



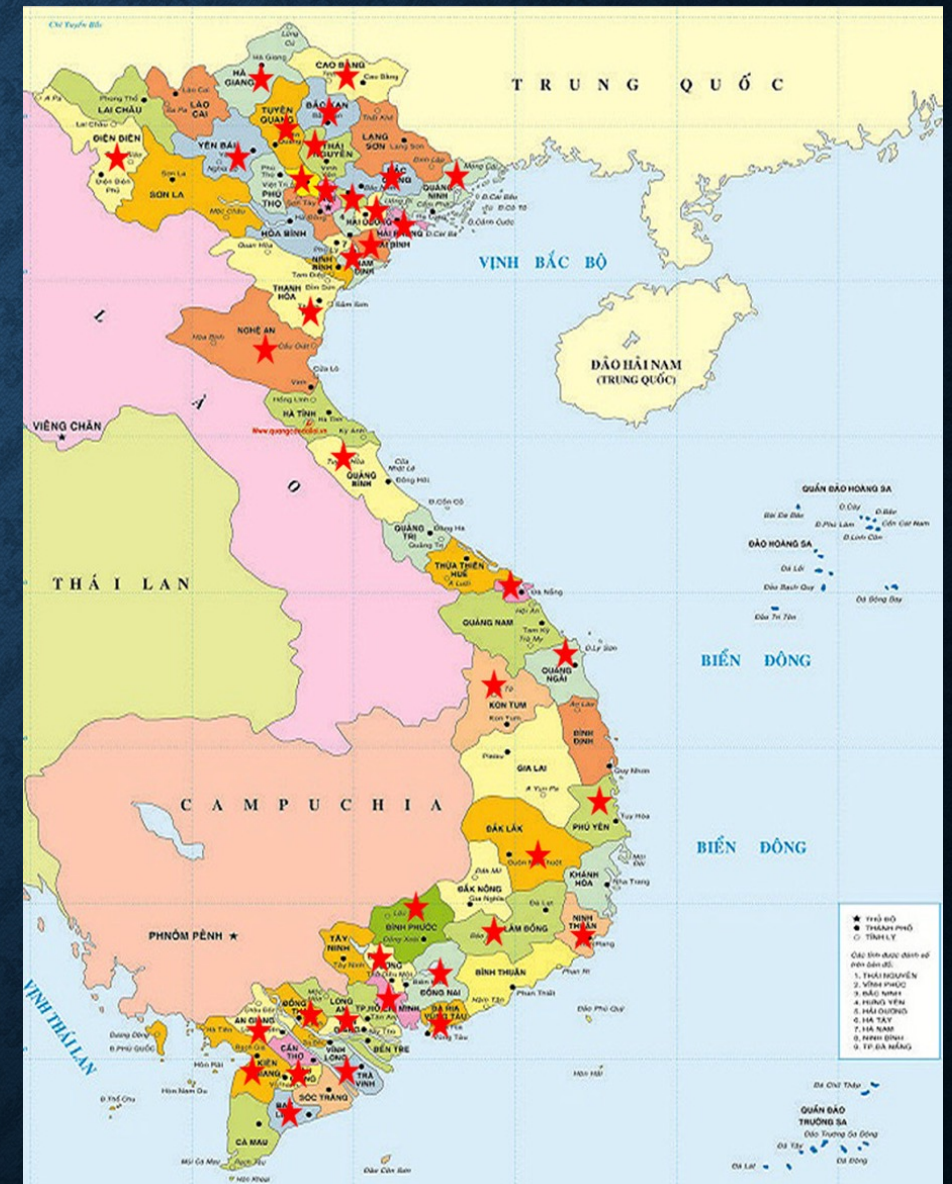
VIET NAM ADOLESCENT MENTAL HEALTH SURVEY (V-NAMHS)

PREVALENCE OF ANXIETY DISORDERS AND MAJOR DEPRESSIVE DISORDER AMONG ADOLESCENTS IN VIETNAM

Nguyen Duc Vinh
vinhxxh@gmail.com
Institute of Sociology
Vietnam Academy of Social Sciences

BRIEF INTRODUCTION TO V-NAMHS

- V-NAMHS is the first national survey on adolescent mental health in Vietnam
- **Institute of Sociology (IOS)** in collaboration with **General Office for Population and Family Planning (GOPFP)** conducted the data collection for V-NAMHS from September 21 to December 16, 2021.
- In total, 5996 adolescents and their primary caregivers in 200 EAs across 38 selected provinces (★) in Vietnam were completely interviewed.
- Among 5996 adolescents:
 - 52.6% males and 47.4% females;
 - 45.8% aged 10-13 years and 54.2% aged 14-17 years

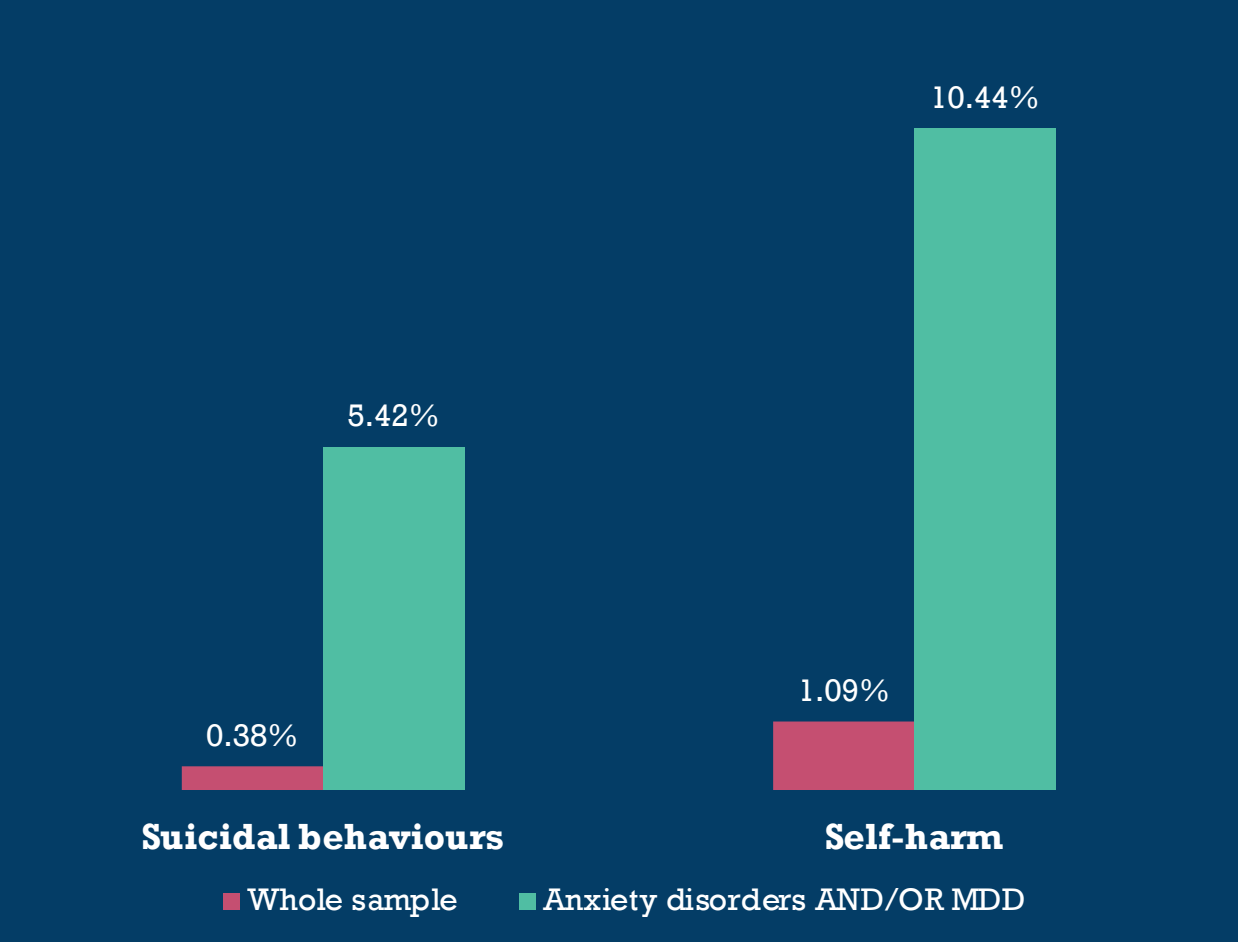


12-MONTH PREVALENCE OF ANXIETY AND MAJOR DEPRESSIVE DISORDERS AMONG ADOLESCENTS (10-17 YEARS) IN VIETNAM



- The estimates (2.26% & 0.85%) correspond to approximately **264,000 adolescents with anxiety disorders** and **99,300 adolescents with MDD** among the population aged 10-17 years in Vietnam in 2021.
- There are no statistically significant differences in **prevalence of anxiety disorders & MDD** by gender or age

ASSOCIATION BETWEEN SUICIDAL & SELF-HARM BEHAVIOUR AND ANXIETY DISORDERS & MDD



- The results found a clear association between suicidal & self-harm behaviors and anxiety disorders & MDD among adolescents in Vietnam.

DISCUSSION

- V-NAMHS provides new estimates and evidences, which are useful for further development of relevant public health policies and initiatives.
- The prevalence of anxiety disorders and/or MDD in the last 12 months is not very high in comparison to previous estimates for some smaller groups in Vietnam using different methods.
- Anxiety disorders and MDD appear to occur in any group of adolescents, not just a few specific groups.
- With nearly 14 million adolescents in Vietnam, this is a critical public health issue that requests more attention, especially in current context of *limited public awareness* and *poor mental health service system*.

DISCUSSION

- Only recently, the issue of mental health care has been paid significant attention by Vietnam's government.
 - *December 30, 2022, the Ministry of Health issued a Circular stipulating mental health care tasks for health facilities, until the commune level (fully implemented at the end of 2028).*
 - *August 3, 2022, the Ministry of Education and Training promulgates a plan of mental health education for children and students in the period of 2022-2025.*
- Still, it is necessary to have a national comprehensive policy framework to address the mental health of adolescents.

DISCUSSION

- Improvement of early detection and treatment services for those experiencing anxiety or/and depression can help to minimize negative consequences, including suicidal attempts, and to obtain many short-term and long-term benefits.
- Targeted health promotion campaigns in schools and communities should focus on improving understanding of anxiety disorders and depressive disorders, identifying symptoms, and how to seek help, especially in families and school settings.
- The government has determined basic issues and goals, but there is still a lack of specific effective solutions to achieve them.
- More in-depth analysis of V-NAMHS data on anxiety disorders and MDD in Vietnam will help to address the issue.

THANK YOU VERY MUCH
FOR LISTENING AND FEEDBACKS