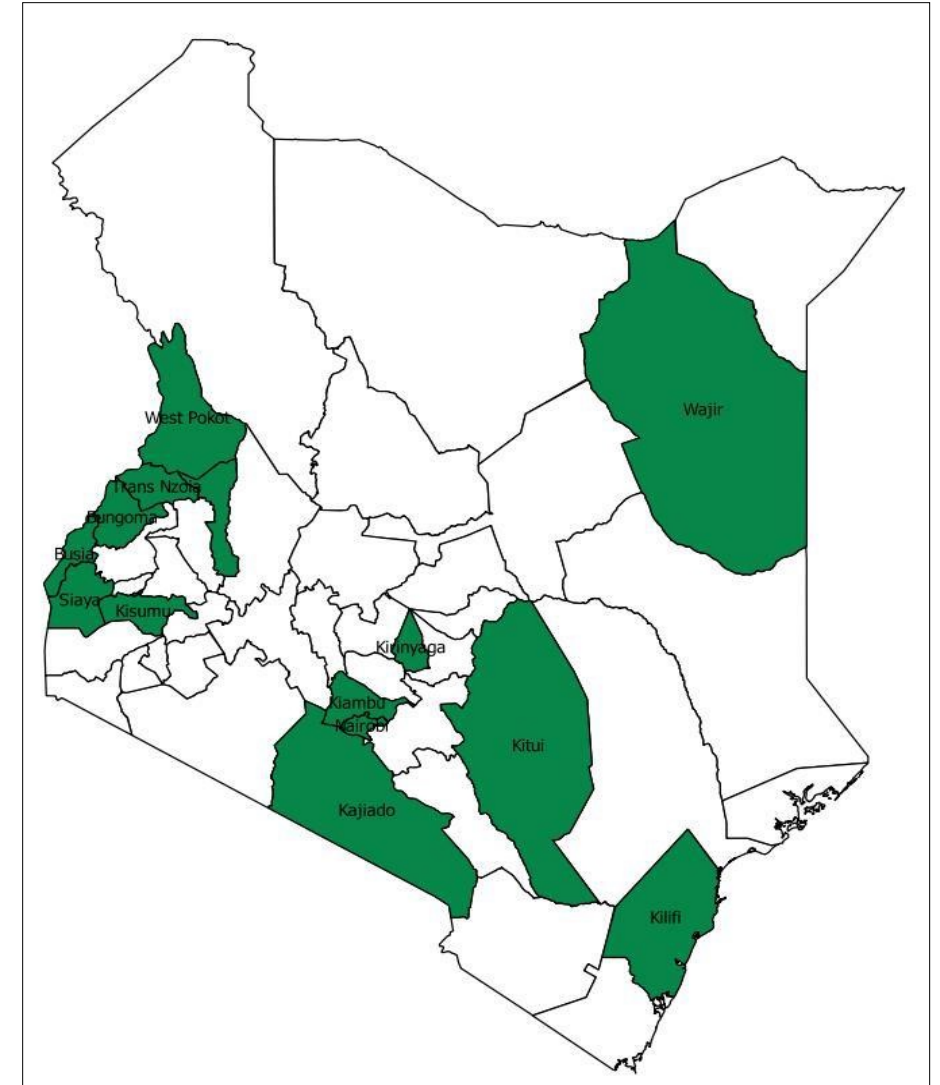Kenya – National Adolescent Mental Health Survey
(K-NAMHS)

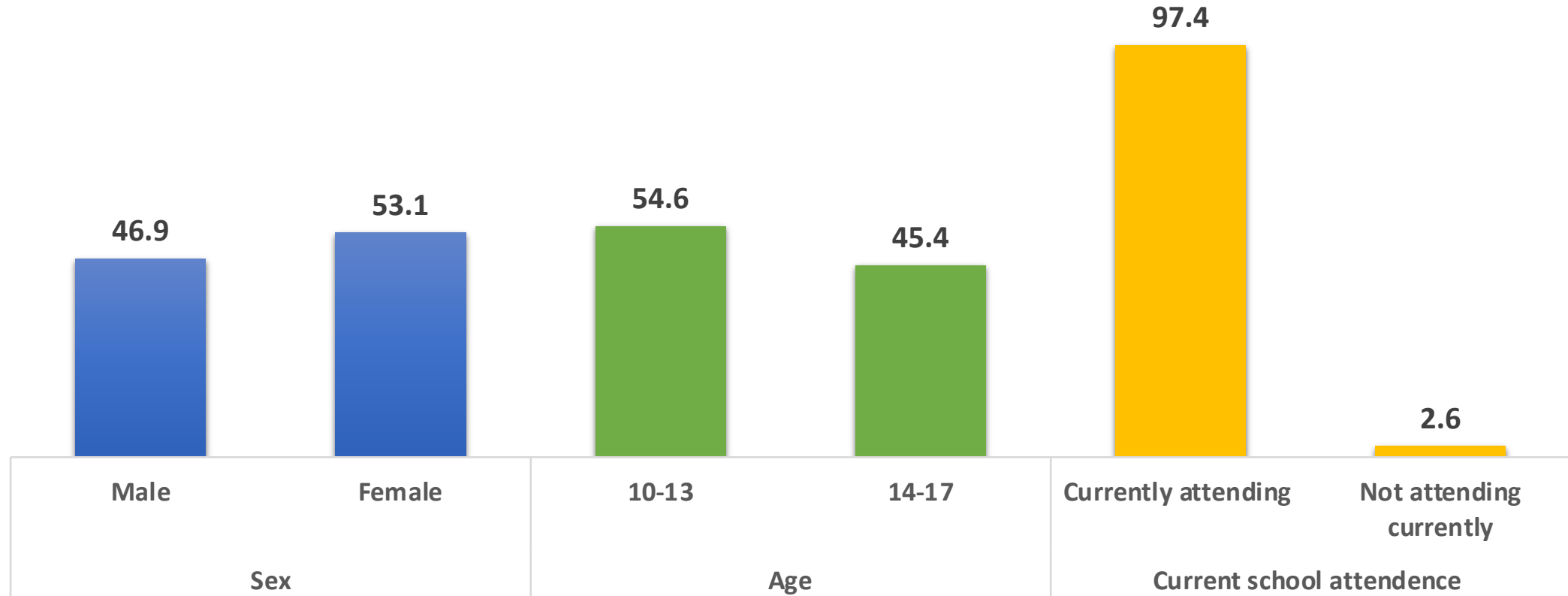# Anxiety disorders and major depressive disorder

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Survey design and coverage

- **Design**: Cross-sectional survey - household-based

- **Sampling design**: Stratified sampling procedure

  - Counties (14), enumeration areas (236), and households.

- **Sampling frame:** EA sampling frame and household listing within the sampled EAs

- **Response rate:** (>97%, 5155 adolescents)

Sample characteristics – (N=5,155)
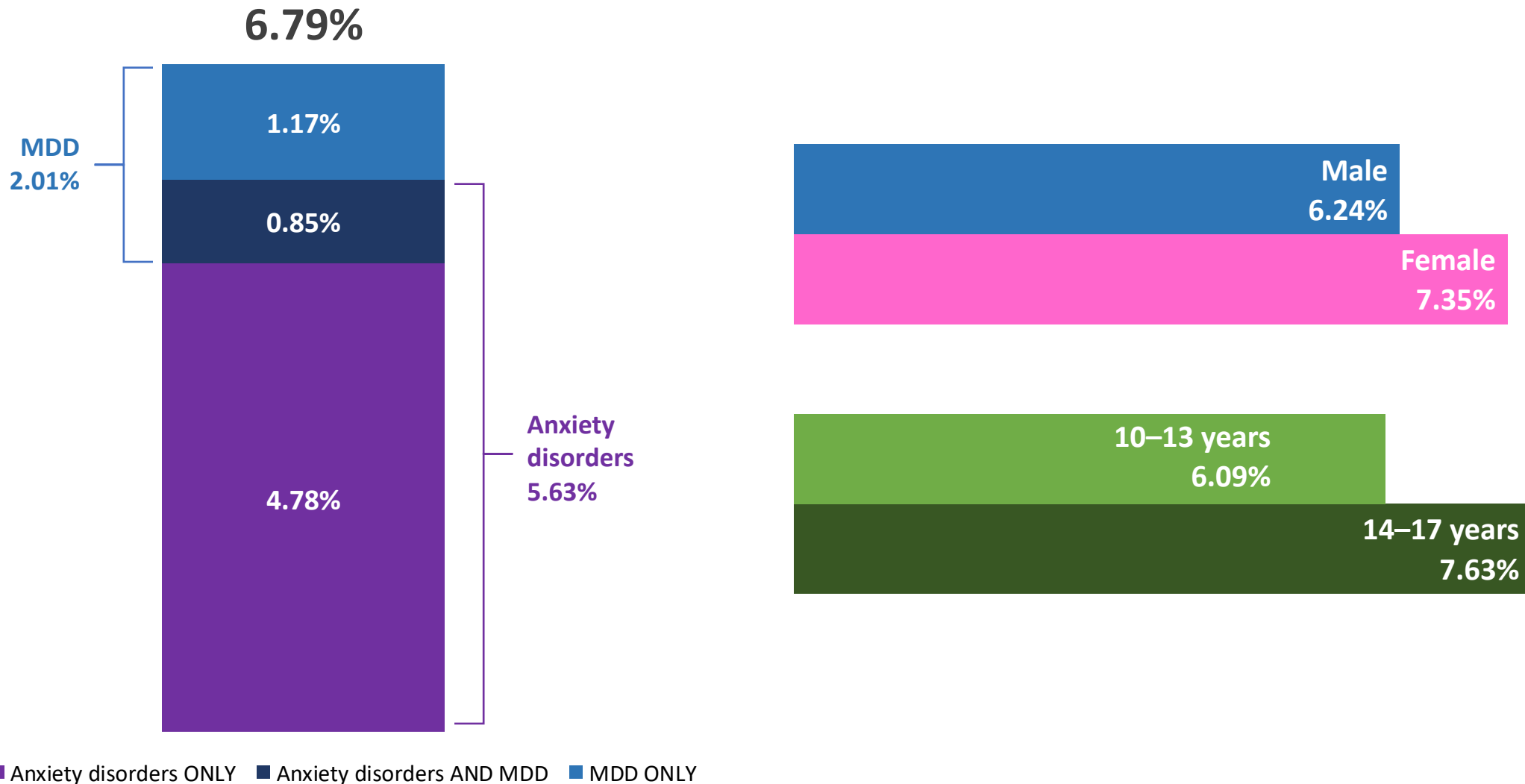
46.9	53.1	54.6	45.4	97.4	2.6
Male	Female	10-13	14-17	Currently attending	Not attending currently
Sex		Age		Current school attendence	

Percentages are unweighted

12-month prevalence of *anxiety disorders and MDD* among adolescents (10-17 years) in Kenya, by age and sex

6.79%

MDD
2.01%

1.17%

0.85%

4.78%

Anxiety
disorders
5.63%

Male
6.24%

Female
7.35%

10–13 years
6.09%

14–17 years
7.63%

■ Anxiety disorders ONLY ■ Anxiety disorders AND MDD ■ MDD ONLY

12-month prevalence of *suicidal behaviours and self-harm* among adolescents with anxiety disorders and/or MDD

14.38%

5.06%

2.38%

1.19%

Suicidal behaviours

Self-harm

■ Whole sample   ■ Anxiety disorders and/or MDD
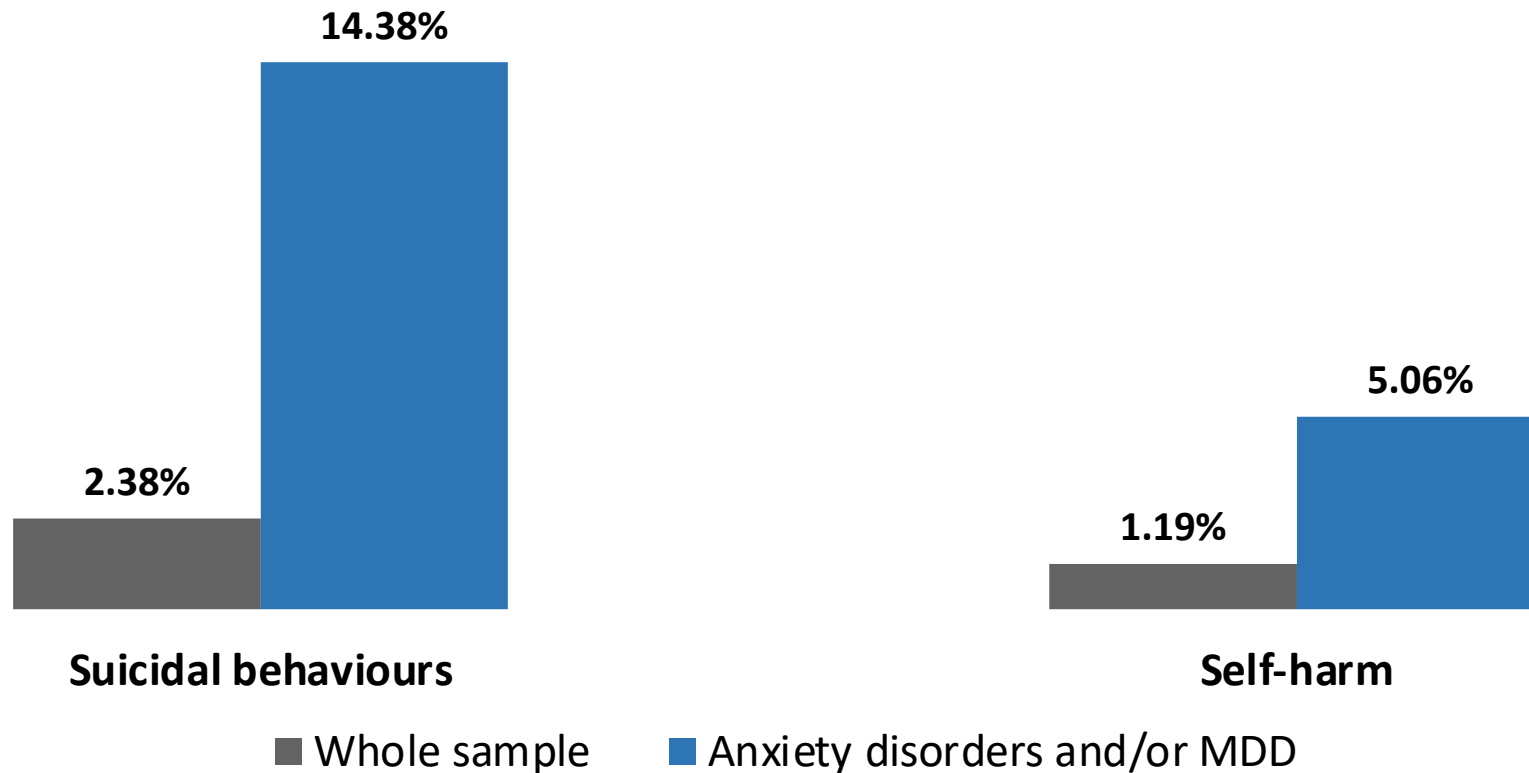
Adolescents reporting anxiety disorders and MDD were more likely to report suicidal behavior and self-harm.

Summary and implications

- The findings provide a foundational evidence base for policy and health initiatives in Kenya.

- The data on the prevalence of mental disorders and suicidal behavior highlights the need for early prevention, diagnosis, and treatment of mental disorders.

  - Implementation of **specific screening and management strategies**, integrated with **mental health promotion activities,** within the school, are essential.

- The findings contribute to the discussion around the **decriminalization of suicide in Kenya**, where **attempted suicide** is considered a criminal act.

  - The findings also indicate the potential opportunity for **more targeted interventions** (e.g., designing programs that focus on MDD management strategies for older adolescents and those with suicidal behaviors).

THANK YOU

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