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Title: Mental health in high school students in Tabriz, based on Global School-based Student Health Survey (GSHS).

Authors: Alizadeh M.*, Ghasemieh M., Yari J., Asl Rahimi V. Parastandeh M., Koosha A., Mahini M., Dahim M.

Abstract: Background: Adolescents are the future of society. Around half of the world’s inhabitants are under the age of. As evidence from statistics shows, adolescents who are healthy and happy are better equipped to contribute to their communities. Since 2003, Ministries/ Department of Health and Education around the world have been using the GSHS to periodically monitor the prevalence of important health risk behaviors and protective factors among students. The aim of this study was to determine mental health of high school students in Tabriz.

Method: A cross-sectional survey was done by a cluster sample design to produce a representative sample of 400 students in first year of high school. Data collection was conducted for three months. All students in the sampled classes were eligible to participate in the GSHS. Data was collected in such a way that student confidentiality was upheld by allowing for anonymity and voluntary participation as research ethics requirements. Students completed the self-administered questionnaire. The students were asked about mental health issues in last 30 days. Mental health refers to the state of being mentally sound, it also refers to the ability of an individual to cope and adapt to the demands of life and the changing meaning of life itself.

Results: The study revealed wide existence of loneliness, 21% of students reported that they were most of the time or always felt lonely during the past 12 months. Levels of being worried were also high with 12% of students reporting that they were most of the time or always felt so worried about something that they could not sleep at night during the past 12 months. Inadequate concentration in order to accomplish the assignments was seen in 15% of students. Feeling sad and hopelessness was 36%. History of smoking was positive in 5.3% of students. Mean age of smoking initiation was 12.5 years old.

Conclusion: The status of mental health is not satisfactory in Tabriz high schools. Moderate to high prevalence of sadness, hopelessness, insomnia are the alarming signs to develop and reform the school health programs in order to improve mental health of students.

Presentation: Poster