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STUDY OF MENTAL HEALTH PROBLEMS OF HIMALAYAN CHILDREN AND ADOLESCENTS STUDYING IN RESIDENTIAL SCHOOL IN KATHMANDU

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Background: Mental health problems of people living in Himalayan areas has not been studied in our part and same in child and adolescent(C&A) population. Life adversities and risk are very high in Himalayan area because of poor development of health and other services. Most of the parent sent their children in Kathmandu or India for education. It will have significant impact on young children when they were separated from their parent. This study explored mental health problems of C&A living in Kathmandu for education belonged to high mountain areas.

Methods: Cross sectional study conducted with student from three residential schools of Kathmandu using Nepalese version teacher rating form (TRF) and self-rating form (YSR) for adolescents (12-18 years). Consent has been obtained from school administration and hostel warden. All students (n= 632) of grade 6-10 and 12 participated in the study. Data were analyzed using SPSS 26th version.

Results: Findings showed over all prevalence of psychological problems in TRF is 14.6% and in YSR 14.9%. TRF showed higher prevalence of EBP in boys (8.6%) while YSR showed higher prevalence in girls (10.5%). Teacher observed more problems in student of grade 6, 7, 9 and 12 while YSR showed student of grade 8-10 and 12 felt more problems. Family and friendship relationship factors were significantly correlated with EBP.

Conclusions: Children from high mountain areas experienced higher level of EBP with great need of mental health services. Further research is necessary on similar population.

