BDS Wellbeing Survey and Action Planning

HKU Faculty of Dentistry

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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
Project Scope

Exploration on four domains

- Physical wellbeing
- Emotional wellbeing
- Social wellbeing
- Intellectual wellbeing

Holistic wellbeing
**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

1. Survey design
2. Data collection and analysis
3. Write up of project
   - Publication
   - Wellbeing resources (e.g., survival guide)
4. Presentation at conferences
Survey Design Process

1. Literature review
2. Instrument design (Adapted from validated tools, e.g., DASS DES)
3. Pilot test
4. 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

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

- Longer time to overcome mistakes from exams or clinical performance
- Less to look forward when going to school
- More occupational health hazard
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

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 :)