HIGHLIGHT OF THIS ISSUE

Invisible scars and trauma: The psychological cost of youth-led protests in Nepal and the global imperative for trauma-responsive mental-health systems

Introduction:
Nepal's 2025 youth-led protests escalated to violence, causing widespread psychological trauma amid political fragility. This commentary addresses the overlooked mental health impacts and medical response deficiencies.

Key Message:
Protests caused 72 deaths and 2,429 injuries, overwhelming hospitals while ignoring psychosocial needs. Urgent multi-level responses, including trauma-informed care, are an absolute imperative to prevent long-term disorders.

Methodology:
The analysis draws on casualty reports and unrest dynamics. It reviews evidence on PTSD to highlight crucial policy gaps in Nepal's strictly biomedical-focused response.

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TABLE OF CONTENTS

TABLE OF CONTENTS

Roundup Summary

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

Help-seeking sources and intentions towards depression among undergraduate students in Nepal: A cross-sectional study

DOI: https://doi.org/10.62065/bjhs664

Context: Depression significantly affects students' social relationships, academic performance, and future career prospects, making it a critical issue in educational settings. Despite the availability of effective, evidence-based treatments, a large number of adults, including students, do not seek professional help due to various barriers. This study focuses on exploring help-seeking behaviors and intentions specifically among Nepali undergraduates to address gaps in mental health support.

Methodology: A web-based cross-sectional survey was conducted with 450 undergraduate students in Nepal using the General Help-Seeking Questionnaire (GHSQ) to assess their intentions and behaviors regarding seeking help for depression. Statistical tests like Chi-square and Pearson correlation were used to identify associations between help-seeking sources and demographic factors.

Key message: Students tend to prefer seeking help from family and friends over professionals when dealing with depression, largely due to stigma and fear of criticism. To promote better mental health support, educational institutions should implement targeted programs that improve awareness and encourage healthy help-seeking behaviors among students.

Cardiovascular disease risk perception and stages of preventive behaviours: a community survey in Pokhara Metropolitan, Nepal

DOI: https://bmjopen.bmj.com/content/16/1/e096388.abstract

Context: Cardiovascular diseases (CVDs) are the primary cause of death in Nepal, emphasizing the need for better risk perception to drive preventive actions. Integrating the Health Belief Model and Transtheoretical Model helps understand how perceptions influence stages of behavior change. This research targets adults in Pokhara to identify gaps in perceptions and behaviors for targeted CVD prevention.

Methodology: A cross-sectional survey from July to August 2024 used a semistructured questionnaire

on 384 adults aged ≥20, assessing Fuster BEWAT components and health beliefs. The study measured stages of preventive behaviors and perceptions of susceptibility, severity, benefits, and barriers. Ordinal logistic regression analyzed predictors of behavioral progression, adjusting for sociodemographics.

Key message: Over half (55.5%) perceived low CVD susceptibility, with high benefits (78.4%) but moderate barriers (49.5%). Most were in precontemplation for blood pressure and weight management but maintenance for diet, activity, and smoking. Enhancing perceived benefits and reducing barriers emerged as key to advancing preventive behaviors in Nepal.

Prevalence of anxiety, depression, and coping strategies among pregnant women attending a tertiary care center in Nepal

DOI: 10.1097/GH9.0000000000000604

Context: Anxiety and depression during pregnancy are prevalent but often overlooked in low- and middle-income countries like Nepal, affecting maternal and fetal health. Routine screening is essential to identify at-risk women early in antenatal care. This study examines prevalence, associated factors, and coping mechanisms in a tertiary care setting.

Methodology: A cross-sectional study involved 310 pregnant women using Nepali versions of the Hospital Anxiety and Depression Scale–Anxiety Subscale and Edinburgh Postnatal Depression Scale. Coping was evaluated with the COPE Scale, while sociodemographic and obstetric factors were analyzed via chi-square and t-tests. Associations with ethnicity, residence, and other variables were tested for significance.

Key message: Depressive symptoms affected 26.7% and anxiety 20.7%, linked to young/older age, low income, and first trimester. No ties found with ethnicity, family type, or complications, but lower education/unemployment correlated with higher coping scores. Recommendations include routine screening and psychosocial support to improve outcomes.

Perceived Stress Among Medical Doctors Working in Nepal: A Nationwide Prospective Cross-sectional Study.

DOI: 10.31729/jnma.v64i293.9291

Context: Physician stress has escalated worldwide, with post-COVID impacts particularly understudied in Nepal despite ongoing healthcare pressures. High stress levels can lead to burnout, affecting patient care quality. This survey assesses current stress prevalence and correlates among Nepali doctors.

Methodology: A web-based cross-sectional survey from January to March 2024 used the 10-item Perceived Stress Scale (PSS-10) on 302 registered doctors. Spearman's correlations evaluated relationships, while t-tests and ANOVA compared groups by demographics and work settings. Post-hoc analyses confirmed significant differences across education levels.

Key message: Moderate to high stress reported by 85.8%, with mean PSS-10 of 20.45; higher in females, unmarried, and undergraduates/postgraduates. Associations with suicidal ideation, family conflict, long hours, and low family time were notable. Findings highlight the need for stress management support in healthcare.

Vitamin D status and cardiometabolic risk factors among hypertensive and normotensive adults: a hospital-based cross-sectional study in Nepal

DOI: https://doi.org/10.1186/s40795-026-01247-x

Context: Vitamin D deficiency is linked to non-communicable diseases like hypertension, but evidence varies in low-income settings like Nepal. Assessing prevalence and risk factors can inform preventive strategies. This study compares deficiency in hypertensive versus normotensive groups at a tertiary hospital.

Methodology: Hospital-based cross-sectional study of 108 adults (54 each group) collected sociodemographic, anthropometric, and clinical data, with serum 25(OH)D via CLIA. Deficiency categorized as <20 ng/ml; chi-square for comparisons, multiple logistic regression for predictors. Model explained 24% variance in hypertension status.

Key message: 42.6% overall deficient, more in hypertensives (borderline significant); dyslipidemia (AOR 2.8), abdominal obesity (AOR 2.8), family history (AOR 2.7) predicted hypertension. High deficiency prevalence calls for awareness and larger studies. Vitamin D's role needs further clarification in Nepal.

Hypertension and Its Determinants Among White-Collar Workers: A Cross-Sectional Study Focusing on Lifestyle Risk Factors and Health Literacy

DOI: https://doi.org/10.1155/bmri/3545756

Context: Hypertension is increasingly prevalent among white-collar workers in Nepal due to sedentary lifestyles, occupational stress, and poor health behaviors, posing a significant public health challenge. Bank employees, in particular, face high risks from prolonged sitting, irregular meals, and work pressure, which can exacerbate cardiovascular issues. This study investigates the prevalence,

lifestyle determinants, and role of health literacy in hypertension management to inform workplace interventions.

Methodology: A cross-sectional design was employed with stratified random sampling of 240 bank employees, utilizing an adapted WHO STEPS survey for self-reported data and clinical measurements for blood pressure, BMI, and waist circumference. Hypertension was classified according to JNC 8 guidelines, with descriptive statistics summarizing prevalence and chi-square/t-tests for initial associations. Logistic regression identified independent predictors, adjusting for confounders like age, gender, and education.

Key message: The prevalence stood at 62.1%, with Stage I dominating (47.5%), and males showing over twice the odds compared to females (aOR 2.237). Behavioral factors like alcohol consumption (aOR 4.732) and frequent processed food intake (aOR 2.640), along with overweight/obesity, significantly elevated risks. Lower health literacy, especially in self-management, correlated with hypertension, underscoring the urgency for workplace screenings, lifestyle promotions, and literacy enhancement programs.

The prevalence and associated factors of uncontrolled blood pressure in a rural community of Nepal: A cross-sectional study

DOI: https://doi.org/10.1371/journal.pgph.0005301

Context: Hypertension affects over a billion adults worldwide, with uncontrolled cases particularly high in low- and middle-income countries like Nepal, where rural access to care is limited. In urban Nepal, about 60% of hypertensives have uncontrolled blood pressure, but rural data is scarce, highlighting a need for localized insights. This study aims to quantify uncontrolled hypertension prevalence and identify modifiable factors like adherence and BMI in a rural community.

Methodology: A cross-sectional study screened 1,008 adults aged ≥30 years in Namobuddha Municipality through community camps, collecting demographic, medical, and lifestyle data via face-to-face interviews. Anthropometric measurements were taken, and uncontrolled hypertension defined as SBP ≥140 mmHg or DBP ≥90 mmHg. Multiple logistic regression analyzed associations, adjusting for age, gender, ethnicity, smoking, alcohol, and physical activity.

Key message: Uncontrolled blood pressure affected 64% of diagnosed cases, indicating a substantial gap in rural management. Each unit increase in BMI raised odds by 7% (aOR 1.07), while good medication adherence reduced them by 79% (aOR 0.21). Interventions focusing on weight reduction and adherence improvement could significantly enhance control, with broader implications for rural health policies.

Lived experiences of Type 1 diabetes patients visiting a tertiary care hospital of Nepal: A descriptive phenomenological study

Context: Type 1 diabetes, a chronic condition primarily affecting youth, demands ongoing self-management, lifestyle changes, and monitoring, which can profoundly impact quality of life in resource-limited settings like Nepal. Patients often face multidimensional challenges, including emotional, social, and financial burdens, yet their personal narratives are rarely explored. This study delves into the lived experiences of Type 1 diabetes patients to highlight needs for better support and awareness.

Methodology: A descriptive phenomenological approach was used, with purposive sampling of 22 patients aged ≥15 years and diagnosed for at least one year from Patan Hospital's outpatient departments. In-depth interviews captured perspectives on daily living, analyzed through Colaizzi's method to derive themes. Inclusion criteria ensured diverse experiences, focusing on medicine and pediatrics OPD attendees.

Key message: Ten themes emerged, encompassing initial hospitalization shocks, family support, acceptance processes, management challenges, stigma, socioeconomic barriers, and COVID-19 disruptions. Participants reported community ignorance leading to stigma and overprotective parenting, alongside financial strains and access issues during lockdowns. Recommendations include enhanced awareness campaigns, parental counseling, insulin supply assurances, and school health nurse programs to improve overall well-being.

Perceived Academic Stress and Its Correlates Among Secondary School Adolescents in Kathmandu, Nepal

Context: Academic stress, arising from unmet demands despite efforts, impacts 10–30% of students globally, leading to reduced performance, mental health issues, and physical ailments. In urban Nepal like Kathmandu, adolescents in private schools face intense pressures from exams and workloads. This study assesses prevalence and correlates to guide mitigation strategies in this demographic.

Methodology: A 2024 cross-sectional study surveyed 353 students from six private secondary schools using the validated Perception of Academic Stress (PAS) scale via self-administered questionnaires. Data analysis included descriptive statistics, one-way ANOVA for group comparisons, and independent t-tests for significance ($p < 0.05$). Normality was verified with Shapiro–Wilk tests and Q–Q plots.

Key message: High academic stress prevalence was 46.7% (mean score 52.58), with faculty workload

and examinations scoring highest (22.22). Males reported significantly higher stress than females, and counterintuitively, non-grade-worried students scored higher. Strategies should address workload reduction, preparation time, career guidance, realistic goals, and social support to alleviate stress.

Association between dairy consumption and Parkinson's disease: A systematic review and meta-analysis

DOI: https://doi.org/10.1016/j.puhe.2026.106143\

Context: Parkinson's disease (PD) is a progressive neurodegenerative disorder with increasing global prevalence and no cure, potentially influenced by genetic, environmental, and dietary factors like dairy via gut microbiome alterations. Epidemiological evidence on dairy's role is inconsistent, necessitating synthesis. This meta-analysis evaluates observational studies to clarify associations, including by dairy type and sex.

Methodology: Following PRISMA guidelines, PubMed and EMBASE were searched for peer-reviewed observational studies on dairy intake and PD risk, yielding nine (eight cohort, one case-control). Pooled risk ratios (RRs) were calculated using fixed- or random-effects models based on heterogeneity ($I^2 > 50\%$). Subgroup analyses stratified by dairy type and sex.

Key message: High total dairy intake increased PD risk (RR 1.211), stronger in males (RR 1.282) than females (RR 1.019). Milk specifically raised risk (RR 1.13), but no significant links for yogurt, cheese, butter, or ice cream. Future research should include diverse populations and stratify by genetic versus sporadic PD forms.

Application of Pender's Health Promotion Model for Healthy Dietary Practice Promotion Among Type 2 Diabetes Mellitus Patients: A Quasi-Experimental Study in Lalitpur District, Nepal

DOI: https://doi.org/10.1002/hsr2.71638

Context: Type 2 Diabetes Mellitus (T2DM) is a major public health crisis and leading cause of death in Nepal, manageable through dietary interventions yet often hindered by poor practices. Self-care programs can empower patients with better habits. This study evaluates a tailored program's impact on dietary behaviors using Pender's health promotion model.

Methodology: A quasi-experimental design unfolded in three phases: baseline quantitative survey on dietary practices, program development via P-process communication and Pender's model, and post-intervention assessment. Wilcoxon Signed Rank-test compared pre/post scores within groups,

while Mann-Whitney U-test examined inter-group differences in variables like barriers and attitudes. Data focused on perceived benefits, self-efficacy, and social support.

Key message: No pre-intervention differences between groups, but post-intervention showed significant improvements in perceived barriers, social support, and attitudes ($p<0.01$). The program enhanced behavioral control and intention for healthy dietary practices. It complements medical treatments, emphasizing its role in effective T2DM management.

Social determinants of mental health problems among Nepalese migrants living in Australia

DOI: https://doi.org/10.21203/rs.3.rs-8476678/v1

Context: Mental health problems are disproportionately high among migrants due to acculturation stresses, social isolation, and discrimination. Nepalese migrants in Australia represent a growing community with understudied vulnerabilities. This research investigates key social determinants like food insecurity and discrimination to inform targeted support.

Methodology: An online Qualtrics survey from April to June 2025 collected data from 252 Nepalese adults using DASS-21 for stress/anxiety/depression, MSPSS for support, and EDS for discrimination. Bivariate analysis identified associations, followed by multiple linear regression in two models (unadjusted and lifestyle-adjusted). PSPP software handled the analysis.

Key message: Prevalence was 40.5% stress, 22.6% anxiety, and 30.2% depression; food insecurity positively predicted all (β 0.18–0.26), as did discrimination (β 0.44–0.52). Marriage negatively associated with stress (β -0.06). Culturally sensitive mental health programs are essential to address these determinants.

Effectiveness of health education interventions for cervical cancer screening: A quasi-experimental study in Pokhara Metropolitan Slum, Nepal

DOI:https://doi.org/10.1371/journal.pgph.0005853

Context: Cervical cancer poses a major threat in low-income Nepali slums, where screening uptake lags despite national guidelines and campaigns due to awareness and access barriers. Community-based interventions like health workers or information channels could bridge gaps. This study compares CHW-led education versus CIC awareness to boost knowledge and utilization.

Methodology: A quasi-experimental pre/post-test control group design involved 310 women aged 30–60 from two slums, with CHW using flipcharts/brochures and CIC posters. Data collected at baseline,

3rd week, and 6th week via structured questionnaires; analyzed in SPSS 22 and R with statistical tests for changes in knowledge, perceptions, and uptake. Median differences and p-values assessed significance.

Key message: CHW intervention markedly increased knowledge (median 2 to 8) and screening (36.1% to 52.8%, p<0.001), outperforming CIC (3 to 5). Improvements in perceived susceptibility, severity, and behavioral intention were significant (p<0.001). CHW approaches are recommended for enhancing screening in marginalized areas.

Iron Deficiency Anemia: A major public health challenge in Nepal

DOI: https://doi.org/10.21203/rs.3.rs-8633488/v1

Context: Micronutrient deficiencies, especially iron, severely affect vulnerable groups like children, adolescents, and reproductive-age women in Nepal, impairing growth, immunity, and cognitive development. Regional disparities, such as higher burdens in the Terai, stem from dietary inadequacies and food insecurity. This review compiles evidence to highlight causes, interventions, and policy gaps for sustainable solutions.

Methodology: A structured literature search used PubMed and Google Scholar with relevant keywords to identify primary articles, government reports, and public health resources. Official websites provided national statistics and data on prevalence. Synthesis focused on evaluating evidence quality and identifying implementation challenges.

Key message: Anemia prevalence is highest in Terai due to poor diets and insecurity, with children under five and women most affected. Iron supplementation and fortification prove effective, yet policy execution lags for specific groups. Comprehensive strategies—biomedical, agricultural, and policy-level—are vital for public health progress.

Depression, loneliness, and poor nutrition among elderly people in Nepal: A cross-sectional study

DOI: https://doi.org/10.21203/rs.3.rs-8329238/v1

Context: Nepal's elderly population is expanding rapidly, heightening vulnerabilities to depression, loneliness, and malnutrition amid urban changes. These interconnected issues impact overall health and quality of life. This study examines their prevalence and associations in a community near Lalitpur to guide targeted interventions.

Methodology: Multistage cluster sampling selected 360 adults ≥60 years, collecting data on

sociodemographics, health, depression (GDS), nutrition (MNA), and loneliness (Modified Jong-Gierveld). Chi-square and F-tests assessed associations, with logistic regression yielding odds ratios and 95% CIs. Wealth quintiles and chronic pain were included as predictors.

Key message: Depression affected 27% (6.1% severe), loneliness 67% (25% severe), malnutrition 13%, and at-risk 45%. Females (OR 2.05), financially dependent (OR 2.83), lonely (OR 22.78), and malnourished (OR 18.08) had higher depression odds; richer quintiles protective. Geriatric assessments and public health programs are crucial to address these.

Periodontitis and Acute Myocardial Infarction Among Patients Visiting a Tertiary Care Center in Koshi Province of Nepal: A Case–Control Study

DOI: https://doi.org/10.1155/ijod/1143628

Context: Chronic periodontitis may contribute to acute myocardial infarction (AMI) through systemic inflammation and thromboembolic pathways, though causal links remain debated. In Nepal, where cardiovascular burdens are rising, exploring this association can inform preventive oral health strategies. This case-control study tests the relationship in a tertiary care context.

Methodology: Involved 37 AMI cases and 37 controls (relatives without AMI history), using structured questionnaires for sociodemographics/habits/medical history, plus BP/BMI measurements and blood tests. Oral exams assessed hygiene, teeth count, and periodontal status; multivariate logistic regression in two models adjusted for confounders like age and smoking. Significance set at $p < 0.05$.

Key message: Lower tooth count increased AMI risk (OR 0.89, $p = 0.006$), and periodontitis showed initial association (OR 2.85, $p = 0.034$). However, the periodontitis link diminished after adjustments (aOR 1.39, $p = 0.63$). Larger studies are needed to clarify, with tooth loss as a potential simple risk marker.

"We are left alone": A qualitative study of life satisfaction of older adults in rural Nepal

DOI: https://doi.org/10.1016/j.healthplace.2026.103612

Context: The South Asian aging population is surging, with rural low- and middle-income areas like Jumla facing unique challenges from youth migration and economic shifts. Life satisfaction varies by sociocultural context, often not captured by standard metrics. This qualitative study explores older adults' meanings of satisfaction and aging amid these changes.

Methodology: An interpretive phenomenological approach guided semi-structured in-depth

interviews with 20 older adults in Jumla. Thematic analysis examined shifts in caregiving, family relationships, and perceptions post-migration. Focus on navigating filial expectations and embracing societal transformations.

Key message: Older adults reported low life satisfaction due to migration-induced filial discrepancies and economic hardships, yet expressed hopes for their children's success. They aimed to adapt to changes but struggled within evolving systems. Political/religious traditions aided coping, suggesting need for rural-specific satisfaction metrics and further research.

Psychiatry Teaching and Training in Nepal

DOI: https://link.springer.com/chapter/10.1007/978-981-95-1845-6_7

Context: Nepal grapples with a 10% mental disorder prevalence and severe professional shortages, mostly urban-based, leaving vast unmet needs. Mental health training, including psychiatry and psychology, began only two decades ago, with inconsistencies in curricula. This chapter reviews historical development, current status, challenges, and recommendations for undergraduate, postgraduate, and nonspecialized programs.

Methodology: A comprehensive discussion draws on historical background, existing training structures, and identified gaps in psychiatry (postgraduation) and psychology (M.Phil.). Analysis includes undergraduate psychiatry mandates across medical colleges, noting duration and curriculum variations among universities. Emphasis on expanding access through nonspecialized mental health education.

Key message: Training has progressed but remains limited and heterogeneous, with mandatory undergrad psychiatry yet varying hours. Postgraduate programs are recent and insufficient to meet demand. Standardization, expansion of nonspecialized training, and rural focus are essential to build capacity and address disparities.

Competency-Based Medical Education in Psychiatry Teaching: A Conceptual Overview and Application

DOI: https://doi.org/10.1007/978-981-95-1845-6_11

Context: Competency-Based Medical Education (CBME) shifts focus to achieving specific clinical skills, patient-centered care, and individualized learning, which is vital for psychiatry emphasizing communication, ethics, and cultural sensitivity. In South Asia, CBME implementation varies, with India leading national reforms since 2019, while others like Nepal and Bangladesh face uneven progress

due to resource constraints. This overview highlights regional evolution, barriers like faculty shortages, and opportunities for collaboration to meet psychiatric needs.

Methodology: The abstract reviews CBME adoption in psychiatry across South Asian countries, drawing on national reforms, institutional examples, and comparative data. It examines structured changes like skill labs and early clinical exposure in India, alongside gradual integrations in Sri Lanka, Nepal, and others. Cross-country analysis identifies common challenges and innovative models, such as Pakistan's at Aga Khan University.

Key message: CBME fosters essential psychiatric skills but remains inconsistent due to infrastructure gaps and stigma around mental health. Opportunities include technology-driven teaching, shared curricula, and focus on disaster psychiatry and migration stress. Future priorities should emphasize faculty training, policy support, and regional partnerships for standardized, culturally relevant education.

Evolution of Psychiatric Subspecialties in South Asia

DOI: https://link.springer.com/chapter/10.1007/978-981-95-1845-6_19

Context: Psychiatry in South Asia has shifted from institutional focus on severe illnesses to subspecialties addressing diverse needs like addiction, child/adolescent, forensic, and geriatric care amid rising awareness and population demands. Select institutions have initiated specialized courses, but development is uneven, with countries like Afghanistan and Nepal lacking programs. This transformation mirrors global trends toward comprehensive mental health, yet faces regional hurdles in training and integration.

Methodology: The abstract synthesizes historical and current trends in psychiatric subspecialties, reviewing academic initiatives and national disparities. It draws on evidence from evolving curricula, faculty shortages, and policy integration across the region. Comparative analysis highlights progress in leading countries versus gaps in others, emphasizing funding and standardization needs.

Key message: Subspecialties enhance mental health care quality but are limited by faculty shortages, funding, and policy gaps. Continued training improvements are essential for addressing unique regional challenges. Collaborative efforts could standardize curricula and expand access to specialized psychiatric services.

Population and high-risk based approaches to reducing the burden of cardiovascular disease in low- and middle-income countries

DOI: https://doi.org/10.25911/8BEB-2V07

Context: Cardiovascular diseases (CVD) are surging globally due to aging and better survival, with prevention relying on lifestyle and high-risk strategies, challenging in LMICs like Nepal due to resources. Non-laboratory-based tools offer promise but their effectiveness needs evaluation. This thesis compares tools, quantifies disparities, and identifies social determinants in diverse settings.

Methodology: Two systematic reviews (up to March 2024) analyzed 25 studies on correlations/agreements and 9 on prediction performance between lab/non-lab equations. Four empirical studies used WHO STEPS data from multiple countries, linking sociodemographics, behaviors, biology, and 30-year climate data. Multivariable multilevel regression and geospatial analysis identified factors for 10-year CVD risk.

Key message: Strong correlations/moderate agreements between equations; additional predictors like humidity alter risks significantly. Higher CVD risk in widowed/urban/low-education/retired/low-activity groups, with hotspots in humid areas. Validates non-lab tools for resource-limited settings and informs targeted prevention for vulnerable populations.

Socio-cultural Drivers of Psychosocial Distress and Resilience among Adolescent Girls in Nepal

DOI: https://doi.org/10.3126/cognition.v8i1.89767

Context: Adolescent girls in Nepal face psychological stress from gendered socialization, rapid development, and limited mental health access, threatening emotional well-being. Socio-cultural factors like patriarchy, household duties, and digital pressures exacerbate anxiety and distress. This study explores challenges and interventions to promote resilience and psychological growth.

Methodology: Mixed-methods approach collected data from 32 girls aged 14–19 in two Bhairahawa child care centers via counseling observations, thematic discussions, and in-depth interviews. Qualitative analysis identified distress patterns and intervention impacts. Quantitative elements assessed emotional distress levels and program outcomes like EASE.

Key message: High distress from anxiety, sleep issues, family expectations, stereotypes, and cyberbullying; limited counseling access highlights service gaps. WHO's EASE program improved coping, expression, and peer support. Culturally sensitive, gender-focused strategies in schools/

families/communities are needed to build resilience.

Assessing the Knowledge, Attitude and Practices of Nurses in Implementing Infection Control Measures for Tuberculosis in Hospital: Literature Review

DOI: https://doi.org/10.30994/jnp.v9i2.872

Context: Tuberculosis (TB) poses occupational risks to healthcare workers (HCWs), especially nurses, due to exposure; inconsistent preventive measures hinder control. Gaps in training, resources, and systems persist despite available strategies. This review assesses KAP in Ethiopia, Zimbabwe, Nepal, and others to inform improvements.

Methodology: Literature review (2020–2024) searched PubMed, ProQuest, Scopus for nurse-focused hospital studies on TB prevention KAP; 29 of 340 articles included after exclusions. JBI critical appraisal minimized bias. Synthesis identified knowledge/practice gaps and intervention needs.

Key message: Substantial KAP deficiencies, e.g., reliance on surgical masks over N95; linked to training shortages and workloads. Positive attitudes contrast with inconsistent practices. Targeted training, resources, and stigma reduction are crucial for effective TB prevention.

Invisible scars and trauma: The psychological cost of youth-led protests in Nepal and the global imperative for trauma-responsive mental-health systems

DOI:https://doi.org/10.1371/journal.pmen.0000522

Context: Nepal's 2025 youth-led protests against corruption, unemployment, and freedoms escalated to violence, causing deaths/injuries and psychological trauma amid political fragility. Gen-Z (13–28) frustrations reflect generational discontent, with global parallels in youth movements. This commentary addresses overlooked mental health impacts and response deficiencies.

Methodology: Draws on official/media reports of casualties, property damage, and unrest dynamics; reviews evidence on PTSD/depression from violence exposure. Compares with global youth protests (e.g., Bangladesh) and frameworks like UN/WHO mental health plans. Analyzes policy gaps in Nepal's biomedical-focused response.

Key message: Protests caused 72 deaths/2,429 injuries, overwhelming hospitals and inducing widespread trauma; compensation/clinics ignore psychosocial needs. Risks long-term disorders in youth without interventions like screening/counseling. Urgent multi-level responses, including trauma-informed care and resilience programs, are moral/political imperatives for stability.

Strengthening Psychiatry's Academic Core: Faculty Development and Leadership in Psychiatry in South Asia

Context: South Asia's psychiatry "training gap" arises from rising students/institutions but limited qualified faculty, needing development for teaching, mentorship, and scholarship. Leadership skills are essential for service management, policy, and teams in diverse sectors. This chapter examines regional initiatives, comparisons, and strategies amid evolving education.

Methodology: Comprehensive review uses current data, cross-country comparisons, and case studies from Afghanistan to Sri Lanka. Spotlights context-sensitive approaches and institutional examples like India's reforms. Analyzes barriers and pathways for academic strengthening.

Key message: Faculty development enhances effectiveness but faces shortages; leadership equips for broader impacts. Global/regional efforts address needs through training and collaboration. Prioritizing policy support and shared development is key for robust South Asian psychiatry education.

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 2026.

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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