

Non-communicable Diseases in Nepal-Research Roundup

January 2024



Publications

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Roundup Summary

In January 2024, our scoping review of literature on non-communicable diseases and mental health in Nepal yielded 9 articles. Studies included the topic of mental health, chronic obstructive pulmonary diseases, diabetes, cancer, obesity, and tobacco use.

Effect of self-management intervention on patients with chronic obstructive pulmonary diseases, Chitwan, Nepal

DOI: <https://doi.org/10.1371/journal.pone.0296091>

Context: Poor self-management behaviors have a significant influence on symptoms, functional impairments and quality of life, especially among chronic disease patients.

Methodology: Quasi-experimental pre-test post-test design was carried out among a total of 70 patients with COPD attending respiratory units of Chitwan Medical College Teaching Hospital (CMC-TH), Nepal. Self-management Intervention included education, inhaler technique, walking, and breathing exercises for six-weeks.

Key message: This study concluded that self-management intervention acts as powerful equipment to improve self-management practice, inhaler practice, and functional ability whereas reduce the COPD symptoms burden, self-perceived dyspnoea and emotional symptoms of patients with COPD.

Designing and Developing a Mobile App for Management and Treatment of Gestational Diabetes in Nepal: User-Centered Design Study

DOI: <https://doi.org/10.2196/50823>

Context: App-based lifestyle interventions for gestational diabetes (GDM) management are not common, especially in low-income countries like Nepal where its prevalence is rapidly increasing.

Methodology: This study followed a user-centered design approach to develop a culturally tailored mobile app (GDM-DH) for GDM management. Patients with GDM were recruited for a focus group and structured interviews to show them the app prototype and obtain their feedback on its features and functions. Key informant interviews (KIIs) were conducted with clinicians and patients' spouses.

Key message: The GDM-DH was found supportive in GDM self-management by providing health education and allowing patients to record and self-monitor blood glucose, blood pressure, carbohydrate intake, physical activity, and gestational weight gain.

Mediating role of food insecurity in the relationship between perceived MSM related stigma and depressive symptoms among men who have sex with men in Nepal

DOI: <https://doi.org/10.1371/journal.pone.0296097>

Context: Stigma and depressive symptoms are highly prevalent among stigmatized groups, such as men who have sex with men (MSM).

Methodology: This was a cross-sectional study conducted among a sample of 250 MSM in Kathmandu, Nepal. The Food Insecurity Experience Scale (FIES) was used to measure food insecurity. Similarly, stigma and depressive symptoms were assessed using 14-items Neilands Sexual Stigma Scale and Patient Health Questionnaire-9 (PHQ-9), respectively.

Key message: Depressive symptoms, stigma, and food insecurity were 19.6%, 24.4%, and 29.2%, respectively, among MSM. Food insecurity statistically mediated 20.6% of the indirect effect of stigma in depressive symptoms. Study recommended reducing food insecurity and addressing the stigma surrounding sexual orientation should be a priority when addressing mental health concerns among MSM.

Help-seeking behaviour towards anxiety among undergraduate students of Nepal: a web-based cross-sectional study

DOI: <https://doi.org/10.1097/ms9.0000000000001568>

Context: Anxiety has been on the rise among college students, accompanied by an increase in suicidal ideation.

Methodology: A web-based cross-sectional study was conducted among 422 undergraduate students in Kathmandu University, Nepal. General Help-Seeking Questionnaire (GHSQ) tool was used to assess help seeking behavior.

Key message: In this study, 36.5% and 17.5% of the participants were more likely to seek help from parents and psychiatrists towards anxiety, respectively. Students preferred to seek help from informal sources rather than professional sources.

Cross-cultural validation of two scales to assess mental wellbeing in persons affected by leprosy in Province 1 and 7, Nepal

DOI: <https://doi.org/10.1371/journal.pgph.0002654>

Context: Persons affected by leprosy are discriminated due to bodily disfigurements which are associated with mental health well-being.

Methodology: This study used a cross-sectional validation design with a mixed methods approach to validate Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) and the Patient Health Questionnaire (PHQ-9) among Leprosy patients in Nepal.

Key message: The WEMWBS and PHQ-9 had adequate psychometric properties. Cronbach's alphas were 0.85 and 0.76, respectively, indicating good internal consistency. This study concluded that adapted versions of the WEMWBS and PHQ-9 have good cultural validity to measure mental wellbeing and depression among persons affected by leprosy in Nepal.

Depressive symptoms and its associated factors among secondary school adolescents of Birtamod Municipality, Jhapa, Nepal

DOI: <https://doi.org/10.1371/journal.pgph.0002826>

Context: Depression is a rising public health concern affecting adolescents' mental health.

Methodology: This was a school based cross-sectional study conducted among 290 secondary school students of grade 8, 9 and 10 of Birtamod Municipality, Koshi province of Nepal. Center for Epidemiologic Studies Depression scale (CES-D) assessed the level of depressive symptoms among adolescents.

Key message: The prevalence of depressive symptoms among students was 42.8%. Females, adolescents enrolled at private schools, those studying in higher academic grades, experiencing academic stress, having poor perceived social support and having lower self-esteem were found to be significantly associated with depressive symptoms.

Prevalence and Associated Factors of Tobacco Smoking in Jumla, Nepal

DOI: <https://www.jkistmc.org.np/jkistmc/index.php/JKISTMC/article/view/281>

Context: Tobacco consumption is a major risk factor for non-communicable diseases (NCDs).

Methodology: A descriptive cross-sectional study design was used to find the prevalence of smoking and other associated factors among 345 students Jumla, Nepal.

Key message: The prevalence of smoking was estimated 23.3% (male=31.9% and female = 7.2%). The mean age of initiation of smoking was 16.5 years. Parental smoking and alcohol drinking habits were significantly associated with smoking. Students mentioned peer pressure, exam load, family environment as the major reasons for smoking.

Implementation of cervical cancer prevention and screening across five tertiary hospitals in Nepal and its policy implications: A mixed-methods study

DOI: <https://doi.org/10.1371/journal.pgph.0002832>

Context: In Nepal, cervical cancer is the most common cancer among women despite the existing policies.

Methodology: This mixed-methods study was conducted in 2022 across five tertiary hospitals in Kathmandu, Nepal. Participants comprised the health professionals (n=254) and women attending gynecology outpatient clinics (n=657) from the selected hospitals.

Key message: The utilization of screening through pap smear among women across five hospitals was 22.2% and HPV vaccination was 1.5%. The utilization of cervical cancer screening was associated with older age, being married, higher education, oral contraceptives use, and ever heard of cervical cancer screening. Health professional's knowledge on cervical cancer was positively associated with them ever having training. The qualitative findings among 23 stakeholders reflected implementation challenges in policy, supply, service delivery, providers, and community.

Obstructive Sleep Apnea Hypopnea Syndrome among Obese Patients Visiting the Outpatient Department of a Tertiary Care Centre

DOI: <https://www.jnma.com.np/jnma/index.php/jnma/article/view/8395/4826>

Context: Obstructive sleep apnea-hypopnea may contribute to cardiovascular disease and obesity.

Methodology: A descriptive cross-sectional study was conducted among 33 obese individuals who attended a tertiary care center in Nepal.

Key message: Among the participants, obstructive sleep apnea-hypopnea syndrome was seen in 5 (15.15%).

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 January 2024.

Should you have colleagues who'd like to receive these updates via email (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>
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Please join us and share with relevant colleagues. As always, previous editions of the round-up are available in our archive here at

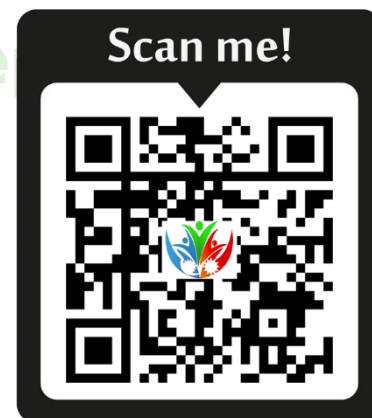
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Publications



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