



ANUMATI 2.0: Adolescent resilience-building in urban slums –
A multifaceted implementation trial of life skills education in India – October 2024

FACTS:

- There is a 7% prevalence of psychiatric disorders in 13 to 17-year-olds in India.
- Lifestyle factors such as physical inactivity, unhealthy diets, smoking, alcohol and substance use become prevalent during adolescence.
- 74% of Indian adolescents do not engage in enough physical activity, while 2.4% females and 1.7% of males aged 15-19 years are overweight.
- Tobacco use is estimated between 6-8% and alcohol use approximately 12%.

PROJECT CYCLE:

2023 – 2027

PARTNERS:

All India Institute of Medical Science (AIIMS), India
Black Dog Institute, Australia
UNSW Sydney, Australia
University of Sydney, Australia

SUPPORTERS:

National Health and Medical Research Council (NHMRC), Australia
Global Alliance for Chronic Diseases (GACD)

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BACKGROUND:

- Adolescence is a period of rapid physical, mental and social change that can be stressful, and which might have an adverse impact on the mental wellbeing of adolescents.
- Stress and depression in young people are highly correlated with other non-communicable disease (NCD) risk factors such as smoking, alcohol and substance use and physical activity.
- Adolescents, especially older ones (15-19 years) experience many key transitions such as developing intimate relationships with peers and increasing responsibility in decision-making. Successfully navigating these transitions can reduce stress and NCD risk factors and have a lasting impact on the quality of life right into adulthood.

AIM:

- To evaluate the feasibility, clinical effectiveness and cost-effectiveness of two community-based implementation strategies for life skills education among older adolescents with or at high risk of depression.

METHODS:

- A life skills education program will be developed to promote physical activity and mental wellbeing and reduce risky behaviours such as alcohol consumption and smoking.
- ANUMATI 2.0 has been designed as a three-arm cluster randomised controlled trial that will be implemented in urban slums of New Delhi and Hyderabad/Secunderabad in India.
- Arm 1 will receive the life skills education program delivered in-person by trained facilitators, Arm 2 will receive the life-skills education through social media, and Arm 3 will be provided with enhanced usual care (EUC).

IMPACT

- It is expected that the program will lead to improved mental wellbeing, increased resilience, increased physical activity and reduced risky behaviours.
- ANUMATI 2.0 will provide valuable lessons on the use of social media to promote mental and physical wellbeing of older adolescents living in urban slums.

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