



# Non-communicable Diseases in Nepal-Research Roundup

August 2023



Publications

NCD Watch Nepal

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The logo for NCD Watch Nepal features a stylized human figure composed of colorful segments (blue, green, yellow, red) in a circular arrangement, with a white starburst at the bottom center.

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## Roundup Summary

In August 2023, a scoping review of the literature on non-communicable diseases and mental health in Nepal yielded 8 articles. Most of the studies were focused on the topics of studies explored cervical cancer awareness, social determinants of health, and supportive care needs for cancer patients...

### Feasibility and Effectiveness of an Intervention to Reduce Intimate Partner Violence and Psychological Distress Among Women in Nepal: Protocol for the Domestic Violence Intervention (DeVI) Cluster-Randomized Trial

**DOI:** <https://doi.org/10.2196/45917>

**Context:** The absence of trained frontline healthcare providers fuels low service uptake among women experiencing intimate partner violence in Nepal.

**Methodology:** A parallel cluster-randomized trial will be conducted among women who have experienced intimate partner violence across 8 districts in Madhesh Province in Nepal, involving 24 healthcare facilities.

**Key message:** The study findings will provide evidence on how non-specialist providers can address the mental health and violence issues faced by women experiencing IPV in low-income settings like Nepal.

### Development and testing the feasibility of a sports-based mental health promotion intervention in Nepal: a protocol for a pilot cluster-randomised controlled trial

**DOI:** <https://doi.org/10.1186/s40814-023-01324-z>

**Context:** Mental health promotion seeks to improve mental well-being and can include activities to engage participants in sports.

**Methodology:** This is a pilot cluster-randomized controlled trial (cRCT) that will be conducted in Bardiya district of Nepal to assess the acceptability and feasibility of SMART (Sports-based Mental heAlth pRotion for adolescenTs). The SMART intervention will involve sports coaching in football, dance, and martial arts.

**Key message:** This pilot study aims to provide insights into the feasibility and potential impact of a sports-based intervention for promoting adolescent mental well-being in a resource-limited setting.

## Editorial Perspective: Adapting western psychological interventions for children and adolescents in LMICs: lessons from Nepal

**DOI:** <https://doi.org/10.1111/jcpp.13885>

**Context:** Childhood and adolescence are particularly important times of psychological and neurological development with clear implications for the promotion of mental wellness and the prevention of mental ill health.

**Methodology:** This was an editorial.

**Key message:** This study suggests that before Western interventions are adapted to collectivist LMICs, community engagement is critical. Furthermore, the context for the intervention needs to be considered, ideally delivering within a school or other community settings.

## Problematic Internet Use in Undergraduate Health Science Students at a Remote Place of Nepal: a Cross-Sectional Study

**Link:** <https://jkahs.org.np/jkahs/index.php/jkahs/article/view/836>

**Context:** Problematic internet use (PIU) is a growing concern among teenage and college students which has detrimental effects on physical and mental health.

**Methodology:** A cross-sectional study was conducted among 127 undergraduate students of Karnali Academy of Health Sciences, Jumla, Nepal. Problematic Internet Use Questionnaire (PIUQ) was used to assess Internet use among participants.

**Key message:** The prevalence of PIU among the participants was 43.3%. The PIU score was positively correlated with the annual income of a family, years of internet use, and daily screen and internet use time. The findings emphasize the need for awareness, guidance, and proper planning to promote healthy internet usage habits among students.

## Incorporating Physical Activity Lifestyle Management of Cardiovascular Disease

**Link:** <https://www.jkahs.org.np/jkahs/index.php/jkahs/article/view/777>

**Context:** The Center for Disease Control recommends physical activity for lifestyle modification, which can help reduce the risk of cardiovascular disease morbidity and mortality.

**Methodology:** This was a review of the situation of cardiovascular diseases globally and in Nepal.

**Key message:** Physicians can motivate patients, incorporate physical activity in intervention strategies, and guide patients to empirical workout plans led by qualified exercise experts. In



addition to individual interventions by physicians, the government should develop and enforce policies aimed at increasing physical activity.

### **Awareness of Cervical Cancer, Risk Perception, and Practice of Pap Smear Test among Young Adult Women of Dhulikhel Municipality, Nepal**

**DOI:** <https://doi.org/10.1155/2023/6859054>

**Context:** Despite being one of the most preventable forms of cancer, cervical cancer remains an important public health problem, especially in developing countries.

**Methodology:** A community-based cross-sectional study was conducted among 422 women (aged 18-45 years) residing across the Dhulikhel municipality of Nepal.

**Key message:** The women had inadequate knowledge and practice of cervical cancer and Pap smear tests. This study concluded the need for a context-specific and effective health awareness program to promote preventive measures for cervical cancer and enhance the practice of Pap smear tests in the community.

### **Social determinants of health and cardiometabolic risk factors in Nepal: A scoping review**

**DOI:** <https://doi.org/10.1016/j.numecd.2023.08.001>

**Context:** The role of social determinants of health on cardiometabolic risk factors is unclear in Nepal.

**Methodology:** This was a scoping review that included 44 cross-sectional studies.

**Key message:** This study found that men were more likely to have hypertension and dyslipidemia, whereas women were more likely to have obesity and abdominal obesity. Lower education and sedentary occupation were related to higher cardiometabolic risk burden.

### **Assessment of supportive care needs among cervical cancer patients under treatment in Nepal: a cross-sectional study**

**DOI:** <https://doi.org/10.1186/s12905-023-02484-z>

**Context:** The perceived supportive care needs (SCNs) of cancer patients are essential components of a care program.

**Methodology:** This descriptive cross-sectional study was conducted in 5 cancer treatment hospitals in Nepal. The Nepali version of the Supportive Care Needs Survey- Short Form (SCNS- SF34) was completed by a convenience sample of 218 cervical cancer patients.

**Key message:** The study showed that 99% of the respondents were in need of some level of supportive care. Binary logistic regression found a causal association between SCNs and variables “occupation” and “type of hospital”. It is essential that the SCNs of patients may need to be known by their close family members, care providers, and cervical cancer-related programs.



We thank you all for joining our initiative to promote evidence-informed policymaking and promote public awareness of the non-communicable disease (NCDs) and related issues in Nepal- we are committed to staying up to date with the latest NCD research in Nepal.

This issue covers a summary of scientific publications on NCDs in Nepal for the month of August 2023.

Should you have colleagues who'd like to receive these updates via email ([ncdwatchnepal@gmail.com](mailto:ncdwatchnepal@gmail.com))

Individual summary of the round-up is also available on our social media outlets:

- ⇒ Twitter: <https://twitter.com/NCDWatchNepal>
- ⇒ Facebook: <https://www.facebook.com/NCDWatchNepal>
- ⇒ LinkedIn: <https://www.linkedin.com/company/ncd-watch-nepal>

Please join us and share with relevant colleagues. As always, previous editions of the round-up are available in our archive here at

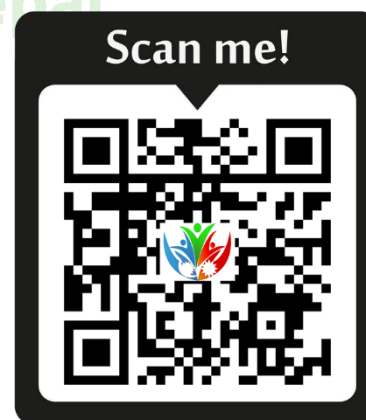
<https://ncdwatchnepal.wordpress.com/research-round-up/>

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#### Publications



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