

A cross-sectional nationally representative survey of mental health and psychosocial problems among children and adolescents in Jordan

Project Information

- ◆ Department: Center of Excellence for Applied Epidemiology
- ◆ Unit: Research and Policy

OBJECTIVES

- 1) To examine the prevalence of common mental disorders for children and adolescents, such as depression, anxiety, developmental disorders, and post-traumatic stress disorder (PTSD) and their associated factors
- 2) To explore help-seeking behaviors and potentially preferred mental health and psychosocial supports in this population
- 3) To describe a pathway beginning with socio-economic status and adverse childhood events through mental illness and ending in quality of life.

REGIONS OF WORK

The project was implemented in the 12 governorates of Jordan.

PROJECT DESCRIPTION

This study is a large-scale school-based cross-sectional survey with nationally representative samples that aimed to provide robust evidence regarding child and adolescent mental health situations to facilitate effective national policymaking in Jordan. The target population in this survey included children and adolescents aged from eight to eighteen, Jordanian and all other ethnic minorities like Syrian refugee youth.

BENEFICIARIES

The beneficiary of this survey included school children and adolescents aged from six to eighteen, Jordanian and all other ethnic minorities like Syrian refugee youth.

PROJECT PHASES

The project involved three phases:

Phase I – Preparations: Developing the study protocol and tools, obtaining the needed approvals, and providing logistical support.

Phase II – Implementation: Conducting the study; collecting data from the targeted schools and analyzing the data.

Phase III – Closing: Generating evidence on the prevalence of common mental disorders, help in seeking behavior, and pathway of mental health status and reporting the findings.

Project Start and End Date	September 2022 – August 2023
Partner Organizations	Ministry of Health (MoH), Ministry of Education (MoE), United Nations Relief and Works Agency for Palestine Refugees (UNRWA)
Funded by	Japan International Cooperation Agency - JICA

Currently . . .

Mental health and psychological problems are critical issues among children and adolescents. These problems hinder their healthy development which may extend to adulthood, limiting opportunities to lead fulfilling lives. In addition, COVID-19 pandemic increased the challenge and enormously impacted children's lives. Moreover, although the previous studies have reported a high prevalence of adolescent mental disorders, these studies were limited by small sample size and lack of generalizability.

What's next . . .

Under this project, through its different Phases, with the involvement of concerned sectors, the study increased the understanding regarding child and adolescent mental health situations and provided robust evidence which will facilitate effective national policymaking in Jordan.

OUTCOMES BY NUMBERS

- 8,000 questionnaires were collected from a representative sample of students and parents. The sample represents public and private schools across the 12 governorates in Jordan, Zaatari refugee camps, UNRWA-based schools, and non-formal education.

- 550 questionnaires were completed by a representative sample of teachers

- (44.9%) were children and (55.1%) were adolescents.

- (64.2%) attended public schools.

- (46.0%) children and adolescents resided in the middle and (42.3%) northern regions of Jordan, while only 11.7% resided in the southern region.

- Around (60%) were Jordanians

- One quarter of children and adolescents had anxiety symptoms.

- About 13.9% of children and 19.7% of adolescents are at risk of emotional and behavioral difficulties.

- Nearly 16.5% of children and 35.0% of adolescents had an overall poor health-related quality of life.

GHD|EMPHNET Information: Global Health Development (GHD) Eastern Mediterranean Public Health Network (EMPHNET) works at achieving its mission by responding to public health needs with deliberate efforts that allow for health promotion and disease prevention.

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