

# JOURNAL OF CHILD & ADOLESCENT MENTAL HEALTH

## IACAPAP 21<sup>st</sup> World Congress **ABSTRACTS**

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**Methodology:** In the first (qualitative) phase of the research, semi-structured interviews were conducted with 12 adolescents aged between 13 and 16 years. Thematic analysis was used to identify, classify and analyse recurring patterns within the data. In the second (quantitative) phase of the research, a structured questionnaire informed by the qualitative evidence was administered to 204 adolescents in Grades 8 and 9 at a public high school in Cape Town. The survey instrument included a grandparental involvement scale, a parental involvement scale, and a demographic questionnaire. Adolescents' mental and behavioural health was assessed using the Strengths and Difficulties Questionnaire. Data were analysed using Pearson correlation coefficients and multiple regression models.

**Results:** The majority of adolescents had regular contact with their grandparents. The qualitative data showed that grandparents played five roles in relation to their grandchildren: they served as caregivers, surrogate parents; sources of emotional support; teachers and mentors; family historians; and sources of tangible (financial) support. The "generation gap" was identified as a barrier to communication with grandparents. Nevertheless, shared interests, parental encouragement and geographical proximity fostered contact and emotional closeness. Hierarchical multiple regression results indicated that greater grandparental involvement was significantly associated with more adolescent prosocial behaviour, independent of the level of parental involvement.

**Conclusions:** The findings support and extend previous research conducted in the global North. Further research is needed to explore the processes underlying the association between grandparental involvement and prosocial behaviour.

#### Parental and grandparental involvement: Associations with adolescent mental and behavioural health

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**Objectives:** In order to promote adolescent mental health, it is important to identify risk factors that increase the probability of mental and behavioural health problems, as well as protective influences that can strengthen positive attributes. This study examined whether maternal, paternal and grandparental involvement are associated with adolescents' psychological difficulties, prosocial behaviour, and substance use.

**Methodology:** The sample consisted of 512 black South African learners in grades 8 and 9 at two public schools in Cape Town. The mean age of the participants was 14 years, and 57% were female. Adolescents completed a structured survey. Questionnaires assessed parents' and grandparents' emotional, behavioural and cognitive involvement with adolescents as well as a variety of demographic characteristics. Adolescents' psychological and social well-being was measured using the Strengths and Difficulties Questionnaire. Substance use was assessed using items asking about adolescents' past-month cigarette and alcohol use, and past-year cannabis use. Where possible, measures were selected that have demonstrated reliability and validity in South Africa.

**Results:** Hierarchical linear multiple regression analyses, controlling for age, sex and socio-economic status, showed that mother and father involvement were independently negatively associated with adolescents' psychological difficulties ( $p < .01$ ), whereas mother and closest grandparent involvement were independently positively associated with prosocial behaviour ( $p < .01$ ). Hierarchical logistic multiple regression analyses, controlling for age and sex, revealed a negative association between parental involvement and cigarette smoking ( $p < .01$ ) but

no associations between parental or grandparental involvement and alcohol or cannabis use.

**Conclusions:** Further research is necessary to establish the direction of effects observed in this study. Nevertheless, the findings suggest the importance of considering both close and more distal family relations in designing interventions to improve adolescent mental and behavioural health.

#### Trends and factors of mental illness: The case of psychiatry ward in Jimma University Specialized Hospital, Ethiopia

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**Objective:** The main objective of this study was to investigate the trends and factors of mental illness of psychiatric patients in the psychiatry Ward of Jimma University Specialized Hospital.

**Methods:** Purposive sampling technique was used to select the participants of the study. Accordingly, 636 patients' cards were analyzed. Moreover, 55 psychiatric patients, 56 care givers and 13 psychiatric ward staff were involved in the study. The instruments designed to obtain data were observation check list, document analysis form, and semi-structured interview guide. The collected data were analyzed using both quantitative and qualitative techniques. Importantly, the study was ethically cleared by Institutional Ethical Review Board.

**Results:** The results of the study revealed that schizophrenia, major depression disorder, brief psychosis and anxiety disorder respectively were the frequent mental illnesses in the ward, by looking into the patients' documents of 51/2 years. These disorders generally attacked the productive age group (20 to 30 years of age), the major reasons of which could be attributed to drug use (mostly 'Khat'), stress caused by academic failure, joblessness, and lack of youth friendly recreation areas. In addition, the findings showed that the trends of the mental illnesses in the ward were increasing. The result of the study also revealed that drug default, substance use, economic problem, family conflicts, divorce, loss of family members, poor social support, stigma and discrimination and repeated chronic illness were the major aggravating factors of mental illnesses in Jimma areas in particular.

**Conclusions:** The alarmingly increasing number of psychiatric patients, due to various factors, need serious attention. In addition to aggressively working on awareness creation and sensitization, quality services should be provided to the ones who are visiting the ward.

#### Play therapy as a self-healing and life-skills enhancing tool for children under problematic situations: Two orphanages in Addis Ababa (Ethiopia) in focus

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**Objective:** The objectives of the study were to know whether play therapy can facilitate the self-healing process, to improve the academic performance, increase the attentive level, and to ensure self-confidence and esteem of children under difficult circumstances.

**Methods:** Data for this study were the case works of the researcher (for about two years), as a play therapist and Clinical Supervisor. Pre- and post-therapy measures using the SDQ (The Goodman's Strengths and Difficulties Questionnaire) were obtained from 17 children (9 females and 8 males) and analysed. The study used quantitative data as