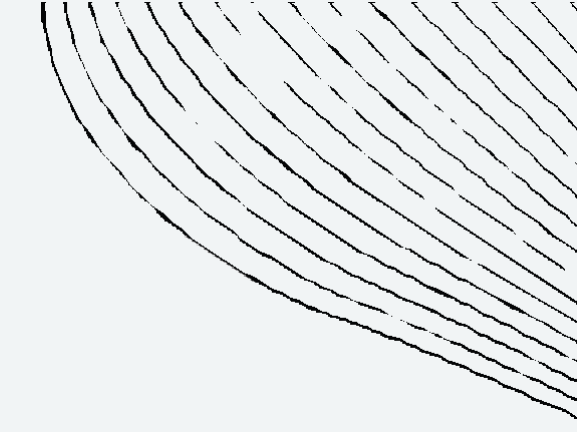


ADOLESCENT MENTAL HEALTH IN INDIA

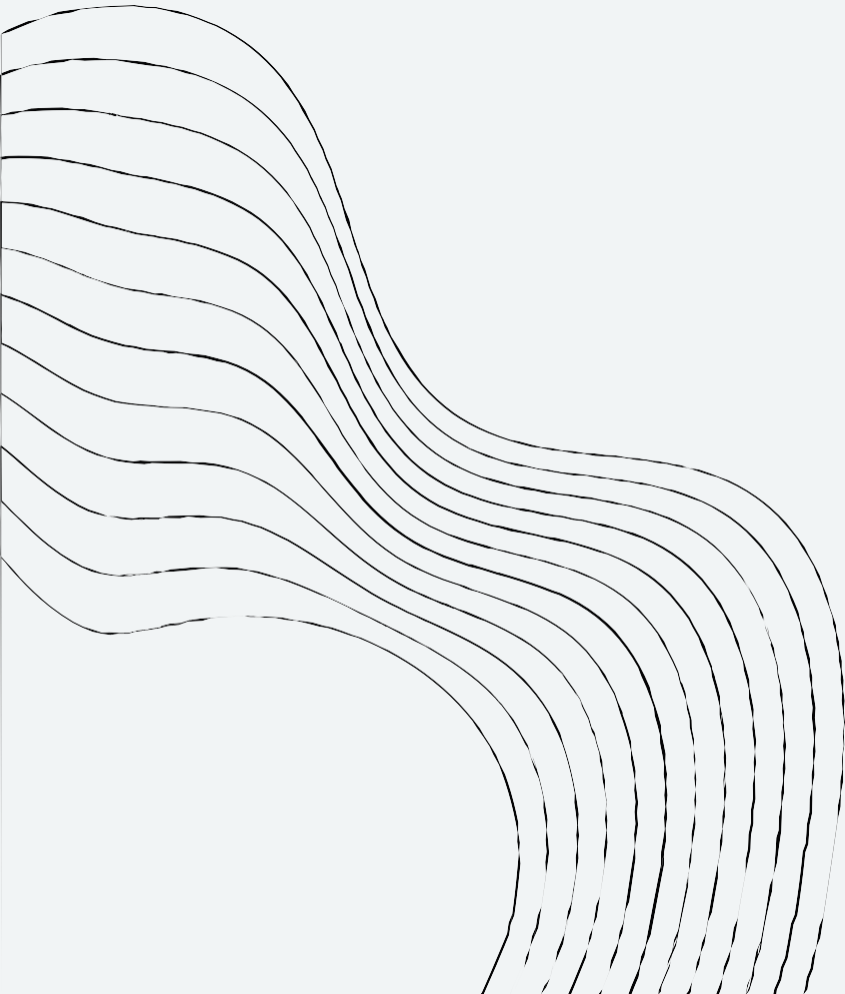
A SYSTEMATIC REVIEW

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**UNDER THE GUIDANCE OF
DR SEEMA MEHTA**



CONTENT



01

INTRODUCTION

02

RESEARCH OBJECTIVES AND RESEARCH QUESTIONS

03

METHODOLOGY

04

RESULTS

05

RECOMMENDATIONS

06

CONCLUSION

07

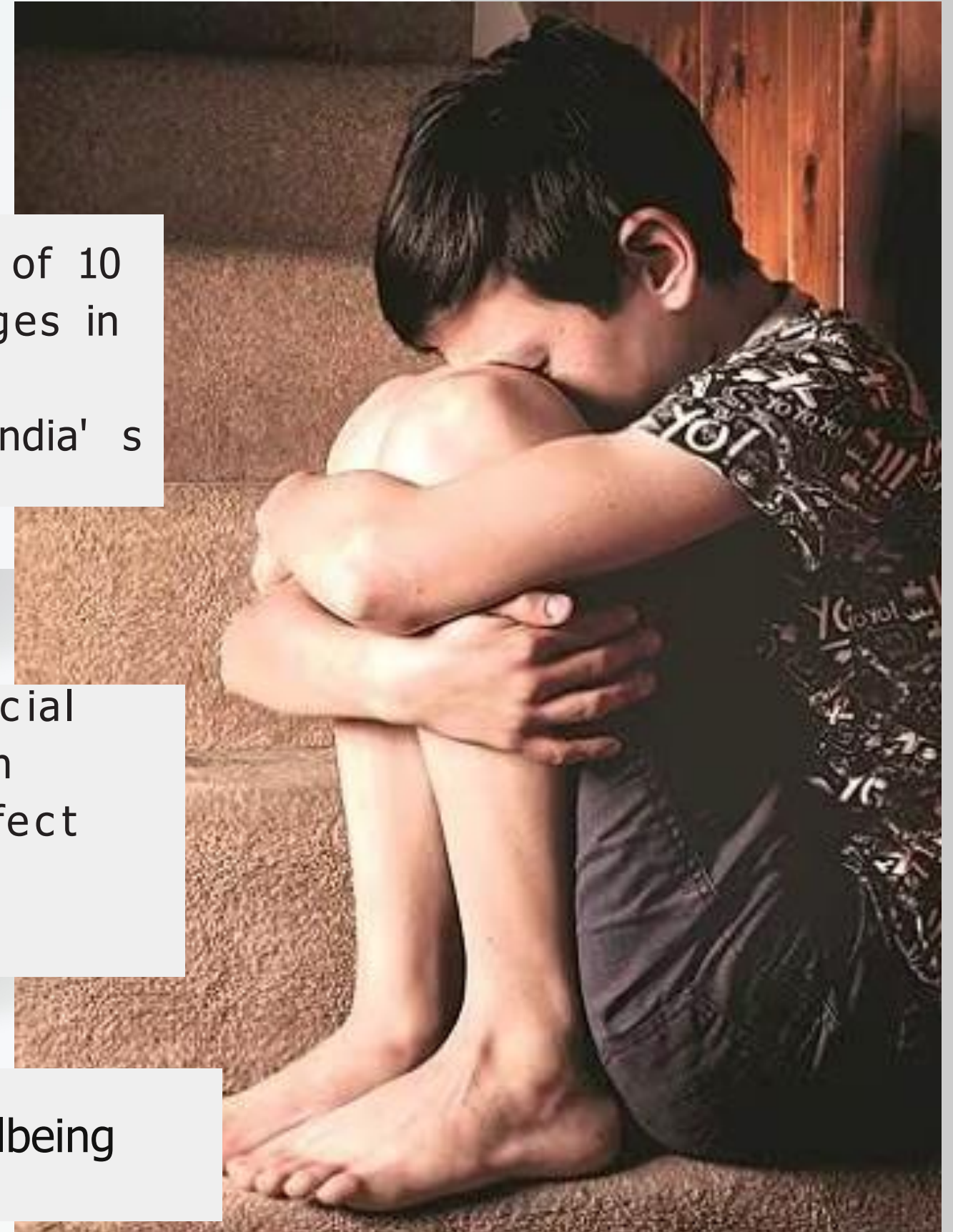
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INTRODUCTION

Adolescents are young people who are typically between the ages of 10 and 19 years old. They may experience rapid physical growth, changes in their hormones, and changes in their thinking and decision-making abilities. Adolescents make up about 21 % of India's population (243 million).

Adolescence is a crucial period of physical, emotional, and social development. During this time, a lot of teenagers struggle with mental health issues, which can have a significant negative effect on their wellbeing.

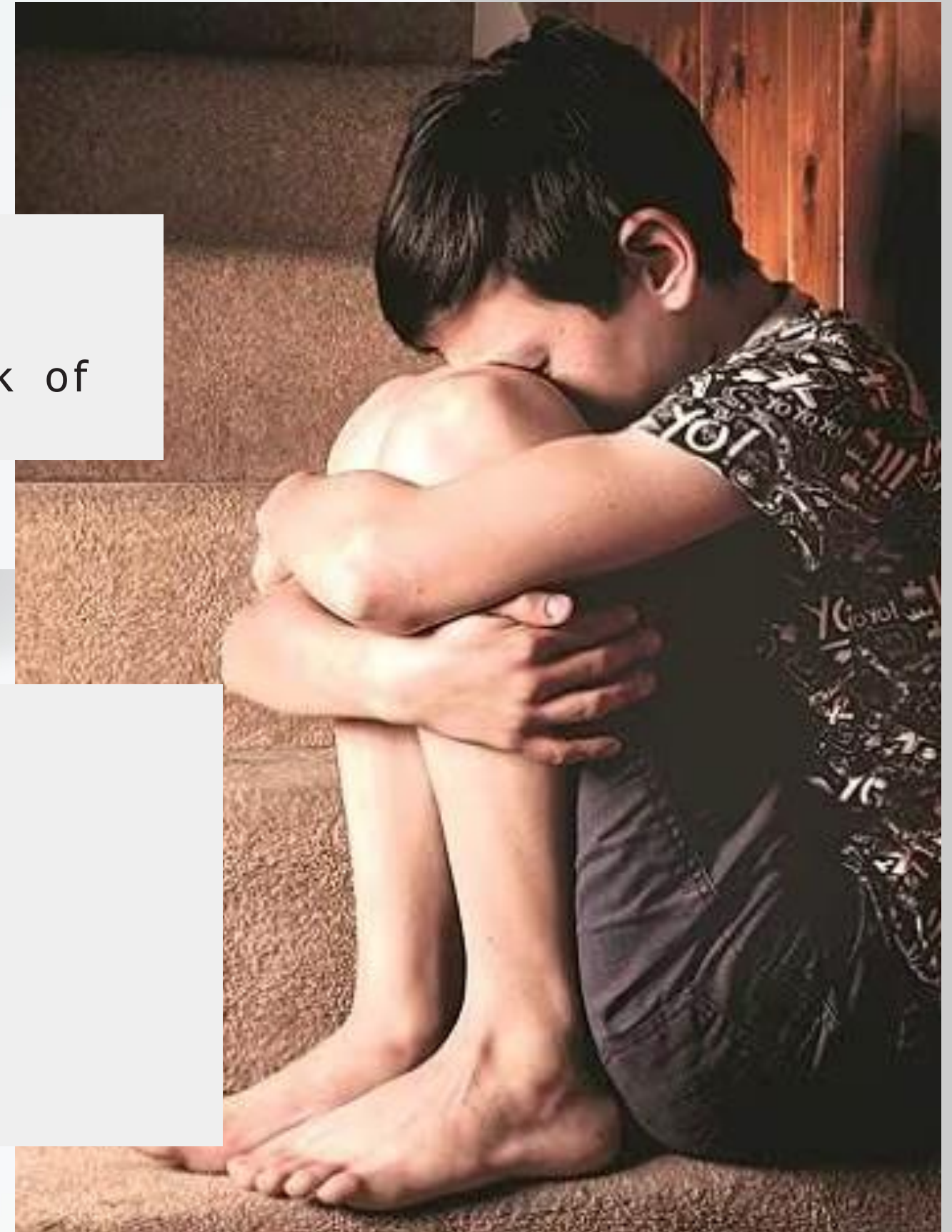
Adolescents represent the future of the country. Therefore, ensuring their wellbeing is crucial for India's social, political, and economic progress.



INTRODUCTION

Certain target groups, including adolescents from low-income backgrounds, marginalized communities, LGBTQIA+ individuals, often encounter heightened stressors and are at increased risk of mental health issues.

The systematic review aims to provide a thorough analysis on adolescent mental health in India. It also seeks to identify knowledge gaps by evaluating the effectiveness and accessibility of interventions.



RESEARCH OBJECTIVE

BROAD RESEARCH OBJECTIVE

To review articles and ongoing projects to understand the issues faced by adolescents with respect to their mental health in India.

SPECIFIC RESEARCH OBJECTIVE

- 1.To identify the underlying issues associated with adolescent mental health in India.
- 2.To analyze the existing interventions on adolescent mental health in India.

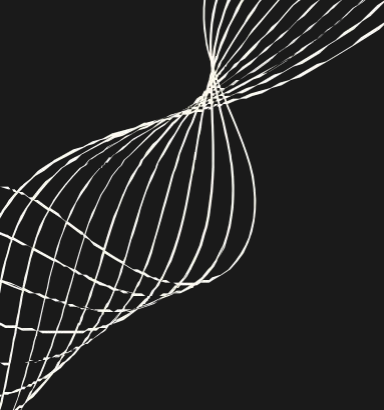
RESEARCH QUESTIONS

- 1.What are the underlying issues associated with mental health of adolescents in India?
- 2 .What are the various types of adolescent mental health interventions?



METHODOLOGY

- **Study Design:** A systematic Review
- **Setting:** India
- **Study population:** The study population for analysis would be adolescents (aged 10 - 19 years) in India
- **Timeline of study:** 3 months (March 2023 to June 2023)
- **Study tool :** A web-based search was conducted. PubMed and Research Gate were used to identify the studies using various combinations of search terms (adolescent mental health in India).
- **Sampling techniques:** The data has already been collected through various research papers available in the last 15 years.
- **Data collection method:** The study will make use of secondary data that is currently accessible and will take specific information that might be used to design a mental health program for adolescents. It would not involve direct data collection from Individuals.



METHODOLOGY

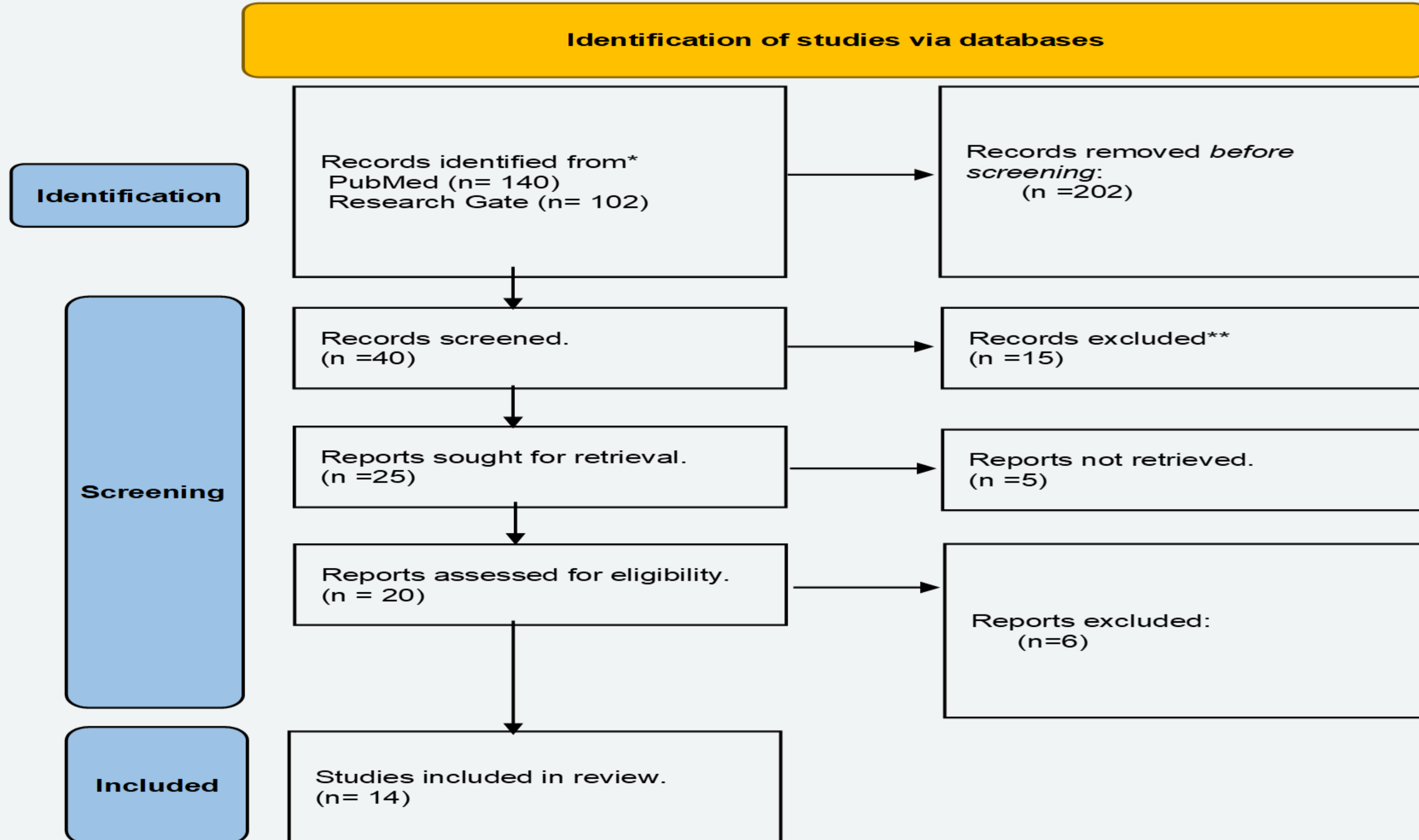
INCLUSION CRITERIA

- Articles published in the last fifteen years and reporting interventions that targeted adolescent mental health.
- Programs/interventions designed to improve positive mental health among adolescents.
- The primary outcomes of interest were positive mental health such as self-esteem, emotional well-being; negative mental health such as depression, anxiety, psychological distress; and well-being such as social participation, empowerment, communication, and social support.

- Reports, conference papers, commentaries, editorials, clinical studies, and studies that are still in the formative phase.
- Studies that were not written in English.
- Studies that were not conducted on humans.

EXCLUSION CRITERIA

PRISMA 2020 flow diagram for new systematic reviews



RESULTS

- According to the National Mental Health Survey of India 2015-2016, conducted by R. Srinivasa Murthy and his team, approximately 13.7% of the population in India Required mental health care, which amounts to around 150 million people.
- The survey also found that the prevalence of mental health disorders was higher among females than males by 2.4%.
- A meta-analysis estimated that the global prevalence of any mental disorder among children and adolescents is 13.4%.
- Another meta-analysis reported that 6.5% of the community and 23.3% of school children and adolescents in India have psychiatric disorders.
- The COVID-19 pandemic also had a huge impact on the mental health of children and adolescents. The widespread closures of schools and colleges have had a negative impact on over 91% of the world's student population and the vulnerabilities include increased isolation, disrupted routines, and heightened anxiety.
- The burden associated with depressive and anxiety disorders tends to increase during childhood and peak in adolescence and early to middle age (10-29 years).
- It is worth noting that most mental disorders begin before the age of 25, with the majority emerging between 11 and 18 years old.

RESULTS

- The papers provided recommendations for interventions to address these issues and emphasized the need for collaboration among policymakers, healthcare professionals, educators, parents, and communities.
- The existing interventions discussed in the reviewed papers focused on early identification, intervention, awareness, education, and de-stigmatization of mental health problems among adolescents. The need for comprehensive strategies and the integration of mental health services were emphasized to improve outcomes. Cultural adaptation and evaluation of interventions were also highlighted as important considerations.
- Various types of adolescent mental health interventions include therapy, psychoeducation, school-based programs, community interventions and digital interventions.

RESEARCH FINDINGS:

Short-term consequences	Long-term consequences
Academic difficulties: Mental health struggles can lead to lower academic performance.	Impaired educational and career outcomes: Continued struggles might lead to limiting the opportunities for personal growth, employment, and financial stability.
Social Isolation: This makes it tough for adolescents to take part in social activities, form friendships, and maintain healthy relationships with their peers.	Relationship difficulties: Difficult to establish healthy relationships, including friendships, romantic partnerships, and family connections.
Increased risk-taking behaviors: like substance abuse, self-harm, or engaging in unsafe sexual practices	Chronic mental health disorders: such as depression, anxiety disorders, bipolar disorder, or substance use disorders.
Physical health problems such as headaches, stomachaches, fatigue, and difficulties with sleep.	Increased risk of physical health problems such as cardiovascular disease, obesity, and immune system disorders.
Emotional distress: feelings of sadness, anxiety, irritability, or anger.	Higher likelihood of engaging in risky behaviors such as substance abuse, self-destructive behaviors, or involvement in

- Common mental health issues faced by adolescents in India include depression, GAD, substance abuse, ADHD, and internet addiction.
- Gender norms and inequalities prevalent in Indian society has a negative impact on Adolescent's mental health.
- Socioeconomic and gender disparities, caste discrimination, and marginalization of certain communities can contribute to increased stress, trauma, and mental health issues among adolescents belonging to disadvantaged groups.

CAUSES FOR ADOLESCENT MENTAL ISSUES AMONG ADOLESCENTS



RECOMMENDATIONS

- Strengthening mental health services such as increasing the number of trained mental health professionals, establishing mental health clinics in schools and communities, and providing culturally sensitive and age-appropriate interventions.
- Integration of mental health into education systems
- Launching public awareness campaigns to reduce the stigma associated with mental health is crucial. These campaigns should target various stakeholders, including parents, teachers, healthcare providers, and the broader community.
- Research and evaluation: Continued research and evaluation of adolescent mental health interventions are necessary to ensure their effectiveness and cultural adaptation.
- Policy development and implementation: Policymakers need to prioritize adolescent mental health by developing and implementing policies that address the specific needs of this population. This includes allocating sufficient resources, integrating mental health into primary healthcare systems, and establishing guidelines for mental health promotion and prevention programs

RECOMMENDATIONS

Specific to school going adolescents,

- Implementing a school based mental health programs helps in early identification and intervention for adolescents. These programs can include mental health education, awareness campaigns and skill-building workshops.
- Conducting mental health literacy awareness campaigns that target adolescents, parents, teachers, and the broader community can help reduce stigma and increase mental health literacy.
- Providing training to teachers and school staff on recognizing and responding to mental health issues can enhance their ability to support students. This training can focus on identifying warning signs, providing initial support and early identification and interventions.
- Peer support programs can create a safe space for adolescents to discuss their mental health concerns with their peers. It can also help in reducing stigma and promoting help-seeking behavior among adolescents.
- Tele-health services: Leveraging technology can overcome geographical barriers and improve access to mental health support. It enables adolescents to receive counseling or consultations remotely, reducing the stigma associated with visiting mental health facilities in person.

CONCLUSION

- The systematic review on adolescent mental health in India provides a comprehensive overview of the underlying issues associated with mental health and the existing interventions in this population.
- Unaddressed adolescent mental health issues can have significant societal and economic implications such as long-term impact on individuals and strain on healthcare systems.
- One common factor that was found in these papers was the stigma around mental health in the community. Stigma affects many adolescents and their willingness to seek help. Many people, including adolescents themselves, may not recognize the signs and symptoms of mental health problems or may attribute them to personal weakness or character flaws. This may also be due to cultural and social norms, fear of discrimination and judgement.
- Psychoeducation aims to reduce stigma, increase awareness, and promote early intervention.
- Implementing mental health programs within school settings to address the unique needs of adolescents.



CONCLUSION

- The papers emphasized the need for increased awareness, education, and destigmatization of mental health problems among adolescents, parents, educators, and healthcare professionals.
- The prevalence of mental health issues among adolescents, the challenges, and the potential solutions to address these issues by collaborative efforts involving policymakers, healthcare professionals, educators, parents, and communities.
- Existing interventions focused on various aspects of adolescent mental health, with an emphasis on cultural adaptation, evaluation, and collaboration among stakeholders. However, there is a need for further research and evaluation of these interventions to determine their effectiveness and scalability.
- In conclusion, improving the mental health outcomes of adolescents in India requires a holistic approach that addresses the underlying issues, promotes awareness, and ensures the availability of appropriate interventions and support systems



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**THANK
YOU**

