

Prevalence of Mental Disorders Among Children and Adolescents at a Tertiary care Hospital

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ABSTRACT

Background: India contributes 21% of adolescent's population in the world. One out of six children is affected with mental disorder. The present study was conducted to assess prevalence of mental disorders among children and adolescents.

Materials and Methods: The present cross-sectional study was conducted to assess the prevalence of mental disorders among 640 children and adolescents. The Mini-International Neuropsychiatric Interview (MINI) was used for evaluation of mental disorders. The sociodemographic questionnaire was also filled. Data were analysed using Statistical Package for the Social Sciences (SPSS) version 20.0 (IBM SPSS Corp.).

Results: In the present study prevalence of mental disorders was 39.06% established by MINI. Generalized anxiety disorder was present in 65 patients, Recurrent depressive disorder was present in 45 patients followed by suicidality with low risk in 40 patients.

Conclusion: The present study concluded that prevalence of

mental disorders were 39.06% among children and adolescents established by MINI.

Keywords: Mental Disorders, Children, Adolescents, MINI.

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INTRODUCTION

Mental disorders were the second leading cause of disease burden in terms of years lived with disability (YLDs) and the sixth leading cause of disability-adjusted life-years (DALYs) in the world in 2017, posing a serious challenge to health systems, particularly in low-income and middle-income countries.¹ Common Mental Disorders (CMD) refer to depressive and anxiety disorders and are distinct from the feeling of sadness, stress or fear that anyone can experience at some moment in life. Despite some methodological differences in the epidemiological studies, it is estimated that 4.4% and 3.6% of the world adult population suffers from depressive and anxiety disorders, respectively.² CMD can affect health and quality of life, and it is noted that CMD affect people at an early age.³ The prevalence of mental disorders among children and adolescents in the general population has significantly increased over the last years.⁴⁻⁶ Compared with the general population, little is known about the prevalence of mental disorders among children and adolescents in the child welfare system (CWS)⁷ specifically because they are often excluded from epidemiological studies because of their high mobility and difficulties surrounding parental responsibility and informed consent.^{8,9} The present study was conducted to assess prevalence of mental disorders among children and adolescents.

MATERIALS AND METHODS

The present cross-sectional study was conducted in Department of Psychiatry, Narayan Medical College & Hospital, Rohtas, Sasaram, Bihar (India) to assess the prevalence of mental disorders among 640 children and adolescents. Before the commencement of the study ethical approval was taken from the Ethical Committee of the institute and written consent was taken from the patient after explaining the study. Children and adolescents less than 17 were included in the study. Children and adolescents who refused to participate in the study, who were unable to participate due to their somatic condition (e.g., being deaf-mute), who had an acute medical condition requiring urgent hospitalization were excluded from the study. The Mini-International Neuropsychiatric Interview (MINI) is a standardized and short-structured diagnostic interview for epidemiology studies and was used for evaluation of mental disorders according to the DSM-IV and International Classification of Disease 10th version (ICD-10) in psychiatric populations and in general medical populations including primary care patients. Administration time of the MINI was approximately 15 min and the interview was conducted over the telephone. The MINI modules were used to identify current diagnoses of major depressive episode, recurrent

depressive disorder, mania, hypomania, bipolar disorder I, bipolar disorder II, suicidality, psychotic disorder, posttraumatic stress disorder, panic disorder, social phobia, generalized anxiety disorder, agoraphobia, obsessive-compulsive disorder, alcohol dependence, alcohol abuse, anorexia, and bulimia. The sociodemographic questionnaire was also filled. Data were analysed using Statistical Package for the Social Sciences (SPSS) version 20.0 (IBM SPSS Corp.).

RESULTS

In the present study prevalence of mental disorders was 39.06% established by MINI. Generalized anxiety disorder was present in 65 patients, Recurrent depressive disorder was present in 45 patients followed by suicidality with low risk in 40 patients.

Table 1: Prevalence of mental disorder

Prevalence of mental disorder	N(%)
Present	250(39.06%)
Absent	390(60.93%)
Total	640(100%)

Table 2: Type of mental disorder

Type of Mental Disorder	N
Major Depressive Episode	9
Recurrent Depressive Disorder	45
Mania	8
Hypomania	3
Bipolar Disorder I	2
Bipolar Disorder II	1
Suicidality	40
Psychotic Disorder	2
Posttraumatic Stress Disorder	11
Panic Disorder	25
Social Phobia	2
Generalized Anxiety Disorder	65
Agoraphobia	15
Obsessive-Compulsive Disorder	3
Alcohol Dependence	5
Alcohol Abuse	2
Anorexia, And Bulimia.	2

DISCUSSION

Globally, the reported prevalence rates of mental disorders among children and adolescent range from 1% to 51%. According to the WHO reports, community-based studies revealed an overall prevalence rate for mental disorders around 20% in several national and cultural contexts.¹⁰ Major depression was the fourth most prevalent human disease in 1990 and is expected to rank second by the year 2020 in adolescent age group (Lopez and Murray, 1998).¹¹ Overall, both these conditions are associated with poor quality of life at the adolescent age group and also with

significant negative consequences.¹² Untreated mental health problems among adolescents may lead to poor school performance, school dropout, strained family relationships, substance abuse, and engaging in risky sexual behaviors.¹³

The prevalence of mental disorders that manifest predominantly during adulthood was generally higher in the more developed southern states than in the less developed northern states, whereas the prevalence of mental disorders with onset predominantly in childhood and adolescence was generally higher in the less developed northern states than in the more developed southern states. The higher prevalence of depressive and anxiety disorders in southern states could be related to the higher levels of modernisation and urbanisation in these states and to many other factors that are not yet well understood.¹⁴⁻¹⁷

A recent comprehensive review of the field of child psychiatric epidemiology¹⁸ noted that the number of observations in community surveys of children and adolescents has risen from 10 000 in studies published between 1980 and 1993 to nearly 40 000 from 21 studies published between 1993 and 2002.¹⁹ The results of these studies indicate that about one out of every three to four youths is estimated to meet lifetime criteria for a Diagnostic and Statistical Manual of Mental Disorders (DSM) mental disorder.¹⁸ However, only a small proportion of these youth actually have sufficiently severe distress or impairment to warrant intervention.²⁰ About one out of every ten youths is estimated to meet the Substance Abuse and Mental Health Services Administration (SAMHSA) criteria for a Serious Emotional Disturbance (SRD),^{19,20} defined as a mental health problem that has a drastic impact on a child's ability to function socially, academically, and emotionally.²¹

Suicidal ideation was the chief complaint in 39% of patients in the study by Santiago et al.²² and 47% in the study by Grupp-Phelan et al.²³

The prevalence of mental disorders reported in the study conducted in primary care populations indicate that 46.3% of individuals suffered from a current mental disorder in Israel.²⁴

A study in the Arab world demonstrated a 42.3% rate of prevalence of mental conditions in primary care settings.²⁵

In the previous studies reported that any mood disorders, especially depression, suicidality, and any anxiety disorders, were the most prevalent common psychiatric disorders in primary care.^{24,26,27}

CONCLUSION

The present study concluded that prevalence of mental disorders was 39.06% among children and adolescents established by MINI.

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