

HIGHLIGHT OF THIS ISSUE

Effectiveness of Suicide Prevention Gatekeeper Training in Nurses at a Tertiary Health Care Center in Nepal

Introduction:

Suicide is a critical public health issue in Nepal, and nurses often serve as the first point of contact for individuals at risk. Limited training opportunities can hinder their ability to identify and respond effectively to warning signs.

Key Message:

A focused 2-hour gatekeeper training significantly boosted nurses' confidence in assessing and managing suicide risk. However, sustained attitude change toward prevention may require continued education and reinforcement.

Methodology:

A pretest-posttest study with 72 nurses measured the training's impact using standardized self-efficacy and attitude scales before and after the intervention.



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Roundup Summary

In July 2025, our search on non-communicable diseases and mental health-related literature in Nepal yielded twenty published articles. Most of the studies covered non-communicable diseases, mental health, substance abuse, COPD and Heart health.

Addiction, Repetitive relapse, and Shattered life: A Slippery Road of the Individuals with Alcohol and Substance Use Disorder (ASUD) of Kathmandu, Nepal

DOI: <https://doi.org/10.3126/qjmss.v7i1.82020>

Context: Relapse is a major challenge in treating alcohol and substance use disorders, with repetitive relapse intensifying harm. It differs from a minor lapse in its prolonged and excessive return to substance use. Exploring its causes and impacts is essential for prevention and improved recovery outcomes.

Methodology: This qualitative study was conducted in Kathmandu from August to October 2024. Eight participants with histories of repetitive relapse, currently sober, were selected through purposive sampling. Data were gathered via in-depth interviews, analyzed thematically, and supplemented with a focus group discussion.

Key message: Relapse was driven by peer pressure, social influence, overconfidence in control, hopelessness, and pleasure-seeking behaviors. Repetitive relapse compounded emotional suffering, causing isolation, suicidal thoughts, and diminished coping ability. Prevention must address both the psychological and social triggers underlying relapse.

Prevalence and determinants of postpartum depression among postpartum mothers

DOI: <https://doi.org/10.59284/jgpeman342>

Context: Postpartum depression (PPD) is a significant maternal mental health problem that is often underrecognized in Nepal. It affects both mother and infant, with severe consequences if left untreated. Early identification is necessary to prevent long-term harm.

Methodology: A descriptive cross-sectional study was conducted from December 2021 to December 2022 at Bharatpur Hospital. It involved 292 postpartum mothers selected through non-probability sampling and screened using the Nepalese EPDS. Data analysis was performed using SPSS version 20 after ethical approval.

Key message: The prevalence of PPD was 14%, with the highest occurrence in mothers aged 20–

30 years. Anxiety during labor was a significant determinant of depression. Routine EPDS screening and prioritization of maternal mental health in policies are recommended.

Prevalence of hyperuricemia in patients with type 2 diabetes mellitus in tertiary care centre

DOI:<https://doi.org/10.59284/jgpeman331>

Context: Type 2 diabetes mellitus (T2DM) is often accompanied by elevated uric acid levels, which can worsen health outcomes. Data on hyperuricemia prevalence among Nepali T2DM patients is limited. Investigating this can inform screening and prevention strategies.

Methodology: This hospital-based cross-sectional study took place from May 2021 to May 2022 at Bir Hospital. Sixty-five T2DM patients meeting the inclusion criteria underwent anthropometric and laboratory evaluations. Data were processed and analyzed using IBM SPSS version 25.

Key message: The prevalence of hyperuricemia was 15.38% in the study group. These results support routine uric acid testing for T2DM patients. Further large-scale research is needed to examine links with diabetes complications.

Forensic Psychiatry and Prison Mental Health in Nepal

DOI:https://link.springer.com/chapter/10.1007/978-981-96-7206-6_4

Context: Nepal's prison population experiences high rates of mental illness but faces significant barriers to care. Forensic psychiatry remains unrecognized as a subspecialty, limiting service development. Addressing this gap is crucial for protecting prisoner rights and improving health outcomes.

Methodology: This chapter provides a narrative review of forensic psychiatry and prison mental health in Nepal. It examines historical developments, epidemiology, the current situation, and ongoing challenges. Recommendations for system improvements are also presented.

Key message: Despite legal provisions for mental health care, poor implementation leaves many prisoners untreated. Workforce shortages and lack of specialized services further hinder progress. Reform, service expansion, and recognition of forensic psychiatry are urgently required.

The relationship between hypertension, anemia, and BMI in women of reproductive age: evidence from a nationwide health study

DOI:<https://link.springer.com/article/10.1186/s12872-025-05025-8>

Context: Hypertension, anemia, and malnutrition remain common among women of reproductive age in Nepal. However, the interactions between these conditions have not been well studied. Understanding these relationships can improve prevention strategies.

Methodology: This study analyzed NDHS 2022 data from 4,133 women aged 15–49 years. WHO definitions were used for hypertension, anemia, and BMI categories. Statistical analyses included logistic regression, t-tests, chi-square, and linear regression.

Key message: Hypertension was less common in anemic women and positively linked with higher hemoglobin levels and BMI. Overweight, obesity, and smoking increased hypertension risk. Screening and lifestyle interventions targeting these factors are recommended.

Estimating health benefits when behaviors are endogenous : a case of indoor air pollution in rural Nepal

DOI:<https://www.sidalc.net/search/Record/dig-idrc-ca-10625-38925/Description>

Context: Many rural Nepali households use solid fuels for cooking, producing harmful indoor air pollution. This has been linked to respiratory illness, but past research often ignored biases from health-related fuel choices. Correcting this bias can improve accuracy of health impact estimates.

Methodology: The study surveyed 600 households in Syangja and Chitwan districts, measuring indoor pollution levels. Instrumental variable probit regression was used to adjust for endogeneity, and a cost-of-illness approach estimated intervention benefits. Analyses compared improved cookstoves and biogas systems.

Key message: Improved cookstoves and biogas significantly reduced respiratory illnesses like chronic bronchitis, asthma, and acute infections. Cookstoves provided benefits far exceeding their costs, while biogas benefits roughly matched costs. Promotion of these technologies offers both health and economic advantages.

Determinants of poor health-related quality of life in people with peripheral arterial disease in Nepal

DOI:<https://doi.org/10.1016/j.jvn.2025.07.001>

Context: Primary care is essential for equitable health access, yet in many low-income settings, community pharmacies often become the first point of contact for health services. In Nepal, these pharmacies are playing an increasing role in providing treatment for common conditions. Understanding their readiness to manage non-communicable diseases like hypertension and diabetes is important for improving urban healthcare delivery.

Methodology: The study assessed pharmacies in Pokhara Metropolitan City using an adapted WHO SARA tool combined with the National Health Facility Survey 2015. Data were collected on service scope, staff qualifications, equipment, drugs, and diagnostic capacity. Readiness was evaluated through scores across trained human resources, guidelines, essential supplies, and diagnostic tools.

Key message: Most pharmacies offered diagnosis and treatment for hypertension and diabetes, but readiness scores were low (30.7 for diabetes and 32.1 for hypertension). Pharmacies with or without paramedics showed no significant difference in service readiness. Comprehensive training, standardized protocols, and stronger regulatory oversight are necessary to improve care quality.

Toward improved stroke care in Nepal: insights from a qualitative study on barriers and success factors

DOI:<https://doi.org/10.3389/fneur.2025.1562948>

Context: Cancer imposes not only physical and emotional challenges but also heavy financial burdens on patients, particularly in low-resource settings like Nepal. The relationship between out-of-pocket expenditure (OOPE) and health-related quality of life (HRQoL) is underexplored in this context. Understanding these dynamics is key to designing patient-centered and financially protective health interventions.

Methodology: A cross-sectional survey of 353 patients undergoing treatment for selected cancers was conducted in two tertiary hospitals. The EQ-5D-5L and EQ-VAS tools measured HRQoL, while OOPE and sociodemographic data were also collected. Regression analysis was used to identify associations between OOPE and HRQoL scores.

Key message: Patients reported a moderate HRQoL (mean index score 0.39), with anxiety,

depression, and pain/discomfort being the most common issues. Higher OQPE, advanced cancer stage, and unmarried status were linked to poorer HRQoL, while greater patient satisfaction improved HRQoL. Interventions should focus on early diagnosis, reducing financial burden, and enhancing patient experience.

Oral Health and its Impact on Systemic Diseases: Bridging the Gap Between Dentistry and Public Health

DOI: <https://doi.org/10.3126/ijst.v3i1.79668>

Context: Noise pollution is a growing problem in rapidly urbanizing areas, negatively affecting hearing, stress levels, and daily functioning. Kathmandu Valley has seen rising noise levels, yet public awareness remains limited. Identifying noise sources and their health impacts is essential for effective policy and community action.

Methodology: A descriptive cross-sectional study was carried out in the Pepsicola area of Kathmandu Valley. Noise levels during peak hours were measured in residential, commercial, industrial, traffic, and school zones using a sound level meter. A semi-structured questionnaire was administered to 50 residents to assess awareness and reported health impacts.

Key message: Industrial zones had the highest noise levels, while residential areas had the lowest. Over 60% of participants had low awareness of noise pollution, and 70% reported related health problems such as headaches and hypertension. The study calls for stricter regulation, public education, and urban noise reduction strategies.

A quantitative assessment of current practice in diabetes and hypertension services in pharmacies in urban Nepal

DOI: <https://doi.org/10.1371/journal.pone.0328827>

Context: Private pharmacies in urban Nepal are often the first contact point for essential healthcare, particularly for non-communicable diseases (NCDs) like hypertension and diabetes. Their potential to support public health is significant but depends on adequate resources, training, and regulatory oversight. In Pokhara Metropolitan City, the readiness of pharmacies to deliver quality NCD services had not been systematically assessed.

Methodology: All pharmacies offering hypertension and diabetes services in 33 wards of Pokhara were identified and assessed using an adapted WHO SARA tool and the National Health Facility Survey 2015. Data collection focused on service scope, staff qualifications, drugs, supplies, and

diagnostic tools. Readiness scores were calculated across domains including human resources, guidelines, essential supplies, and diagnostics.

Key message: Although most pharmacies offered diagnosis and treatment, only a few were ready to deliver quality services, with readiness scores averaging 30.7 for diabetes and 32.1 for hypertension. Pharmacies with paramedics did not significantly outperform those without. Improving training, implementing standard protocols, and strengthening regulation are needed to raise service quality.

Association between out-of-pocket expenditure and health-related quality of life among patients receiving cancer treatment: a cross-sectional study from Nepal

DOI:<https://link.springer.com/article/10.1186/s12955-025-02404-9>

Context: Cancer patients often face a reduced quality of life due to both disease burden and high treatment costs. In Nepal, out-of-pocket expenditure (OOPE) remains a primary means of healthcare financing, yet its impact on patient well-being is not well documented. Investigating the link between OOPE and health-related quality of life (HRQoL) can inform better financial and clinical support systems.

Methodology: A cross-sectional study was conducted among 353 cancer patients in two tertiary hospitals between April and May 2024. HRQoL was measured using the EQ-5D-5L and EQ-VAS instruments, alongside data on OOPE, sociodemographics, and treatment details. Regression models were applied to examine the associations between OOPE and HRQoL scores.

Key message: Participants had a mean HRQoL index score of 0.39, with anxiety, depression, and pain being the most reported issues. Higher OOPE, advanced cancer stage, and unmarried status were linked to poorer HRQoL, while higher patient satisfaction improved it. Addressing financial barriers and promoting early diagnosis could significantly enhance patient well-being.

Noise Pollution and Its Impact on Health in Kathmandu Valley, Nepal: A Case Study

DOI:<https://doi.org/10.3126/jes.v11i1.80593>

Context: Noise pollution is an environmental hazard that can impair hearing, cause stress, and reduce productivity. Urban growth in Kathmandu Valley has led to increased noise exposure, yet awareness among residents is low. Assessing noise levels and their health impacts can guide public health interventions and urban planning.

Methodology: In Pepsicola, Kathmandu Valley, a descriptive cross-sectional study measured noise during peak hours in multiple zones using a sound level meter. Fifty residents were surveyed with semi-structured questionnaires to assess awareness and reported health impacts. Measurements were compared against WHO and Government of Nepal standards.

Key message: Industrial areas recorded the highest noise levels, with some exceeding international and national safety limits. More than 60% of respondents lacked adequate awareness, and 70% reported health problems such as headaches and hypertension. The study recommends stricter regulation, tree plantation programs, and community awareness campaigns to reduce noise pollution.

Identifying Influence of Stress on Professionals Working in Building Construction in Kathmandu Valley

DOI: <https://doi.org/10.3126/nprcjmr.v2i7.81474>

Context: The construction industry in Kathmandu is vital to Nepal's economy but faces challenges such as high workloads, technological changes, and business pressures, leading to stress among professionals. This study explores the causes and effects of job stress in this sector.

Methodology: A mixed-methods approach was used, with both qualitative interviews and quantitative questionnaires. Statistical tools such as descriptive analysis, correlation analysis, and t-tests were applied to analyze data from construction professionals.

Key message: Stress among construction professionals is driven by excessive workloads, tight deadlines, and lack of support. It negatively impacts mental and physical well-being. The study emphasizes the need for effective stress management strategies to improve job satisfaction and organizational performance.

Identifying Traumatic Experiences and Their Effects on Grade 8 Students at Community Schools

DOI: <https://doi.org/10.3126/nprcjmr.v2i7.81245>

Context: Trauma, especially in childhood and adolescence, can lead to Post-Traumatic Stress Disorder (PTSD). This study focuses on trauma experiences and Post-Traumatic Stress Symptoms (PTSS) in Grade 8 students in community schools in Nepal.

Methodology: The study surveyed 166 students using the Child and Adolescents Trauma Screen (CATS). Data was analyzed to understand the prevalence and severity of PTSS.

Key message: Nepali adolescents experience an average of 4 traumatic events, with 50.6% showing PTSS. Female and younger students reported higher severity of symptoms. The study calls for more mental health support in schools to address trauma and its effects.

Premenstrual Syndrome and the Quality of Life in Nursing Students in Nepal: A Cross-Sectional Study

DOI:<https://doi.org/10.46405/ejms.v7i10.554>

Context: PMS is a common condition affecting women, particularly in rural areas, impacting their Quality of Life (QoL). This study investigates PMS symptoms and their effect on QoL among nursing students in Madhesh province, Nepal.

Methodology: A cross-sectional study was conducted with 376 nursing students using PMS screening tools (PSST) and the WHO Quality of Life Bref Scale. Statistical tests were used to examine associations between PMS and socio-demographic factors.

Key message: Over half of the nursing students had moderate to severe PMS, significantly affecting their QoL. Rural students and those with dysmenorrhea were more affected. Awareness programs are needed to reduce the impact of PMS.

Social media addiction and its psychological effects among school students: A cross-sectional study from Kathmandu, Nepal

DOI:<https://doi.org/10.1101/2025.07.08.25331070>

Context: Social media use among adolescents is linked to both positive and negative psychological effects. This study focuses on the psychological impact of social media addiction on adolescents in Kathmandu.

Methodology: A cross-sectional study was conducted with 215 students using the Social Media Addiction Scale (SMASSF) and the Short Mood and Feelings Questionnaire (SMFQ). Logistic regression analysis was used to assess the relationship between social media addiction and depression.

Key message: Social media addiction is associated with higher depression rates, particularly among students with access to mobile phones and Wi-Fi. Family type and religion also influence addiction levels. The study advocates for more research and interventions to address these issues.

Mental health outcomes and intimate partner violence among nepalese women: A propensity score matched study

DOI:<https://doi.org/10.1371/journal.pmen.0000374>

Context: IPV is a major mental health risk for women. This study explores the relationship between exposure to IPV and the risk of generalized anxiety and depression in Nepalese women.

Methodology: Data was taken from the 2022 Nepal Demographic and Health Survey. Propensity score matching and modified Poisson regression were used to assess the mental health impact of different types of IPV.

Key message: IPV significantly increases the risk of anxiety and depression, especially when emotional or sexual violence is accompanied by male controlling behaviors. The study calls for comprehensive interventions focusing on IPV prevention and mental health support for women.

Stakeholders' awareness and perception towards graphic health warning, opportunities and challenges for tobacco control policy in Nepal: A qualitative study

DOI:<https://doi.org/10.1371/journal.pgph.0004917>

Context: Despite the government's tobacco control efforts, the impact of Graphic Health Warnings (GHWs) remains limited. This study assesses stakeholders' awareness and perceptions of GHWs in Galyang Municipality, Nepal.

Methodology: Despite the government's tobacco control efforts, the impact of Graphic Health Warnings (GHWs) remains limited. This study assesses stakeholders' awareness and perceptions of GHWs in Galyang Municipality, Nepal.

Key message: GHWs raise awareness about the harms of tobacco but have limited impact on smoking behavior, particularly among dependent smokers. Stronger policy enforcement and public awareness programs are necessary for more effective tobacco control.

Effectiveness of suicide prevention gatekeeper training in nurses at a tertiary health care center in Nepal

DOI:<https://link.springer.com/article/10.1186/s12888-025-06898-x>

Context: Suicide is a public health issue in Nepal. Nurses play a crucial role in identifying and addressing suicide risks. This study evaluates the effectiveness of a suicide gatekeeper training program for nurses.

Methodology: A pretest-posttest design was used, with 72 nurses from a tertiary care center participating in a 2-hour training program. The effectiveness was measured using self-efficacy and attitudes toward suicide prevention scales.

Key message: The training program significantly improved nurses' confidence (self-efficacy) in managing suicide risk, though attitude changes were minimal. Additional interventions may be needed to foster deeper attitudinal shifts towards suicide prevention.


Determinants of Nonadherence to Antihypertensive Medications Among Adults in Bharatpur Metropolitan City, Nepal

DOI: <http://www.iapsmupuk.org/journal/index.php/IJCH/article/view/3229>

Context: Nonadherence to antihypertensive medications exacerbates cardiovascular risks. This study explores factors influencing nonadherence among adults with hypertension in Bharatpur, Chitwan.

Methodology: A cross-sectional study was conducted with 238 participants using structured interviews. Logistic regression analysis was performed to identify the factors linked to nonadherence.

Key message: Nonadherence to antihypertensive medications is influenced by poor dietary habits, lack of physical activity, and other sociodemographic factors. Targeted interventions addressing lifestyle factors are essential to improve medication adherence and reduce hypertension-related risks.



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 July 2025.

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

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Publications



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