

Building a Research Mindset – Using Evidence in Programmes and Practices

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Senior Director
Impact & Research



Development of an Adolescent Pathological Video Gaming
Treatment Model in Singapore

A REPORT TO TOUCH COMMUNITY SERVICES LEADERSHIP

Principal Investigator:
Dr Timothy SIM, Assistant Professor
Department of Applied Social Sciences
The Hong Kong Polytechnic University
28 March, 2012
9.30am – 11.30am

**Development of an Adolescent
Pathological Video Gaming Treatment
Model in Singapore (2012)**

First formal evaluation project with
academics on TOUCH Cyber Wellness'
Enrichment Programme and
Pathological Video Gaming Treatment
Model

Commissioned
Programme
Evaluation

2012



2013-2016

Research
collaborations

Formalised **Impact & Research** as a
research unit

2017



2018

Developed impact
and research
framework for the
organisation

Engaged staff and
built in-house
capability

Published
2 Journal Articles

2019-2020



2021

Started In-house
Programme
Evaluation

Projects 2022



**Programme
Design/
Development**



**Programme
Monitoring
& Evaluation**



**Knowledge
Generation
Research
Collaborations**



Others
(e.g., Training Workshops,
Conferences,
Special Projects)

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Needs Assessment by Impact & Research to Inform Programme Design

1. Preferred Format

- Hybrid model
- Cyber Wellness Ambassador
- Helped us to design suitable platform and introduce support to the families

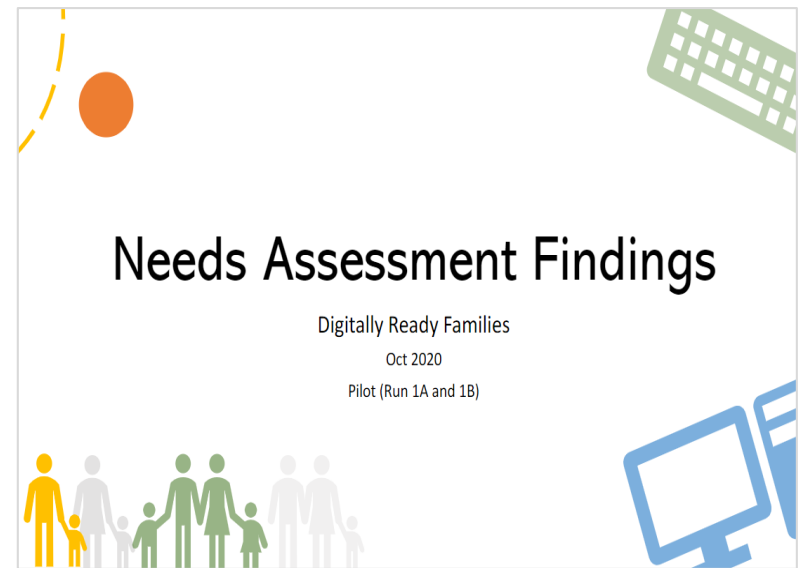
2. Top 3 Motivations to Participate

- Improve Self
- Family Bonding
- Interest
- Helped us to design more relevant content

3. Top Concern

- Excessive device use leading to family conflicts
- Introduced CW education and parenting training

Digitally Ready Families Pilot Programme (2020-2021)



Executive Summary

Digitally Ready Families

Run 1 (Nov 20' - Apr 21')



✓ Reach:

Run 1: 13 Families (19 Parents, 52 Children); Run 2: 27 Families (27 Parents, 43 Children)

Target Reach:
40 Families
(Achieved)

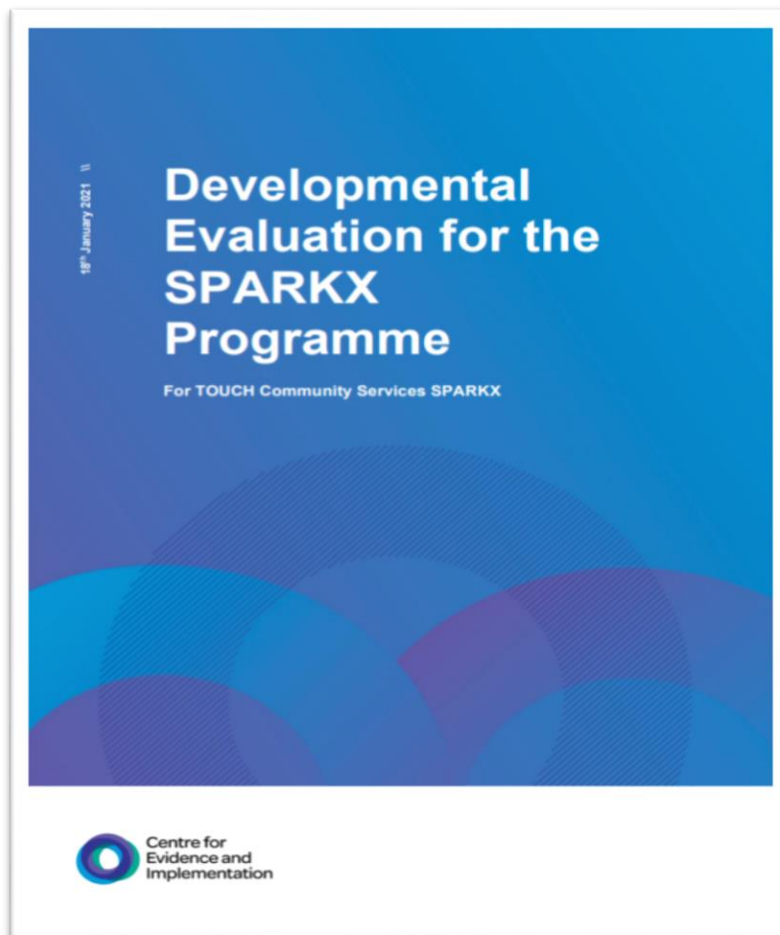
✓ Intended Outcomes

- Increased **competency to use digital skills**
 - 34.4% lower primary children, 8.5% upper primary children and 24.4% parents
- Gained **confidence to use digital skills**
 - 50% lower primary children, and 13% of upper primary children
- **Reduced conflicts over device use**
 - 62.5% lower primary children, 50% upper primary children, 55.6% parents report decrease in conflict with regards to device use within the family

✓ Secondary Outcomes

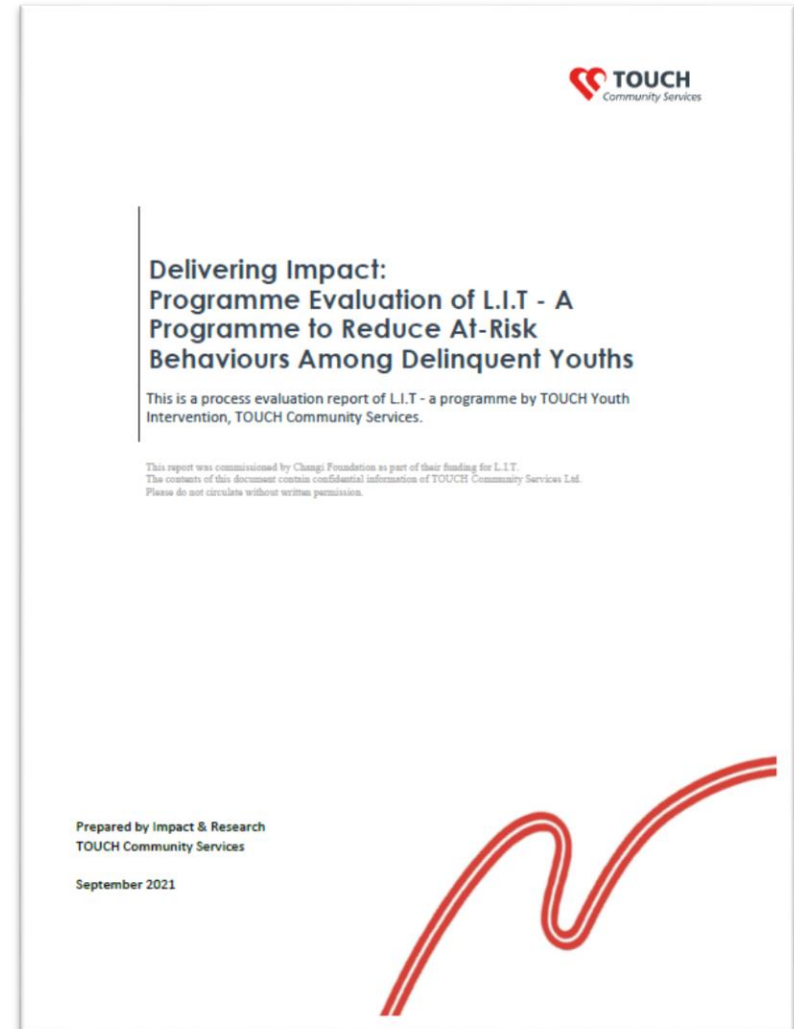
- Parents: Gained sense of **personal development** and **self-esteem**

Developmental Evaluation Report for SPARKX Programme (CEI, 2021)



Programme Evaluation Reports - In-house by Impact & Research Team

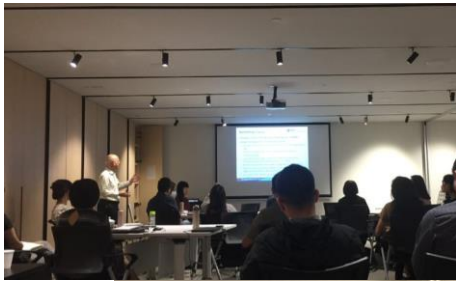
Mid-term Evaluation Reports for Leverage.Ideals.Tools (L.I.T) Programme (2021)



Capability Building



Internal Workshops for TOUCH Staff



2018

2019

2020

Capability Building

TOUCH Family Conference 2021



Assoc Prof Irene Ng delivering the keynote address.

Panel discussion featuring MOS Sun Xue Ling, Ms Susan Ng and Mr Eruandee Prayitna.



Breakout Session by Dr Levan Lim, NTU (left), moderated by TOUCH Staff June Sim (right).



Breakout Session by Dr Chong Keng Hua, SUTD (left), moderated by TOUCH Staff Kelvin Lee (right).



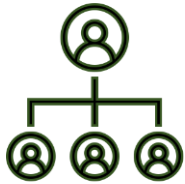
Clarity for the People

- Staff
- Donors
- Volunteers
- Clients

Confidence in the Organisation



Success Factors



Clear Vision
Leadership Support
- Board & Management



Systems and Processes
- Financial Resources
- Capability Building



Partnership with
Academics
- Learn from research
partners



I&R Team
- Hiring suitable
staff



Relationship Building
- Communication & Trust
- Research Advocates



Changing landscape for
research and evidence use in
social interventions



One by One



Thank You!

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**ACTIVATING
POTENTIAL**



**BUILDING
INDEPENDENCE**



**CONNECTING
PEOPLE**



**DELIVERING
IMPACT**