

Treatment Study for Insomnia

Is it how you feel?

- Finding it difficult to fall asleep
- Lying awake for long periods at night
- Waking up several times during the night and having trouble getting back to sleep
- Feeling sad, blue, or down in the dumps
- Losing interest in daily life

You are not alone... These difficulties are not uncommon; there are treatments which may help.

What is the aim?

The aim of this study is to examine whether two forms of cognitive behavioural therapy will help to improve sleep and mood in youth.

Who can join?

- Youth aged 12-20 years
- Have been struggling with your sleep for at least two weeks in the past month; your sleep difficulty has substantially impaired your daily functioning (e.g. academic, social aspects)

How to join?

If you wish to participate in this study, please click the following link for registration:

<https://goo.gl/forms/wch3beDealKuc9a12>

Only eligible participants will be further contacted by the research team. All the information provided for registration purpose will be kept strictly confidential and will be destroyed within three months after the completion of the study.

All information provided during the study will be kept confidential and will be accessible to the research team only. If you have any questions about the research, please feel free to contact Dr. LI, Shirley Xin (Tel: 3917-7035; email: shirleysleephku@gmail.com). If you would like to complain about any aspect of the study, please contact the Human Research Ethics Committee for Non-Clinical Faculties, HKU (Tel: 2241-5267).

This study has been reviewed by, and received ethics clearance through the Human Research Ethics Committee for Non-Clinical Faculties, the University of Hong Kong (reference no.: EA1703015).

For further information:

Website : <http://www.psychology.hku.hk/sleep>

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失眠的治療研究

你有沒有覺得……

- 難以入睡
- 在床上躺下卻有相當時間維持在清醒狀態
- 半夜扎醒數次，而難以再次入睡
- 覺得憂鬱沮喪，或情緒低落
- 對日常周遭事物失去興趣

失眠是很常見的，所以你並不孤單。幸好，這些症狀都有治療的方法。

本研究的目的是什麼？

本研究旨在為參與者提供認知行為治療以了解治療對改善其情緒及睡眠困擾的效果。

治療形式：小組心理輔導或通過網上自我治療的形式，內容均由臨床心理學家以及專科醫生設計以及主理。治療費用全免。

誰可以參加？

介乎 12 至 20 歲，在過去一個月至少有兩星期受失眠問題困擾，且睡眠問題令你產生很大的困擾及對日常生活有顯著影響（如社交，學習或者其他方面）。

有興趣的參加者請作網上登記：<https://goo.gl/forms/wch3beDealKuc9a12>

研究小組將會聯絡適合參與本研究的人士並進一步解釋治療詳情。如果閣下不適合參與是次研究，研究人員將不作另行通知。閣下登記時留下的資料僅供研究用途，絕對保密，並且將會在研究結束後三個月內自動被銷毀。

參加者提供的所有資料將會被保密。如閣下對是項研究有任何查詢，請與研究員李馨博士聯絡(電話：3917-7035；電子郵件：shirleysleephku@gmail.com)。如閣下想知道更多有關研究參與者的權益或對本研究任何方面做出投訴，請聯絡香港大學研究操守委員會(電話：2241-5267)。本研究已經通過香港大學非臨床人類受試研究倫理委員會審查(Ref: EA1703015)。

如果閣下有任何查詢，歡迎聯絡我們研究小組。

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