnam
- Thai Nguyen University of Agriculture and Forestry, Vietnam
- Thai Nguyen University of Economics and Business Administration, Vietnam
- Vinh University of Technology Education, Vietnam
- Royal University of Phnom Penh, Cambodia
- National Institute of Education, Cambodia



Contact Details

For further information or media inquiries, please contact: <https://mentalhigh.net/>