

National Mental Health Survey, Nepal-2020

FACTSHEET (Adolescents)

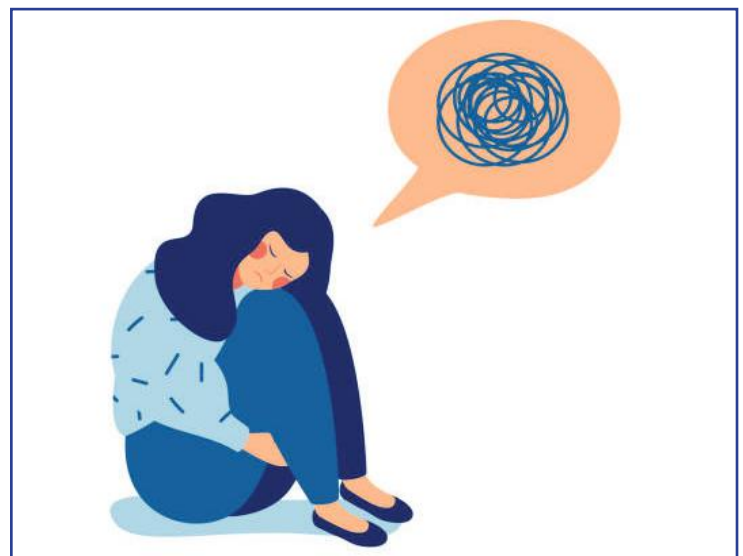
Overview

The planning of National Mental Health Survey, Nepal started from November 2017 and was carried out from January 2019 to January 2020 in all 7 provinces of Nepal. The total sample size of the survey was 15, 088 among which 9200 were adults (aged 18 years and above) and 5888 were Adolescents (aged 13-17 years). Multistage Probability Proportionate to size was done to select the PSU and Systematic Random Sampling was done to select the individuals. Data collection instruments consisted of Socio-demographic questionnaire and Translated and adapted Nepalese version of MINI International Neuropsychiatric Interview (MINI) 7.0.2 for DSM-5. The response rate was 96.5% in adolescent participants.

Highlights

Mental Disorders

- ❑ The prevalence of mental disorder among adolescents was found to be 5.2%
- ❑ Neurotic and stress related disorders were the most prevalent, with a prevalence of 2.8%
- ❑ The prevalence of mental disorders was highest among adolescents in Province 1 (11.4%), among 16-year-olds (7.7%) and among females (5.3%).
- ❑ The prevalence of current suicidal thoughts among adolescents was 3.9% while that of lifetime suicidal attempt was 0.7%.



Prevalence of Mental disorders among adolescents aged 13-17 years	
Mental Disorders	Percent (95% CI)
Any mental disorder	5.2 (4.2 - 6.4)
Mood disorder	0.8 (0.5 - 1.1)
Bipolar Affective Disorder ¹	0.2 (0.1 - 0.4)
Major Depressive disorder	0.6 (0.4 - 1.0)
Neurotic and stress related disorder²	2.8 (2.0 - 3.8)
Phobic Anxiety disorder	1.3 (0.8 - 2.1)
Dissociative Disorder ³	0.5 (0.3 - 0.9)
Substance Use Disorder⁴	0.6 (0.4 - 1.0)
Any Psychotic Disorder	0.3 (0.2 - 0.6)
Behavioral and Emotional Disorders⁵	1.0 (0.7 - 1.4)
Eating Disorders⁶	0.5 (0.3 - 1.0)
Somatic Symptom Disorder	0.0(0.0-0.2)

Prevalence of Any mental disorder as per Socio demographic characteristics among adolescents	
Characteristics	Percent (95% CI)
Province	
Province 1	11.4 (7.40 -17.1)
Province 2	1.7 (0.5 - 5.9)
Bagmati Province	4.4 (2.9 - 6.6)
Gandaki Province	5.1 (3.5 -7.3)
Province 5	6.1 (4.7 -7.9)
Karnali Province	4.9 (3.4 -7.0)
Sudurpaschim Province	3.9 (2.4 - 6.2)
Gender	
Male	5.0 (3.6 - 6.9)
Female	5.3 (4.2 - 6.7)

¹ Bipolar Affective Disorder also includes Manic and Hypomanic Episode.

² Neurotic and stress related disorder includes Panic Disorder, Agoraphobia, Social Anxiety, Specific Phobia, Obsessive Compulsive Disorder, Post-Traumatic Stress Disorder, Dissociative disorder, Generalized Anxiety Disorder and Adjustment disorder.

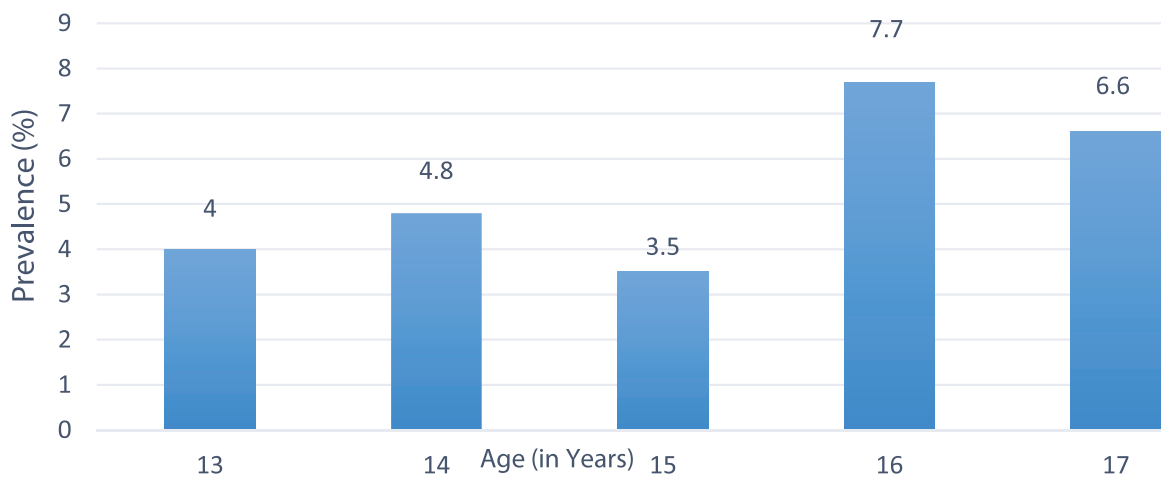
³ Dissociative Disorder includes Trans and Possession and Conversion disorder.

⁴ Substance Use Disorder includes alcohol, and other substances (but excludes Tobacco use).

⁵ Behavioral and Emotional Disorders includes Separation anxiety, Attention Deficit Hyperactivity Disorder, Conduct disorder and Oppositional Defiant

⁶ Eating Disorders includes Anorexia Nervosa and Bulimia Nervosa.

Prevalence of mental disorders among adolescents based on age



Suicidality and Suicide Behavior Disorder	Percent (95% CI)
Suicidality⁷	4.1 (3.3 - 5.2)
Current suicidal thoughts	3.9 (3.1 - 5.0)
Future likelihood of suicidal attempt	0.5 (0.3 - 1.0)
Lifetime Suicide Attempt	0.7 (0.4 - 1.1)
Severity	
Low Suicidality	3.1 (2.4 - 4.0)
Moderate Suicidality	0.3 (0.2 - 0.6)
High Suicidality	0.7 (0.4 - 1.2)
Suicide Behavior Disorder	0.5 (0.3 - 0.9)

⁷ Suicidality includes current suicidal thoughts, lifetime suicidal attempt and future likelihood of suicidal attempt





Mental Health

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