



Republic of the Philippines  
**Department of Education**  
NATIONAL CAPITAL REGION

**REGIONAL MEMORANDUM**

ORD-2025- 294

**TO :** **SCHOOLS DIVISION SUPERINTENDENTS**  
**SDO PASIG**  
**ALL OTHERS CONCERNED**

**FROM :** **OFFICE OF THE REGIONAL DIRECTOR**

**SUBJECT :** **CONDUCT OF THE STUDY ON THE ROLE OF SOCIAL SUPPORT ON SELF-PERCEPTIONS, COPING SELF-EFFICACY, AND MENTAL HEALTH OF ADOLESCENTS**

**DATE :** **March 20, 2025**

1. This is in relation to the attached memorandum dated December 26, 2024, signed by Dr. Miguel Angelo S. Mantaring, Director IV, Bureau of Learner Support Services titled "Endorsement of the Study on the Role of Social Support on Self-Perceptions, Coping Self-Efficacy, and Mental Health of Adolescents" to be conducted at School Division Office of Pasig.
2. In line with this, the Department of Education (DepEd) supports research initiatives to explore various factors affecting the mental health of learners. The study aims to examine how social support affects adolescent mental health, self-perception, and coping self-efficacy.
3. The data gathering activity or test administration shall be led by the researcher with the assistance of relevant school personnel such as adviser, registered guidance counselor or guidance designate, and principal.
4. The study population will include 500 Grade 11 and 12 learners (i.e., age 16-18 years old from public schools in the School Division Office of Pasig).
5. For more information, please contact Ms. Clarissa F. Cabis, Technical Assistant II, through email at [blss.shd@deped.gov.ph](mailto:blss.shd@deped.gov.ph), cc: clarissa [gabis@deped.gov.ph](mailto:gabis@deped.gov.ph) or you may coordinate with Ms. Amina Aisa H. Boncales, Lead Researcher through email at [minabncls@gmail.com](mailto:minabncls@gmail.com) or via mobile at 0976 008 8879.



Address: 6 Misamis St., Bago Bantay, Quezon City  
Email address: [ncr@deped.gov.ph](mailto:ncr@deped.gov.ph)  
Website: [depedncr.com.ph](http://depedncr.com.ph)






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6. Immediate dissemination of this Memorandum is desired.

  
**JOCELYN DR. ANDAYA**  
Regional Director, NCR  
Concurrent Officer-In-Charge, Office of the  
Assistant Secretary for Operations

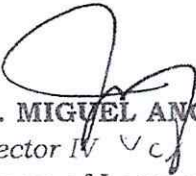


Republic of the Philippines  
Department of Education  
**BUREAU OF LEARNER SUPPORT SERVICES**

**OFFICE OF THE DIRECTOR**

**MEMORANDUM**

FOR : **JOCELYN DR. ANDAYA**  
Director IV  
National Capital Region

FROM : **DR. MIGUEL ANGELO S. MANTARING**  
Director IV   
Bureau of Learner Support Services

SUBJECT : **ENDORSEMENT OF THE STUDY ON THE ROLE OF SOCIAL SUPPORT ON SELF-PERCEPTIONS, COPING SELF-EFFICACY, AND MENTAL HEALTH OF ADOLESCENTS**

DATE : December 26, 2024

The Bureau of Learner Support Services-School Health Division (BLSS-SHD) has been pushing for the strengthened mental health and wellbeing of learners through various activities in line with the Department of Education's (DepEd) mandate under the *Mental Health Act of 2018* (RA 11036). Accordingly, the BLSS-SHD supports research initiatives that aim to explore various factors affecting the mental health of learners.

With this, the BLSS-SHD respectfully **endorses the study "The Role of Social Support on Self-Perceptions, Coping Self-efficacy, and Mental Health of Adolescents: Basic for Peer Support Mental Health Program" to be conducted within your respective Region.** May we request your coordination with the Lead Researcher, through your respective School Mental Health Program (SMHP) Coordinator and/or other personnel concerned, to discuss and work on the research activities. For further information regarding the study kindly refer to Annex A.

For initial discussion and necessary preparations, your office may directly coordinate with the Lead Researcher, Amina Aisa Boncales, from the Polytechnic University of the Philippines, through email at [minabncls@gmail.com](mailto:minabncls@gmail.com).

For queries and concerns, please contact **Clarissa F. Gabis**, Technical Assistant II, through [blss.shd@deped.gov.ph](mailto:blss.shd@deped.gov.ph), cc: [clarissa.gabis@deped.gov.ph](mailto:clarissa.gabis@deped.gov.ph) or you may directly coordinate with the Lead Researcher through the contact information above.

For your consideration and appropriate action.

[BLSS SHD/AAB]



## STUDY INFORMATION

Title of Project: "The Role of Social Support on Self-perceptions, Coping Self-efficacy, and Mental Health of Adolescents: Basis for Peer Support Mental Health Program"

Researcher: Amina Aisa H. Boncales, Rpm

Thesis Advisor: Pricila Buzon-Marzan, PhD, RPsy, Rpm, LPT

The target respondents, as well as beneficiaries, of this research are adolescents, especially learners in public schools managed by the Department of Education. To assist in the decision-making process for the approval of data gathering activities for this research, below are the details of the research for reference.

### PURPOSE AND SIGNIFICANCE OF THE STUDY

This study aims to examine how social support affects adolescent mental health, self-perception, and coping self-efficacy. It will analyze the connections between social support and key aspects of self-perception, including competencies, behavioral conduct, appearance, relationships, and self-worth, as well perceived capacity to overcome distress or diversities. Findings will guide recommendations for a peer-support mental health program, particularly in public schools where mental health resources are limited.

This study will benefit adolescent learners and stakeholders in the basic education sector dedicated to supporting adolescent mental health. It will enhance adolescents' awareness of their social support systems and guide them in using appropriate sources of support for their mental health needs. Additionally, it will deepen their understanding of the importance of friends and peers as key support systems during this developmental stage. The study will inform efforts to raise awareness among adolescents about providing peer support and promoting mental health. For teaching and non-teaching staff, the study will expand knowledge and skills essential for providing effective support and fostering a safe environment that promotes adolescent mental health. Mental health professionals, including registered guidance counselors, can use the findings to innovate psychosocial support services that focus on social resources for individual well-being. Schools will benefit from insights to develop policies and interventions that harness adolescents' social resources to address their mental health needs.

### CONDUCT OF STUDY - DATA GATHERING ACTIVITY

The target respondents of the study are 500 Grade 11 and 12 learners (i.e., age 16-18 years old) from public schools in the National Capital Region. The data gathering activity involves completion of four (4) tools (i.e., surveys) assessing their social support, self-perceptions, coping self-efficacy, and mental health. The duration of the test administration will be about 30 - 45 minutes and learners shall be clustered into 5 batches (i.e., 100 learners per batch) for the completion of the four (4) surveys. The data gathering activity or test administration shall be led by the researcher with the assistance of relevant school personnel (i.e., Adviser, Registered Guidance Counselor or Guidance Designate, and Principal). The details of the data gathering procedure are as follows:

1. Once permission to conduct data gathering is granted by the Department of Education, the researcher will coordinate with the National Capital Region Regional Office (RO) and selected School Division Office (SDO), and shall submit a letter of intent with the information regarding the study.
2. A meeting to finalize the timeline, schedules, and arrangements shall be done with the SDO and the relevant school personnel (i.e., Registered Guidance Counselor,



Principal, and Advisers) from the selected school. The target is to have a clustered test administration for 500 learners.

3. An orientation will be conducted by the Researcher and the class advisers with the learners from the selected schools. They will be informed of the study's objectives and its administration guidelines. Consent forms with information regarding the study's objectives, rights to privacy and confidentiality, as well as assent shall be provided to participating learners for their completion along with their Legal Guardian. They will return the forms to their advisers before the conduct of data gathering. A debriefing sheet shall also be included in their consent forms, they can use this should they need further mental health support after the data gathering activity. It shall also include mental health promotion references and directory of mental health and psychosocial support services.
4. During the conduct of test administration, the Researcher will reorient participating learners regarding the research and provide them with the instructions for completing the surveys. Advisers shall be requested to assist on this.
5. Registered Guidance Counselors shall be on stand by during the test administration should there be learners who would need support during and after the data gathering activity.
6. After learners complete the survey forms, a token of appreciation shall be provided in the form of e-Gift Certificates worth ₱ 100.00.
7. The forms and its results shall be collected and consolidated by the researcher after the completion of all the data gathering activities.

## **RISKS AND INCONVENIENCES**

There is no major risk involved in this study. Learners may decline to answer any or all of the questions or survey and may terminate involvement at any time if they choose. If they do so, participation in the study will end and the researcher as well as school personnel in charge of monitoring the data gathering activity will stop collecting information from the learners.

On the other hand, considering that participants are learners and schools shall be involved in the data gathering activity, the researcher and the school personnel in-charge of assisting the researcher in data gathering shall ensure that the activities related to this study shall not disturb or disrupt classes or learning activities; the data gathering activity shall only be done after school hours.

## **BENEFITS**

The benefits of participating in this study includes deeper awareness and knowledge regarding participant learners' mental health, social support, self-perceptions, and coping self-efficacy. Further, it shall provide them deeper understanding of the significance of friends and peers as one of the most critical sources of social support especially in addressing mental health risks and needs. Finally, a token of appreciation will be given to the participating learners.

## **FINANCIAL CONSIDERATIONS**

The school personnel involved in the data gathering as well as the participating learners will not be charged for the survey activity solely for research purposes. The token of appreciation for all participating learners is charged from the Researcher's personal fund.

## **ETHICAL CONSIDERATIONS**

Considerations for the ethical conduct of this research are in line with the Psychological Association of the Philippines Code of Ethics (2022), American Psychological Associations



(2018), the Mental Health Act of 2018, and the Data Privacy Act of 2012. Further, this research will undergo sufficient ethical review by the PUP Graduate School Research and Extension Office. This research shall only be conducted to explore factors that impact mental health such as social support, self-perception, and coping self-efficacy among adolescents to be able to recommend a peer support program that contributes to the promotion of mental health and wellbeing among adolescents.

The researcher will submit a letter of intent and authorization, signed by the thesis adviser, for approval from the Department of Education's Central Office and relevant regional officials. Upon approval, the researcher will coordinate with school principals, guidance counselors, and teachers to explain the study's purpose, process, and responsibilities. Guidance counselors will help orient students on confidentiality and provide support during and after data collection, as needed. Advisers will assist the Researcher before and during the data gathering activity to ensure that learners are properly oriented and informed of the activity.

Since participants are minors, informed consent will be obtained from both them and their parents or guardians. The study's purpose, details, potential risks, benefits, privacy measures, and contact information will be clearly explained in English and Filipino. Participants will be informed of their rights to decline or withdraw and how to rescind consent if desired. Only students with signed guardian consent will participate. A ₱100 e-gift certificate will be given as a token of appreciation to those who complete the assessment forms, acknowledging their valuable contribution.

All data collected will be accessible only to the researcher, stored in a password-protected electronic database, and any printed documents will be kept in secure, locked storage. Participant names will be replaced with unique codes for anonymity. Data will be retained for five years, after which digital files will be deleted, and documents shredded. Participants may also request data deletion at any time within the retention period.

Study results will be shared with school principals and representatives to help them better understand students' mental health, social support, self-perception, and coping skills. Participants will receive a summary of the findings for clarity, and study limitations will be communicated to stakeholders. If presented or published, participant data will remain confidential and will not appear in publications.

All data collected for the study will be available for verification by other professionals, provided they obtain permission from the researcher and the institution.

This study is processing its Ethics Review Clearance Certification to be issued by the Polytechnic University of the Philippines Graduate School Research Extension Office.

## CONTACT PERSON

For further questions, clarifications, or information regarding this study, feel free to reach out to **Amina Aisa H. Boncales, Rpm** through email at [minabncls@gmail.com](mailto:minabncls@gmail.com) or via mobile at +63 976 008 8879.




Republic of the Philippines  
**POLYTECHNIC UNIVERSITY OF THE PHILIPPINES**  
Office of the Vice President for Academic Affairs  
**GRADUATE SCHOOL**

## ETHICS REVIEW CLEARANCE

## CERTIFICATION

This certifies that the researcher, **Ms. Amina Aisa H. Boncales**, a *Master of Arts in Psychology (MAP) - Clinical student*, applied for and passed the **Research Ethics Review** for the thesis proposal entitled "**The Role of Social Support on Self-perceptions, Coping Self-efficacy, and Mental Health of Adolescents: Basis for Peer Support Mental Health Program**". Ms. Boncales is now permitted to proceed to the data-gathering phase of the thesis writing procedure.

This certification is issued on the **6<sup>th</sup> day of November 2024** in preparation for Ms. Boncales's application for pre-final defense.

  
**DR. ARVIN R. DE LA CRUZ**  
Chief, Center for Research and Extension Office



4<sup>th</sup> Floor, NALLRC Building, PUP A. Mabini Campus  
Anonas Street, Sta. Mesa, Manila 1016  
632-5335-1777 to 87, Local 251;  
Website: [www.pup.edu.ph](http://www.pup.edu.ph) | Email: [ouscare@pup.edu.ph](mailto:ouscare@pup.edu.ph); [arrdelacruz@pup.edu.ph](mailto:arrdelacruz@pup.edu.ph) (Chief)

THE COUNTRY'S 1<sup>st</sup> POLYTECHNICU



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CERTIFICATE NUMBER: SCP0004130