

# CENTRE FOR MENTAL HEALTH

## PHD Completion Seminar

The University of Melbourne



MELBOURNE SCHOOL OF  
POPULATION  
& GLOBAL  
HEALTH

## Cultural adaptation of Mental Health First Aid training for China

**Presenter: Shurong Lu**

**Supervisors: Prof. Nicola Reavley, Dr. Amy Morgan  
and Prof. Yanling He**

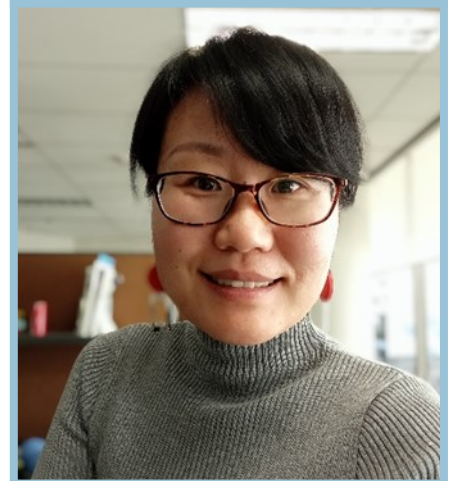
**Wednesday 22 September 2021**

**1.00pm-2.00pm**

**Via Zoom**

[https://unimelb.zoom.us/j/84902404869?  
pwd=TjJwYnZxNlZQTlRMQ1JlUdzYdytodz09](https://unimelb.zoom.us/j/84902404869?pwd=TjJwYnZxNlZQTlRMQ1JlUdzYdytodz09)

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Shurong is a PhD candidate at the Nossal Institute and Centre for Mental Health. She is also a registered public health physician, epidemiologist and biostatistician, who has over a decade of experience in disease control and prevention in China.

Her research interests include population mental health, non-communicable disease, comorbidity of mental and physical chronic illness, and behavioural risk factors.

Mental Health First Aid (MHFA) is a training program which teaches members of the public how to provide mental health first aid. In China, there is a need for mental health interventions like MHFA, which has been shown to be effective in improving mental health literacy and promoting helping actions in English-speaking countries. Given the differences in language, mental health systems and people's knowledge, attitude and beliefs about mental illness between China and English-speaking countries, a process of systematic cultural adaptation is needed for MHFA training to be used in China.

This PhD research aims to investigate how best to culturally adapt MHFA for China. Four studies have been carried out to address this aim, including one scoping review of literature on mental health literacy during 1997-2018 in China, two Delphi expert consensus studies on cultural adaptation of MHFA guidelines, and one qualitative study using stakeholder perceptions to inform future efforts to implement MHFA in China. This PhD research represents the first effort to formally adapt MHFA training to lower-resource countries. It contributes to the evidence base for adapting, implementing and scaling-up a health intervention that has shown benefits in high-income countries for resource-constrained settings.

These seminars are free. Visitors are welcome to attend.

For more information contact the Centre for Mental Health +61 3 8344 0908 or the Centre for Health Policy +61 3 8344 9111