



Republic of the Philippines  
**Department of Education**  
 CARAGA REGION



December 4, 2020

**REGIONAL MEMORANDUM**

No. 571, s. 2020

**To: SCHOOLS DIVISION SUPERINTENDENTS**  
 Division of Agusan Del Sur  
 Division of Surigao City  
 Division of Bayugan City  
 Division of Agusan del Norte  
 Public Elementary and Secondary School Heads

**PARTICIPATION IN THE NORMATIVE STUDY OF MENTAL HEALTH SCREENING MEASURES FOR K-12 STUDENTS**

1. Mental health has become a great concern as there are increasing cases of emotional and social difficulties and disorders amongst the young. As such, Project ASPIRE, has embarked on a study with a primary goal of developing and validating a screening tool to identify K-12 students who may be at risk of mental health problems.

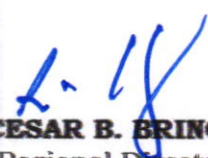
2. In view of the foregoing, the following elementary and secondary schools have been randomly selected to participate in this study:

- Agusan del Sur National High School
- Bayugan Comprehensive National High School
- Surigao City Central Elementary School
- Nasipit Central Elementary School

3. The target participants are K-12 teachers, Grades 4-12 students and parents of K-3 students. The scheduled data gathering will be on February 2 to March 31, 2021 utilizing an online platform. Participants will be asked to formally consent to participate before completing the online survey.

4. Enclosed herewith is the communication letter from Project ASPIRE project consultants for your reference.

5. For information and guidance.

  
**FRANCIS CESAR B. BRINGAS, CESO V**  
 Regional Director *Calon*



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Reference: NONE

To be indicated in the Perpetual Index  
under the following subjects:

MENTAL HEALTH      NORMATIVE STUDY      SCREENING MEASURES

ESS/jcc  
12/04/2020



December 2, 2020

**DR. FRANCIS CESAR B. BRINGAS**

Regional Director  
DepEd Regional Office XIII  
Km. 3, Libertad St. Butuan City

Attention: **Bernabe L. Linog**  
OIC, ESSD

**RE: Endorsement/Approval of Public Schools in Region XIII to Participate in the Normative Study of Mental Health Screening Measures for K-12 Students**

Dear **Dr. Bringas**:

Greetings!

The promotion of mental health has become very crucial as more and more people are suffering from emotional and social difficulties and disorders. Our young population is not exempted from these mental health problems. WHO (2015) reported that suicide ranks third among the causes of death in adolescents, and depression is the top cause of illness and disability for both males and females aged 10 to 19 years. It is because of this pressing concern that the Assessment System Practices and Innovation for Reform in Education (Project ASPIRE) has embarked on a study with a primary goal to develop and validate a multi-rater screening measure to identify K-12 students who may be at-risk of mental health problems. PROJECT ASPIRE has been approved by the Research Ethics Committee of the Philippine Normal University (REC Code: 07292020-010) as meeting ethical guidelines in the conduct of research with human subjects.

Project ASPIRE is supported by UNILAB Foundation as one of the many initiatives being undertaken by Heads UP PH to advocate for mental health in the Philippines. By utilizing locally developed and validated screening measures, public schools can triage learners' mental health risk levels so that immediate and appropriate intervention support services can be provided. This collaborative project complements the partnership of UNILAB Foundation Inc and DepEd as providers of school based psychosocial intervention support for learners.

In this light, we are respectfully writing your good Office to request for approval and endorsement to allow our team to gather data from students and teachers in four (4) public schools (two elementary and 2 secondary schools) within Region XIII for the standardi-

zation and validation of the screening measures. Our target participants are K-12 teachers, Grades 4-12 students, and parents of K-3 students. The data gathering is scheduled from February 2 to March 31, 2021.

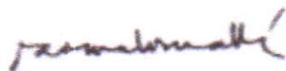
We would like to ensure your good Office that in the light of the COVID 19 pandemic, the safety of prospective participants is our utmost priority. Hence, we will administer the screening measures utilizing an online platform that will take about 10-15 minutes to complete. In accord with research ethical principles, prospective participants will be asked to formally consent to participate before completing the online survey.

We are very much willing to set a video or phone conference/meeting with you for any questions about the study at your most convenience. For any questions or inquiry, kindly contact Dr. Maryfe M. Roxas, PhD, RGC (Project ASPIRE consultant), through email [roxas.mm@pnu.edu.ph](mailto:roxas.mm@pnu.edu.ph) or mobile number 09175242026.

Looking forward to a fruitful collaboration with you. Thank you very much!

All for a healthier Ph!

Respectfully yours,



**CARMELO CALLUENG, PhD, NASP**



**VIOLETA C. VALLADOLID, PhD, RPSy, RPrm**



**MARYFE M. ROXAS, PhD, RGC**

Project Consultants

Recommending Approval:



**ELIZABETH C. ARISTORENAS**

Executive Director, Unilab Foundation