

National Adolescent Mental Health Surveys (NAMHS): Overview

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Adolescent mental health

- Adolescence is a critical period for mental health
- Influenced by a range of factors
- Poor mental health in adolescence can have a significant negative impacts (now and in future)
- Impacts on family, community, and broader economy
- “No health without mental health”

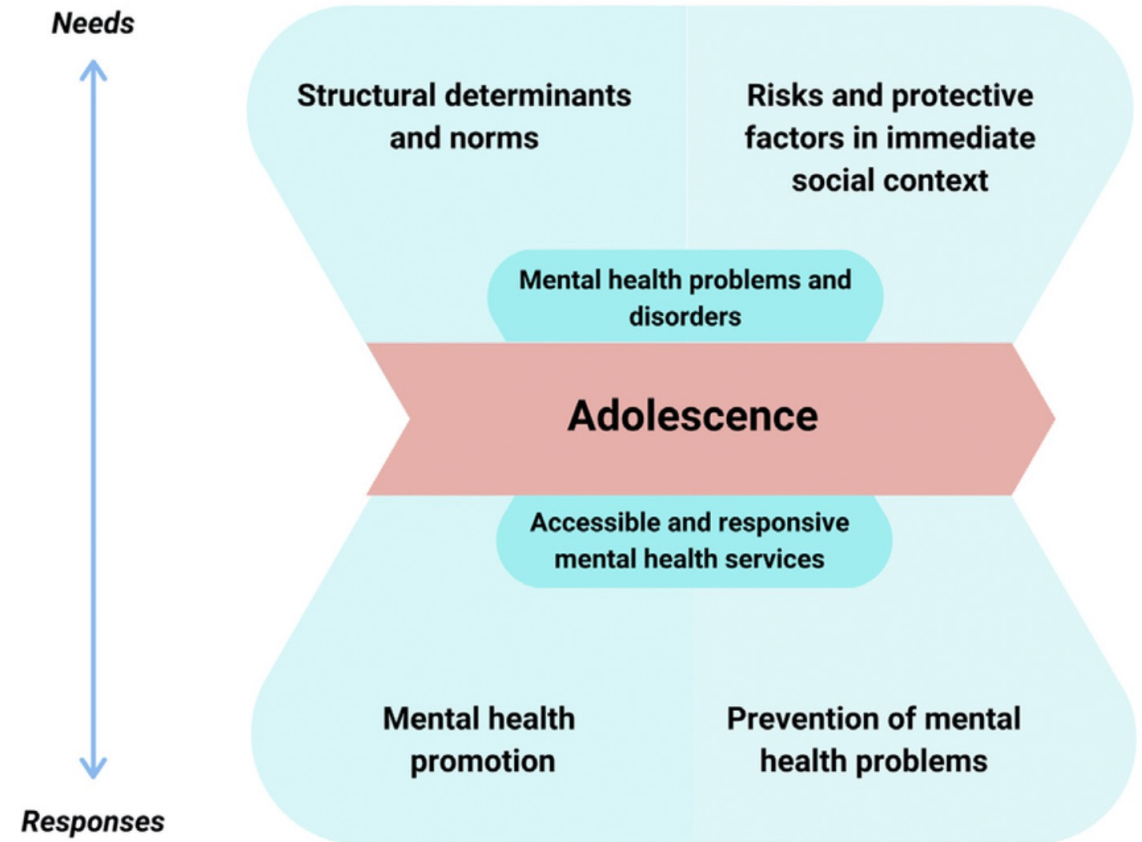
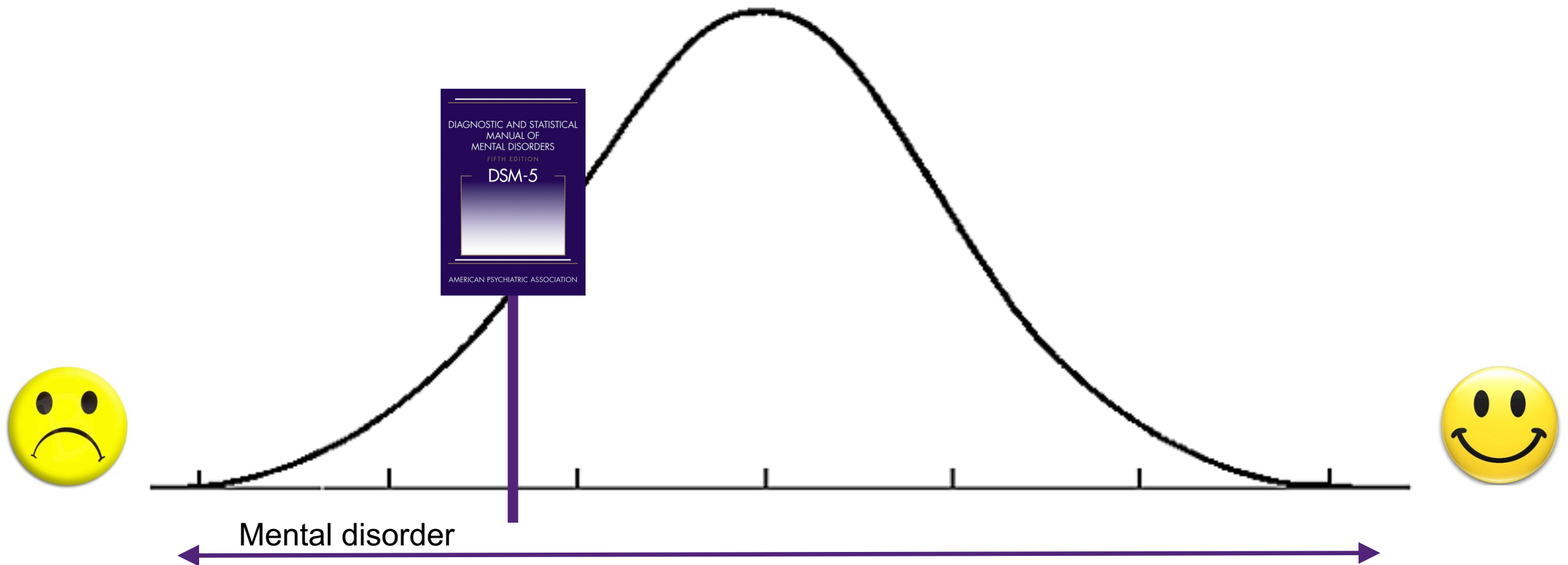


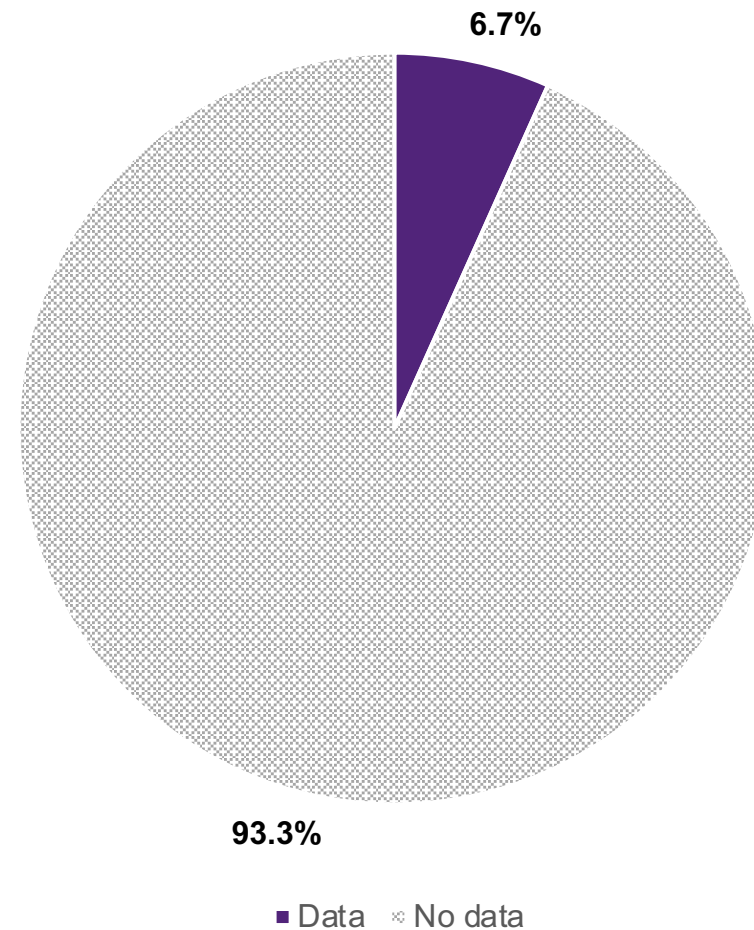
Image from: Azzopardi, Peter et al. (2021). Bringing a Wider Lens to Adolescent Mental Health: Aligning Measurement Frameworks With Multisectoral Actions. *Journal of Adolescent Health*, Volume 72, Issue 1, S9 - S11

Spectrum of mental health



Challenges with existing data for mental disorders

- Symptom measures
- Restricted/limited samples
- Clinical samples/hospital data
- Limited data meeting diagnostic criteria
 - A 2016 study analysed the representativeness of the available prevalence data for mental disorders in children and adolescents (ages 5-17 years)



National Adolescent Mental Health Surveys (NAMHS)



African Population and Health Research Center



National Adolescent Mental Health Surveys (NAMHS)

- Nationally-representative household surveys of the prevalence of mental disorders in adolescents aged 10-17 years in Kenya, Indonesia, and Vietnam.
- Adolescent and their primary caregiver were interviewed by a trained interviewer
- Data collection occurred in 2021
 - K-NAMHS: N = 5,155
 - I-NAMHS: N = 5,664
 - V-NAMHS: N = 5,996




Complete NAMHS instrument

PRIMARY CAREGIVER
Demographics
Chronic illness
Paediatric Symptom Checklist – 17 (PSC-17)
Patient Health Questionnaire – 9 (PHQ-9)
Generalised Anxiety Disorder – 7 (GAD-7)
DISC-5 introduction
DISC-5 ADHD
Service use
COVID-19

 DISC-5 diagnostic modules

 Other modules

 K-NAMHS-specific module

SA Self-administered

ADOLESCENT
DISC-5 introduction
DISC-5 social phobia
DISC-5 generalised anxiety disorder
DISC-5 major depressive disorder (MDD)
Suicide and non-suicidal self injury (NSSI)
DISC-5 conduct disorder
DISC-5 PTSD
Informal support and self-help strategies
Health
Self-esteem
Bullying
School and education
Peer relationships and loneliness
Family relationships
Internet and media use
Religiosity
Safety and security
Sexual behaviour ^{SA}
Adverse Childhood Experiences (ACEs) ^{SA}
Substance use ^{SA}
COVID-19

Importance of NAMHS

- Determine the prevalence of mental disorders in adolescents in order to provide the evidence needed for services and resources.
- Measure risk and protective factors that could be the focus of interventions and public health campaigns.
- Translation of research into evidence to inform health policy and laws.
- Provide vital information for the government, international health organizations, & global research efforts.
 - Data that will go into the Global Burden of Disease Study (GBD).
- Enable cross-national comparison.
- Establish a feasible 'gold-standard' methodology for future NAMHS in the surrounding region/similar countries, or in special populations.

Improve the lives of adolescents, their families, and their communities