



Christian Alliance  
Cheng Wing Gee College

宣道會鄭榮之中學

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**The Arrangement of "Inviting youth with Insomnia & Anxiety or Depression with Eveningness for a Treatment Study"**  
**有關失眠及情緒健康治療計劃問卷之安排**

Dear Parents,  
各位家長:

To promote health education, the school will participate in a sleep research programme coordinated by Assistant Professor Shirley Xin Li from the Department of Psychology at the University of Hong Kong. Students will be invited to complete an electronic questionnaire during their class time on 30 November 2023 (Thu) and submit it to the Department of Psychology at the University of Hong Kong for analysis and follow-up actions. These actions may include providing "Treatment Study for Youth Anxiety and Insomnia" and "Treatment Study for Depression in Youths with Delayed Sleep Phase" to students in need. The data collected for the programme will be strictly confidential and used solely for research purposes. Students also have the option to choose whether to participate or terminate the questionnaire during the process. For inquiries, please contact Mr Choy Tsz Kit at 2604 9762. Thank you.

為了推動健康教育，本校將參與由香港大學心理學系李馨助理教授統籌的「青少年失眠及情緒健康治療計劃問卷調查」。學生將被邀請於 11 月 30 日（四）的班主任時段填寫電子問卷，並交由香港大學心理學系進行分析和後續措施，例如為有需要的學生提供「失眠和焦慮治療計劃」、「夜瞓青少年情緒改善計劃」等。研究計劃所收集的資料將絕對保密，僅用於研究目的。學生在問卷進行過程中也可以選擇是否參與或終止作答。如有任何疑問，可致電 2604 9762 與負責老師蔡子傑老師聯絡。特此函告。

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Shum Kai Shing, Principal 沈啟誠校長  
24 November 2023 2023 年 11 月 24 日