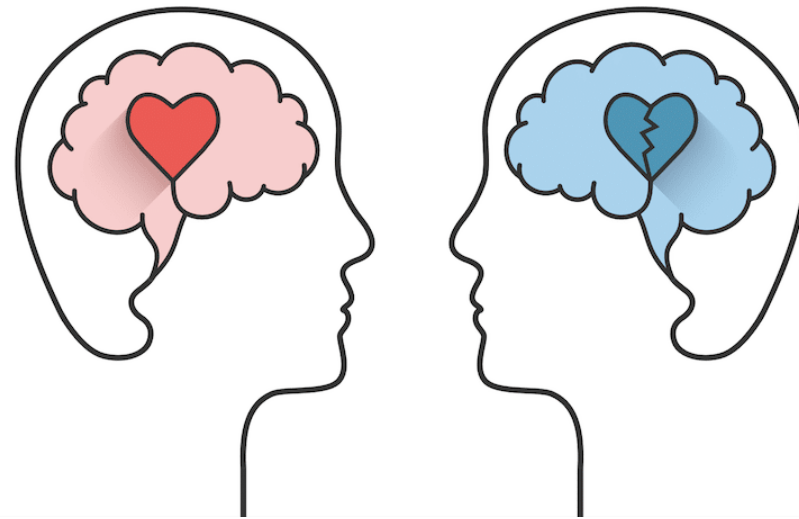
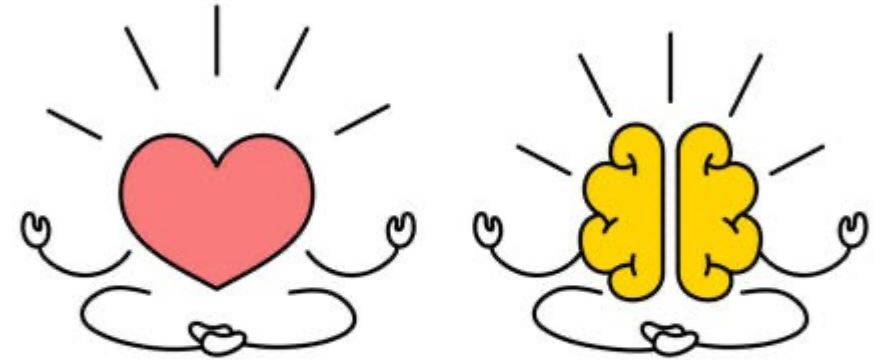


BDS Wellbeing Survey and Action Planning

HKU Faculty of Dentistry

Prof. Michael Botelho



Why Wellbeing?



A **critical issue** across all levels of education and society

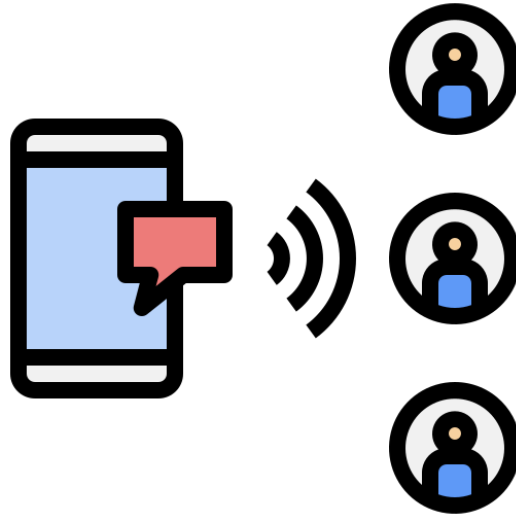
In particular, dentistry



How did it start?



1st faculty-supported
study of BDS wellbeing



Recruitment

- Word of mouth
- Messages in class groups



Formation of
student group

BDS Wellbeing Research Group

Charlotte Chan

Elise Fok

Ophelia Ng

Rosealeen Lo



Project Scope

Exploration on four domains



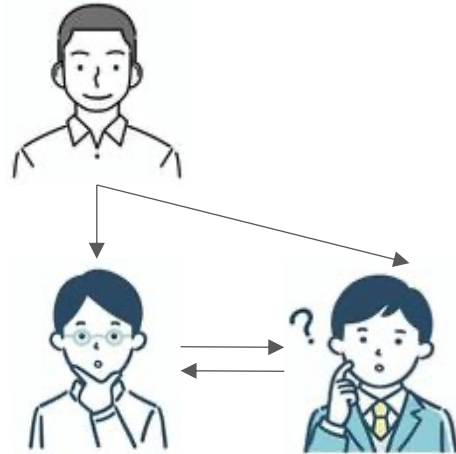
Project Scope

Framework Design



Research

BDS wellbeing survey



Peer Support

- Survival guides
- Buddy system
- Student ambassador



Curriculum

- Meetings with tutors and year directors
- PBL and TBS on wellbeing topics



Activities

- After class activities
- Collaboration with CEDARs, HKU Centre for Sports and Exercise

Phases of the Research



Survey design



Data collection
and analysis



Write up of project

- Publication
- Wellbeing resources (e.g., survival guide)



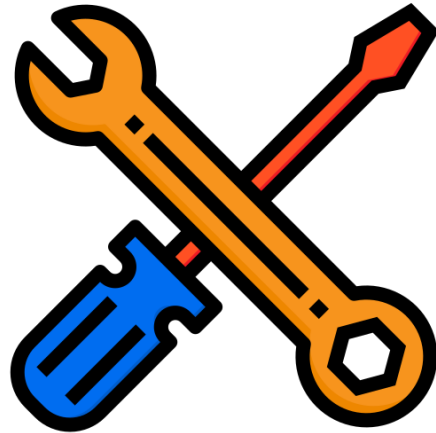
Presentation at
conferences



Survey Design Process



Literature review



Instrument design
(Adapted from validated
tools, e.g., DASS DES)



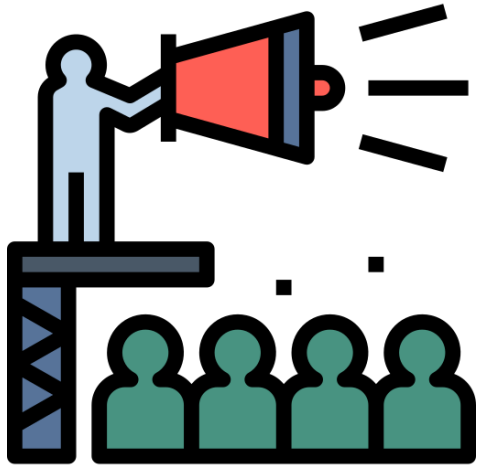
Pilot test



Finalized survey
(7th version)

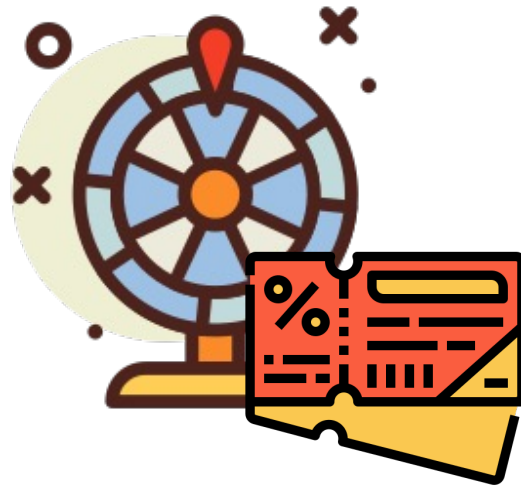


Data Collection and Analysis



Survey distribution

- Electronic communication
- In-person class visitations



Lucky draw as incentive



Response rate: 71%
Follow-up interviews



Statistical analysis

Main Results

Part 1: Individual experiences of wellbeing

- Low level of overall wellbeing
- Worsened with increasing years of clinical study



More occupational health hazard



Less to look forward when going to school



Longer time to overcome mistakes from exams or clinical performance

- A majority experiencing positive relationship with peers and tutors, but $<1/5$ felt their wellbeing was supported by the faculty
-

Main Results

Part 2: Feedback on proposed wellbeing initiatives

Suggestions rated the most beneficial

Physical

Collaboration with University's Center for Sports and Exercise



Social
Buddy system

Emotional

Introduction to stress reduction, mindfulness and meditation



Holistic wellbeing



Intellectual
Survival Guides

Takeaways from the Project



Charlotte Chan

- "A chance to give back to the student community and ensure student voices and experiences are heard"
- "Acquired skills in survey methodology - although it took a long process, I gained a better understanding of how to develop a comprehensive and holistic questionnaire"

Ophelia Ng

- "The survey and interview allow us to put ourselves into others' shoes, and practice multi-perspective thinking"
- "Collaboration often avoids honest mistake"



Takeaways from the Project



Rosealeen Lo

- “It is important to acknowledge everyone's strengths and weaknesses to fully utilise each individual's skills”
- “Peer motivation is as crucial as self motivation”

Elise Fok

- “It's important to know that we are all in this together. Dental school is full of challenges and it's crucial to know how we can maintain our wellbeing though the process.”
- “Research is only the first step and there are many challenges ahead to promote wellbeing in BDS learning environment.”





Thank you :)