



Title	Connecting the world's Children through Communication : Effects of the Letter Exchange Program on Mental Health in Japanese High School Students
Author(s)	Otake, Yuko; CCC volunteer group
Citation	Sustainability Weeks 2009 Opening Symposium "International Symposium on Sustainable Development - Recommendations for Tackling the 5 Challenges of Global Sustainability-". Session 3, First Hokkaido University Sustainability Research Poster Contest. 2 November 2009. Sapporo, Japan.
Issue Date	2009-11-02
Doc URL	http://hdl.handle.net/2115/39719
Type	conference presentation
Note	Outstanding Performance Award in the Practical Initiative
Additional Information	There are other files related to this item in HUSCAP. Check the above URL.
File Information	55_sw2009otake.pdf (Poster)



[Instructions for use](#)

CONNECTING THE WORLD'S CHILDREN THROUGH COMMUNICATION

Effects of the Letter Exchange Program on Mental Health in Japanese High School Students

Yuko OTAKE* & CCC volunteer group

*Graduate School of Medicine, Department of Public Health, Hokkaido University

1. BACKGROUND

- ◆ Mental Health might be improved by Cultural Exchange.
- ◆ Various programs aim to create Global Friendship in Japan.

However,

- ◆ Evidence is not available in Japan.
- ◆ High cost makes limitations of current programs.

- ✓ Surface communication like entertainment
- ✓ Few participants is included
- ✓ and Expensive!!

...Can we do more effective, cheaper program?

Breakthrough: Letter Exchange Program



- ✓ Closer communication
- ✓ More participants can be included
- ✓ and Inexpensive!!

Children and Youths Problems in the World



2. OBJECTIVE

The purpose of this study is
to evaluate Letter Exchange Program.

3. METHOD to EVALUATION

High School Students

22 Participants

M=5, F=17
Age=16.68
Response rate
=75.86%

from 14schools

22 Non-participants

M=5, F=17
Age=16.91

Random sampling
matched with hope to join
from 3 schools

Pre-TEST (July)

- ✓ Self-Esteem
- ✓ Self-Efficacy
- ✓ QOL
- ✓ Depression

Day 1



<Lecture>



<Activities>



<Send the letter>

Day 2, 3



<Receive the letter>



<Discussion>



<Presentation>

Post-TEST (Sep.- Oct.)

- ✓ Self-Esteem
- ✓ Self-Efficacy
- ✓ QOL
- ✓ Depression

4. RESULT

Letter Exchange Program contributed to Mental Health and Global Friendship.

In participants,

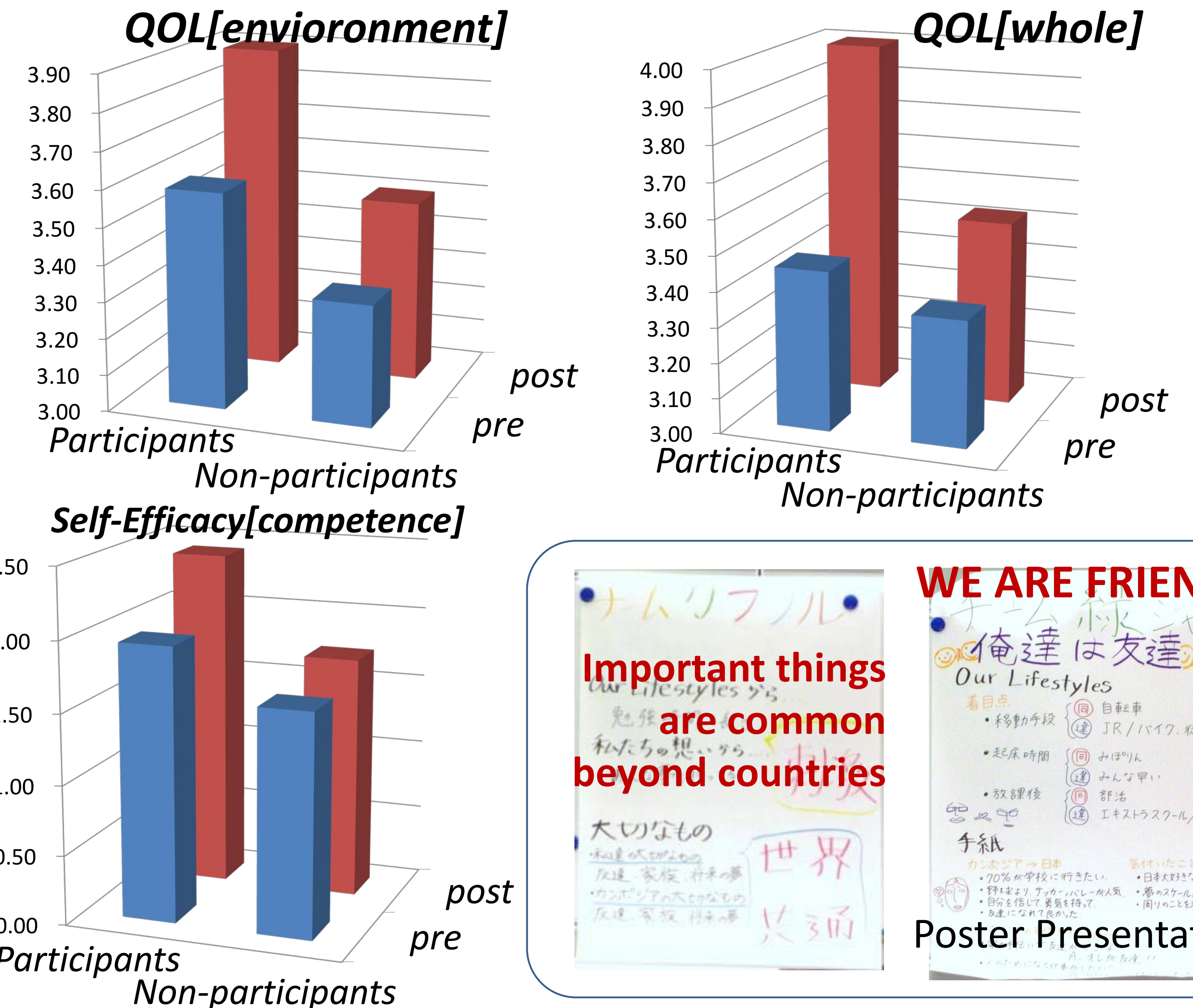
- ◆ Mental Health (QOL, Self-Efficacy) was improved!
- ◆ The belief "I Can Contribute to the World" was increased.
- ◆ Satisfaction with living environment was increased.

Table1 Effects of the Letter Exchange Program on Mental Health

	Participants			Non-participants		
	Pre	Post	p	Pre	Post	p
	Mean	Mean		Mean	Mean	
QOL	3.55	3.67	n.s.	3.37	3.54	n.s.
physical	3.62	3.56	n.s.	3.38	3.52	n.s.
mental	3.39	3.48	n.s.	3.35	3.48	n.s.
social	3.59	3.71	n.s.	3.53	3.74	n.s.
environment	3.59	3.90	<.01	3.33	3.50	n.s.
whole	3.45	4.00	<.01	3.36	3.52	n.s.
Depression	41.91	40.82	n.s.	42.00	41.09	n.s.
Self-Efficacy	6.73	7.55	n.s.	7.45	8.09	n.s.
initiative	3.14	3.32	n.s.	3.73	4.09	n.s.
anxiety	1.64	1.82	n.s.	2.14	2.27	n.s.
competence	1.95	2.41	<.01	1.59	1.73	n.s.
Self-Esteem	31.36	31.68	n.s.	29.09	31.82	n.s.

*N of QOL[whole] in Non-participants=24

Fig1 Significant differences of Subjects' pre- & post-test



<http://exchange.kuronowish.com/>