**Title:**

# Assessment of Mental Health Status and Needs of Adolescents in Low Socioeconomic Rural Areas: A Study in Eight Areas of Sindh

**Authors:**

Beenish Sufyan, Dr. Shaista A. Siddiqui

**Abstract:**

This study pursued three primary objectives: (1) To evaluate the mental health status of adolescents enrolled in schools, (2) To determine the prevalence of mental health issues among students, and (3) To conduct a needs analysis for school-based mental health interventions in rural Sindh, characterized by a low socioeconomic status. The sample comprised 1,700 participants drawn from eight schools, with 70% being boys and 30% girls, aged between 11 and 16 years. The research assessed 22 variables to gauge the severity of mental health issues in students, encompassing developmental problems, learning difficulties, anxiety, depression, self-harm tendencies, experiences of bullying, low self-confidence and self-esteem, peer pressure, drug abuse, and verbal, physical, or sexual abuse.

The findings revealed that approximately 31.5% of the participants exhibited high tendencies of depression. A significant majority, specifically 74%, displayed symptoms of anxiety. A concerning 81.7% of the participants had low or negative self-esteem. About 33.2% of the students were at risk of substance abuse, indicating the need for intervention. Furthermore, 32.8% reported poor sleep quality, potentially impacting their overall well-being. A substantial portion, 30.3% of the students, experienced learning difficulties, which could affect their academic progress.

These statistics underscore the range of mental health and well-being challenges among the adolescent population in the study, emphasizing the need for targeted interventions and support in these areas. This research highlights the pressing need for tailored mental health interventions in schools situated in low socioeconomic rural areas to address the diverse mental health challenges experienced by adolescents, ultimately promoting their overall well-being and development.

**Recent Publications:**

1. Beenish Sufyan, Public Private Partnership, Mental Health Counseling Helpline, A Ray Of Hope In Times Of Despair, SOUL Newsletter @ DUHS December 2022
2. Beenish Sufyan, Stressful Life Events, Coping Mechanisms and Physical and Mental Health Problems in Females SOUL Newsletter Vol (13) ISSN # 168908 Jan-March 2023
3. Dr. Shaista Ali Siddiqui, Diseases or a Symptom? Understanding Psychosomatic Disorders in Health Care, Volume 14 issue 2 ISSN # 2959-1368, April-June 2023



| **Researcher 1** | **Researcher 2** |
|---|---|
| Mrs. Beenish Sufyan<br>**Qualifications:**<br>• Master's in Clinical Psychology<br>• Master National Trainer on Substance Use Prevention (UNODC) | Dr. Shaista Ali Siddiqui<br>**Qualification:**<br>• MBBS (Bachelor of Medicine, Bachelor of Surgery)<br>• Master's in Public Health (UK) |

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|---|---|
| **Affiliation(s):**<br>• Program Manager, Ruhbaru, Charter for Compassion Pakistan<br>• Visiting Faculty Member, Police Training School, Saeedabad-Garden, Sindh, Karachi | • Project Management Professional (PMP) Certification (U.S)<br>**Affiliation:**<br>Technical Advisor Health Initiatives, Charter for Compassion Pakistan |