<table>
<thead>
<tr>
<th>Title</th>
<th>Connecting the world's Children through Communication: Effects of the Letter Exchange Program on Mental Health in Japanese High School Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Author(s)</td>
<td>Otake, Yuko; CCC volunteer group</td>
</tr>
<tr>
<td>Citation</td>
<td>Sustainability Weeks 2009 Opening Symposium &quot;International Symposium on Sustainable Development - Recommendations for Tackling the 5 Challenges of Global Sustainability-&quot;. Session 3, First Hokkaido University Sustainability Research Poster Contest. 2 November 2009. Sapporo, Japan.</td>
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<td>Issue Date</td>
<td>2009-11-02</td>
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<td><a href="http://hdl.handle.net/2115/39719">http://hdl.handle.net/2115/39719</a></td>
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<td>conference presentation</td>
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<td>Note</td>
<td>Outstanding Performance Award in the Practical Initiative</td>
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Additional Information:

There are other files related to this item in HUSCAP. Check the above URL.

File Information:

- 55_sw2009otake.pdf (Poster)
1. BACKGROUND

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

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 14 schools

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

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.

**Table 1: Effects of the Letter Exchange Program on Mental Health**

<table>
<thead>
<tr>
<th></th>
<th>Participants</th>
<th></th>
<th></th>
<th>Non-participants</th>
<th></th>
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<tbody>
<tr>
<td></td>
<td>Pre</td>
<td>Post</td>
<td>p</td>
<td>Pre</td>
<td>Post</td>
<td>p</td>
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<tr>
<td>QOL</td>
<td>Mean</td>
<td>Mean</td>
<td></td>
<td>Mean</td>
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<td>&lt;.01</td>
<td>3.36</td>
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<tr>
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<td>n.s.</td>
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<tr>
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<td>2.14</td>
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<td>n.s.</td>
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<tr>
<td>competence</td>
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<td>&lt;.01</td>
<td>1.59</td>
<td>1.73</td>
<td>n.s.</td>
</tr>
<tr>
<td>Self-Esteem</td>
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<td>31.68</td>
<td>n.s.</td>
<td>29.09</td>
<td>31.82</td>
<td>n.s.</td>
</tr>
</tbody>
</table>

Post-test comparisons were conducted with paired samples t-test.

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

http://exchange.kuronowish.com/