



MentAl Health Risk Factors among Older AdolesceNts living
in Urban SluMs: An InTervention to Improve ResILience

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The George Institute
for Global Health India

Facts:

- Mental health conditions account for 16% of the global burden of disease and injury in people aged 10–19 years.
- Half of all mental health conditions start by 14 years of age, but most cases are undetected and untreated.
- Globally suicide is the third leading cause of death in 15–19 year olds.
- A study from rural India found that suicide rates in adolescents are amongst the highest in the world (148/100,000 and 58/100,000 for females and males, respectively).

Background:

- It is estimated that majority of adolescent mental disorders worldwide are left untreated and unidentified.
- There could be a number of risk factors for mental disorders among adolescents living in slums such as violence, deprivation, social vulnerability, substance abuse/ use etc. Though adolescents are an otherwise healthy group, deprived living conditions in slums may predispose them to both poor mental and physical health.
- Despite having studies that look into this relationship, there is however limited research that explores the inter-relationship of risk as well as resilience factors, especially among adolescents living in urban slums, and its overall influence on their mental health.

Aims:

- To explore risk and resilience factors for Common Mental Disorders (CMD's) among older adolescents (15-19 years) living in urban slums.
- To develop and pilot a community intervention module and provide information about its feasibility.

Methods:

- The project will employ a cross-sectional mixed methods design conducted in two urban slums of North (Faridabad) and South India (Hyderabad) Municipal Corporation with a population of about 10,000 each.
- A census of selected eligible population will be done followed by a screening of 2000 adolescents for CMDs (constituting ~20% of the total population) and assessed for risk and resilience factors.
- An intervention will be piloted on a small scale among a different set of 100 adolescents by collecting routine programme data.

Project Cycle:

2019-2022

Supporters:

Indian Council of Medical Research,
New Delhi, India

Impact:

- With no datasets for adolescents with mental illness in urban slum communities in India, this study will establish a link between CMDs and associated risk and resilience factors that are most common among older adolescent girls and boys living in urban slums.
- The project will result in the development of a community-based intervention module in improving and enhancing resilience of adolescents living in urban slums as opposed to most school-based programmes.
- Learnings from this project could be shared with respective state governments so as to strengthen counselling centres under the Rashtriya Kishore Swasthya Karyakram (RKSK).

Contact:

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