

# Non-communicable Diseases in Nepal Research Roundup

*Making non-communicable diseases a national priority*

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# Non-communicable Diseases in Nepal-Research Roundup

February 2024



Publications

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## Roundup Summary

In February 2024, our scoping review of literature on non-communicable diseases and mental health in Nepal yielded 9 articles. Studies included the topics of mental health, diabetes, cancer, etc.

### Advancing diabetes primary care education and knowledge in Nepal: A scoping review and case study discussion

**DOI:** <https://doi.org/10.1016/j.pcd.2023.11.012>

**Context:** In Nepal, a developing country, diabetes mellitus affects 8.5% of adults, with an alarming increase in recent years.

**Methodology:** A scoping review was conducted to determine the status of awareness, attitudes, and knowledge about diabetes in the Nepalese population

**Key message:** Thirteen studies were included in the review. This study indicates that limited data is available on the level of education or initiatives to improve knowledge and practice among healthcare professionals and community members. Effective education for healthcare professionals, community, and patients with diabetes is vital in improving diabetes outcomes in Nepal.

### Non-Communicable Diseases among Women of Reproductive Age Visiting the Department of Obstetrics and Gynecology of a Tertiary Care Hospital

**DOI:** <https://pubmed.ncbi.nlm.nih.gov/38409969/>

**Context:** Non-communicable diseases are a significant cause of mortality worldwide, posing a substantial risk to women's health.

**Methodology:** A descriptive cross-sectional study was conducted among 1,558 women of reproductive age at Birat Medical College and Teaching Hospital, Morang, Nepal.

**Key message:** The prevalence of non-communicable diseases was 39.0%. The most common non-communicable disease reported was hypertension 33.6% followed by chronic respiratory diseases 32.9% and diabetes mellitus 25.3%.

## Assessing the Nepalese health system's readiness to manage gender-based violence and deliver psychosocial counselling

**DOI:** <https://doi.org/10.1093/heapol/czae003>

**Context:** Although gender-based violence (GBV) and its mental health consequences have been considered a global concern, there is a dearth of evidence about the readiness of public health facilities in Nepal.

**Methodology:** This was a cross-sectional study with a concurrent triangulation-mixed method design conducted in Madhesh province of Nepal. Quantitative data were obtained via surveys, while qualitative data were obtained from in-depth interviews with health care providers.

**Key message:** Health providers acknowledged the burden of IPV or domestic violence and expressed motivation to deliver psychosocial counseling, but many had limited knowledge.

## Depression and anxiety among cancer patients visiting a tertiary care cancer hospital

**DOI:** <https://doi.org/10.5498/wjp.v14.i2.287>

**Context:** Cancer patients frequently experience psychological problems related to reactions to cancer diagnosis, cancer type and stage, treatment effects, recurrence, fear of end-of-life, survivorship, and financial burden.

**Methodology:** A cross-sectional study was conducted at Bhaktapur Cancer Hospital in Kathmandu Valley among 220 cancer patients. Patient-Health Questionnaire (PHQ-9) and Hospital Anxiety and Depression subscale (HADS-A) were used to measure depression and for anxiety.

**Key message:** Among the respondents, 124 (56.4%) had mild depression, 70 (31.8%) had moderate depression, and 3 (1.3%) had severe depression. Similarly, 79 (35.9%) had mild anxiety, 64 (29.1%) had moderate anxiety, and 4 (1.8%) had severe anxiety. Study findings highlighted the necessity of counseling services parallel to cancer therapy.

## Role of women empowerment on mental health problems and care-seeking behavior among married women in Nepal: secondary analysis of nationally representative data

**DOI:** <https://doi.org/10.1007/s00737-024-01433-5>

**Context:** Women in low- and middle-income countries (LMICs) are disproportionately susceptible to common mental disorders compared to men.

**Methodology:** This study analyzed 2022 Nepal Demographic and Health Survey data. Symptoms of anxiety and depression were measured using the Generalized Anxiety Disorder-7 scale (GAD-7) and the Patient Health Questionnaire (PHQ-9), respectively.

**Key message:** Among 5556 women, the prevalence of symptoms of anxiety and depression was 23.1% and 6.1%, respectively. Among those with any symptoms of anxiety or depression, 18.3% sought care. Positive association was found between high empowerment in “decision-making” and care-seeking (aOR = 1.28; 95%CI, 0.96–1.71).

### Internalized stigma related to COVID-19 and its psychosocial and mental health correlates: a multicentric health facility based observational study from Nepal

**DOI:** <https://doi.org/10.3389/fpsy.2023.1276369>

**Context:** The COVID-19 pandemic has led to physical and psychological complications and social consequences in the form of illness-related stigma.

**Methodology:** It was a cross-sectional exploratory study among 395 participants (306 confirmed COVID-19 cases, 89 suspected cases) in four health facilities in Madhesh and Lumbini provinces of Nepal. COVID-19-related internalized stigma scale and the Hamilton Anxiety Depression Scale (HADS) were used in this study.

**Key message:** Around 23.3% of the patients had anxiety symptoms, 32.9% had depressive symptoms, and 20.3% had high COVID-19-related internalized stigma. COVID-19-related internalized stigma is associated with anxiety and depression symptoms, socioeconomic status, involuntary admission, prior experience of being in isolation and quarantine, recent COVID-19 positive report, and self-blame.

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### Breast Cancer among Cancer Patients Visiting the Department of Internal Medicine of a Tertiary Centre

**DOI:** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10924505/>

**Context:** Breast cancer’s incidence has been on an increasing trend in developing nations including Nepal.

**Methodology:** A descriptive cross-sectional study was conducted among 2067 cancer patients visiting the Department of Internal Medicine of a tertiary care centre in Nepal.

**Key message:** The prevalence of breast cancer was 102 (4.9%). The most commonly affected age group was 40-60 years constituting 59.8% patients. Histologically, invasive breast cancer of no special type was the most common and was found in 91 (89.2%) patients.

## Depression and generalized anxiety and associated factors among adult women and men in Nepal: Results of a national cross-sectional survey in 2022

**DOI:** <https://doi.org/10.1080/10911359.2024.2316127>

**Context:** Depression and anxiety are prevalent mental health conditions that affect millions of individuals globally, with profound implications for both the affected individuals and society as a whole.

**Methodology:** This study utilized data from a national population-based demographic health survey in Nepal in 2022. Major depressive disorder (MDD) was assessed with the PHQ-9 and generalized anxiety disorder (GAD) with the GAD-7.

**Key message:** Among women, the prevalence of mild and moderate or severe MDD was 16.2% and 5.9%, respectively, and the prevalence of mild and moderate or severe GAD was 20.6% and 8.2%, respectively. Among men, the prevalence of mild and moderate or severe MDD was 9.4% and 1.8%, respectively, and the prevalence of mild and moderate or severe GAD was 14.0% and 2.4%, respectively.

## Occupational stress and its correlates among healthcare workers of a tertiary level teaching hospital in Kathmandu, Nepal, during COVID-19 pandemic: a cross-sectional study

**DOI:** <https://doi.org/10.1136/bmjph-2023-000126>

**Context:** Healthcare workers experience high job stress, contributing to negative health outcomes and poor patient care.

**Methodology:** A cross-sectional quantitative study was conducted among a total of 368 doctors and nurses at Tribhuvan University Teaching Hospital (TUTH), Kathmandu, Nepal. Adapted version of Occupational Stress Index (OSI) was used to assess occupational stress.

**Key message:** The mean occupational stress index score was  $149.6 \pm 22.0$ . Occupational stress was associated with gender, employment duration, night shift, rotating shift, working hours, support mechanisms and socioeconomic profile among healthcare workers.

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 February 2024.

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>
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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

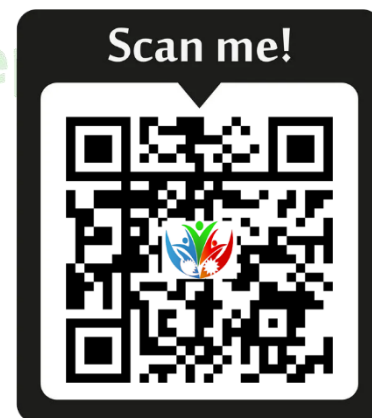
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#### Publications



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