

# **MEDIA RELEASE**

## **FOR IMMEDIATE RELEASE**

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### **IMH TAPS ON INFORMATION TECHNOLOGY TO HELP CHILDREN WITH ADHD AND CHILDHOOD ANXIETY**

1. The Institute of Mental Health (IMH) has partnered Fujitsu Asia Pte Ltd and e-learning company ASKnLearn Pte Ltd to develop an interactive web-based portal that allows medical professionals, caregivers, and educators to address two common childhood disorders – ADHD and Childhood Anxiety.
2. The portal, called ROC-N-ASH ([www.roc-n-ash.com](http://www.roc-n-ash.com)), allows users access to resources such as role-play computer games, multimedia learning content and video clips for treatment and continual education.
3. The portal features a role-play computer game that has been developed for anxiety therapy by engaging the child to learn anxiety management skills through fun and play. The game allows the child to recognise his own anxieties and anxious thoughts and to cope with them with relaxation and cognitive strategies.
4. The therapeutic content for ADHD consists of multimedia enriched dialogues and tasks with interactive computer characters. A series of cognitive-based learning activities are also available to help the child with reading and spelling difficulties. The game monitors and enhances the child's attention, curbs impulsivity, and promotes executive functions such as goal setting and self-monitoring.
5. The interactive games on the portal are specially designed by educational and clinical psychologists from IMH's Child Guidance Clinic.
6. Data captured from the games will enable clinicians and educators to monitor the child's progress on the tasks.

7. Caregivers can also tap on the rich content available on the portal to understand more about the disorders so that they may recognise early signs and seek appropriate intervention for the child.
8. ROC-N-ASH was developed with co-funding from the Infocomm Development Authority of Singapore (IDA), the Ministry of Health, and The Enterprise Challenge (TEC) under the Joint Healthcare Call-for-Collaboration programme in 2007. IMH's two partners, Fujitsu Asia Pte Ltd and ASKnLearn Pte Ltd provided technological and creative expertise respectively.
9. Said Associate Professor Daniel Fung, the brainchild behind the portal: "The portal aims to leverage on IT to achieve several objectives – provide an easily accessible platform for clinicians and caregivers to collaborate in the management of children's mental health conditions, and equip caregivers with the knowledge to facilitate early detection and intervention. The portal, through its use of two child characters Roc and Ash, is also an effective way to engage children in therapy. More importantly, the portal collects evidence-based data from the treatment courseware. This data is deemed more accurate than the current existing pre-post assessment based on the individual therapist's intuitive perception."
10. "Fujitsu Asia is proud to collaborate with IMH and contribute to the well-being of society. The successful development of ROC-N-ASH reflects the ability of Fujitsu Asia to offer IT services and solutions for the healthcare industry. We are confident that ROC-N-ASH will benefit the children it is designed to help," said John Siow, Deputy Director, Network Applications, Fujitsu Asia.
11. ADHD and childhood anxiety are two of the most common disorders seen at the Child Guidance Clinic. In 2008, about 800 children seen at the clinic were diagnosed with ADHD and about 200 with anxiety disorders.
12. IMH will be holding a public forum on ADHD and Childhood Anxiety on Saturday, 26 September, at 9.30 am, Auditorium, Revenue House (IRAS). Members of the public will have an opportunity to view a demo of the ROC-N-ASH portal at the Forum and to subscribe to the interactive games. The cost of subscription is \$40 per game, for six months, with a 25% discount for the first 50 subscribers. Access to the other content on the portal is free.

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**About IMH**

The Institute of Mental Health/Woodbridge Hospital (IMH/WH) is the only tertiary mental health centre in Singapore. It offers a multi-faceted and comprehensive range of psychiatric, rehabilitative and counseling services to meet the needs of three groups of patients – children and adolescents, adults and the elderly. IMH also runs mental health education programmes for the general public. These programmes aim to promote mental wellness and raise awareness of the importance and benefits of prevention, early detection and treatment of mental disorders.

**About Fujitsu Asia Pte Ltd**

Fujitsu Asia was established in Singapore in 1997 to provide leadership in business development, technology innovation and customer support as regional headquarters for the Fujitsu group of companies in ASEAN. Building on Fujitsu's three decades of experience in the ASEAN region and with a pool of highly skilled engineering talent, Fujitsu Asia is dedicated to providing comprehensive integrated IT-based business

solutions that deliver tangible business value and enable customers to meet the challenges of the new global economy. Fujitsu Asia is a wholly owned subsidiary of Tokyo-based Fujitsu Limited (TSE:6702), a leading provider of IT-based business solutions for the global marketplace. For details, please visit: <http://sg.fujitsu.com>.

**About ASKnLearn Pte Ltd**

ASKnLearn Pte Ltd is Asia's leading e-learning company, supplying content for over 180 institutions and thousands of hours of interactive learning in various subject matters in Singapore, China, Indonesia, Thailand, the Philippines, Japan, Brunei, Vietnam and Kuwait.