

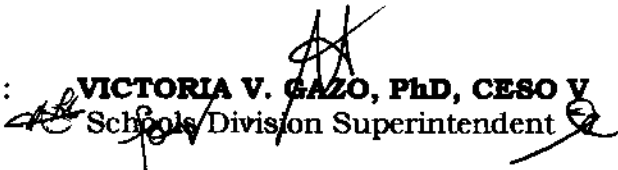


Republic of the Philippines  
**Department of Education**  
REGION X - NORTHERN MINDANAO  
DIVISION OF MALAYBALAY CITY

DA-2022-12-142  
MALAYBALAY CITY DIVISION  
**RELEASED**  
DEC 13 2022  
Time: 9:40  
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## DIVISION ADVISORY

TO : Assistant Schools Division Superintendent  
Chief Education Supervisors, CID and SGOD  
Public and Private Secondary School Heads  
All Others Concerned

FROM :  **VICTORIA V. GAZO, PhD, CESO V**  
Schools Division Superintendent

DATE : December 12, 2022

RE : **DISSEMINATION OF DEPARTMENT OF CLINICAL EPIDEMIOLOGY  
LETTER REQUEST FOR ONLINE SURVEY RE: EFFECT OF BODY  
IMAGE AND SKIN LIGHTENING PRACTICES ON MENTAL HEALTH  
OF EMERGING FILIPINO ADULTS: A MIXED METHODS APPROACH**

1. This Office hereby informs the field of the letter request dated December 8, 2022 from the Department of Clinical Epidemiology re: Online survey among Junior and Senior High School Students entitled "Effect of Body Image and Skin Lightening Practices on Mental Health of Emerging Filipino Adults: A Mixed Methods Approach", content of which is self-explanatory.
2. Further, the survey can be accessed through the link [https://hlpinclusionuac.qualtrics.com/jfe/form/SV\\_9nW80LZ5vqgxg0](https://hlpinclusionuac.qualtrics.com/jfe/form/SV_9nW80LZ5vqgxg0) or thru the QR code per attached document.
3. Widest dissemination of this memorandum is desired.

Encl.:  
As stated

Copy Furnished:  
SGOD-School Health Unit  
Records Unit



Address: Sayre Hi-way, Purok 6, Casisang, Malaybalay City  
Telefax No.: 088-314-0094; Telephone No.: 088-813-1246  
Email Address: [malaybalay.city@deped.gov.ph](mailto:malaybalay.city@deped.gov.ph)



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2022-64337



**DEPARTMENT OF CLINICAL EPIDEMIOLOGY**

**College of Medicine, University of the Philippines Manila**

A Clinical Epidemiology Research and Training Center (CERTC) of the  
International Clinical Epidemiology Network (INCLEN) Trust



08 December 2022

**Schools Division Superintendent**  
Department of Education  
Region No. X (Northern Mindanao)

Dear Superintendent,

Greetings!

This letter is in reference to my ongoing Ph.D. dissertation entitled *“Effect of Body Image and Skin Lightening Practices on Mental Health of Emerging Filipino Adults: A Mixed Methods Approach”*. I am Ph.D. student at the Department of Clinical Epidemiology, College of Medicine – University of the Philippines Manila. This project aims to assess the effect of body image on the mental health of Filipino emerging adults as mediated by skin-lightening practices and determine the factors that influence them. The project consists of an online survey that will include Filipinos who are **18-29 years old, and residing in the Philippines.**

I want to seek your office to assist me in the dissemination of the online survey. This survey is intended for the high school and senior high school students who are qualified to respond to the survey based on the criteria above. I believe that your vast connections with the different schools in in your province being handled by your office will help expand my reach to the prospective participants. The results will be used to increase the awareness of emerging adults as to the effect of body image and skin-lightening practices on their mental health status. Furthermore, this may help them understand how this phenomenon is affected by various factors culturally sensitive to the Filipinos. The protocol has been approved by the University of the Philippines Manila Research Ethics Board (UPMREB 2022-0407-01) and will adhere to the Philippine Data Privacy Act of 2012. The survey can be accessed through the link below or via a QR code:

Link:

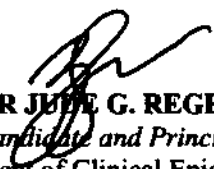
[https://hlpinclusionuae.qualtrics.com/jfe/form/SV\\_9nW80LZA5vqxgx0](https://hlpinclusionuae.qualtrics.com/jfe/form/SV_9nW80LZA5vqxgx0)

If you have any further questions, you may reach me at 09178536597 / [zgregencia@up.edu.ph](mailto:zgregencia@up.edu.ph).

Thank you very much, and we are hoping for your favorable response.



Very truly yours,

  
**ZYPHER J. G. REGENCIA, MSc**  
*Ph.D. Candidate and Principal Investigator*  
Department of Clinical Epidemiology  
College of Medicine – UP Manila  
09178536597 / [zgregencia@up.edu.ph](mailto:zgregencia@up.edu.ph).