

**PREVALENCE AND DETERMINANTS OF
COMMON MENTAL HEALTH PROBLEMS
AMONG LATE ADOLESCENTS AT
UNIVERSITY OF COMMUNITY HEALTH,
MAGWAY**

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M.B.,B.S, M.Sc. (School Health)

For the degree of Master of Public Health (MPH)

University of Public Health, Yangon

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ABSTRACT

Most mental health problems usually start before age of 14 and adolescent period is critical period to detect mental health problems and provide supportive interventions. This study investigated to determine prevalence and determinants of common mental health problems among late adolescents. An institution-based cross-sectional study was conducted among 161 undergraduate students at University of Community Health, Magway, from May to December 2020. Systematic random sampling technique was used to sample students aged 17-19 years old. Prevalence of common mental health problems particularly anxiety disorders, depression and suicidal ideation were investigated using questionnaire modified from “Mental Disorder Checklists by World Health Organization”. Data was collected by online data collection using Google forms and analysis was done using STATA version 16. Bivariate analysis and multiple logistic regression were used to determine factors associated with mental health problems. The prevalence of overall mental health problems were 41.0% (95%CI; 33.0-49.0), depression 5.6% (95%CI; 3.0-10.0), anxiety 39.8% (95%CI; 32.0-48.0) and suicidal ideation 5.6% (95%CI; 2.6-10.0) respectively. Determinants of mental health problems were adolescent who had history of maternal illness during pregnancy (Adjusted odd ratio (aOR) 8.82 (95%CI, 1.72-45.17)), who living with parents (aOR 0.15 (95%CI, 0.03-0.8)), who had difficulty in studying (aOR 2.70 (95%CI, 1.08-6.74)), and adolescent who had feeling a sense of inequality in school settings (aOR 5.47 (95%CI, 1.18-25.43)). Effective strategies and multi-sectoral interventions should be considered to promote adolescents’ mental health.