

Appendix 1: Survey method for ‘Survey on Hong Kong People’s Stress Levels 2015’

Throughout October and November 2015, 600 people responded to a questionnaire, which aimed to understand their sources of stress and the methods used to cope with stress. The Survey’s results were analyzed by Dr. K.L. Au Yeung, representative specialist in psychiatry for the Joyful (Mental Health) Foundation and the Mental Health Foundation.

Key findings of the survey include:

- 71.9% of respondents feel they experience a high amount of stress in their lives, with 61.1% feeling that their level of stress affects their life, an indicator of high stress levels being a contributing factor to the prevalence of mood disorders.
- When stressed, most respondents said their mood turns bad (78.5%) or they feel anxious (64.2%).

Dr K.L. Au Yeung pointed out that if mood disorders persist and affect social functions such as work productivity, socialising and family relationships, then professional help should be sought. He further emphasised that mood disorders must be addressed and suggested effective methods to release negative emotions.