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# Adolescent Anxiety & Depression in the Indonesian Context

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Indonesia – National Adolescent Mental Health  
Survey (I-NAMHS)



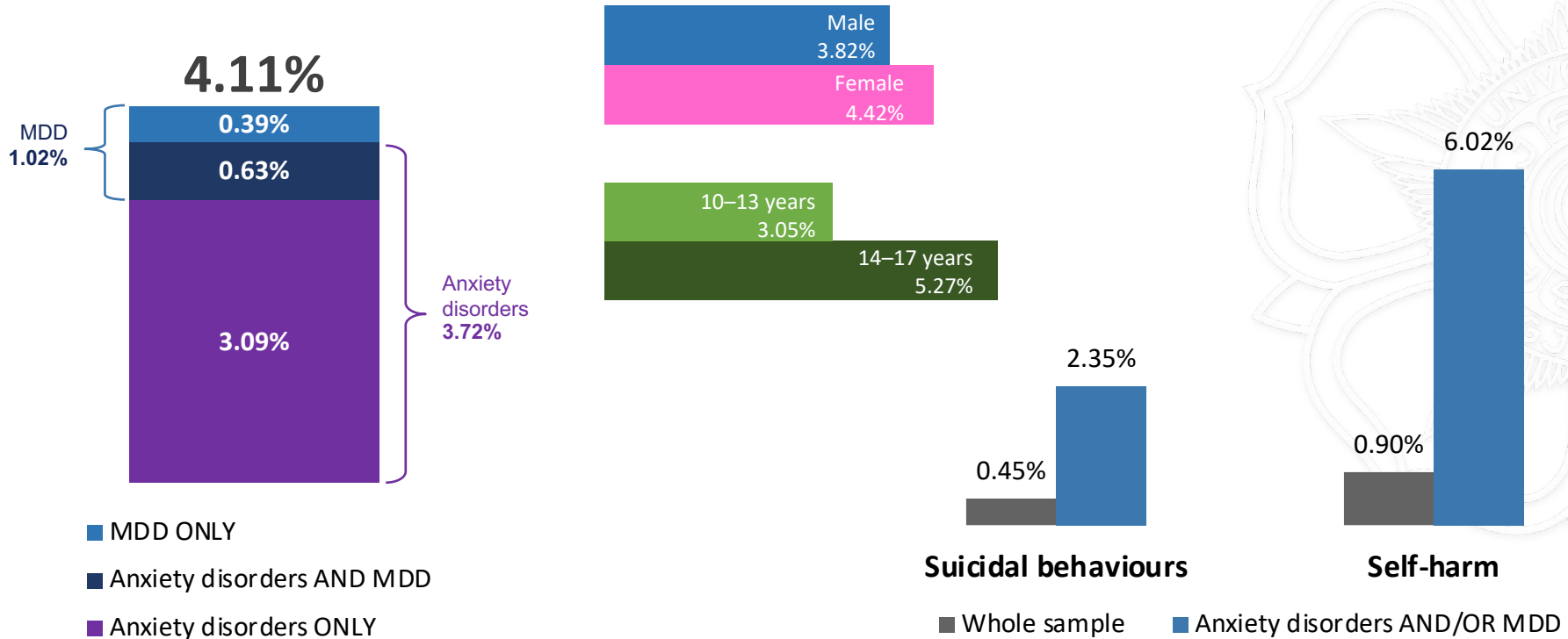


# Sample Characteristics

Measure	%	N=5,664 (n)
<b>Age</b>		
10-13	50.4	(2,857)
14-17	49.6	(2,807)
<b>Sex</b>		
Males	49.5	(2,803)
Females	50.5	(2,861)
<b>Education status</b>		
Currently attending school	96.4	(5,460)
Not currently attending but have attended in the past 12 months	1.6	(89)
Have attended but not in the past 12 months	2.0	(112)
Never attended school	0.1	(3)
<b>Employment status</b>		
Currently employed	3.8	(217)
Not currently employed but have been employed in the past 12 months	1.0	(54)
Have been employed but not in the past 12 months	0.5	(27)
Never been employed	94.7	(5,366)
Not currently attending school AND not currently employed	2.6	(146)

Average age of the adolescent: 13.5 years

# 12-month prevalence of anxiety disorders and MDD among adolescents (10-17 years) in Indonesia



1 in 25 (1.8 million) adolescents have  
either anxiety disorder or **MDD** in  
Indonesia

Prevalence in Indonesia

# Putting the numbers into context

- First national numbers on adolescents anxiety and depression
- Anxiety and depression are **COMMON** among Indonesian adolescents aged 10-17 year-old.
- Which brings discussion about:
  - The **health system's readiness** to conduct effective promotion, prevention, and early detection and treatment programs
  - Lack of **trained psychiatrists and clinical psychologists** in Indonesia
  - Identify **low-hanging fruits**
  - Increasing **community awareness** and addressing the **stigma**



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For further information

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