



HIGHLIGHT OF THIS ISSUE

Association of mental health with living and working conditions among Nepali migrant workers in destination countries

Introduction:

Depression, anxiety, and stress are highly prevalent among migrant workers. This crucial study assesses how poor living and working environments abroad fuel an overlooked mental health crisis among Nepali migrants.

Key Message:

Substandard conditions independently raise risk of severe mental distress by up to four times. This high burden calls for immediate pre-departure mental health programs and joint action by countries to ensure safe, dignified working and living environments.

Methodology:

A cross-sectional study evaluated 334 Nepali workers across six destination countries using structured interviews and surveys, applying regression models to connect mental health outcomes with environmental factors.



Making non-communicable diseases a national priority

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Roundup Summary

In February 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.

Comparison of Fasting and Non-Fasting Lipid Profile in Type 2 Diabetes Mellitus: An observational study

DOI: [10.31729/jnma.v64i295.9321](https://doi.org/10.31729/jnma.v64i295.9321)

Context: Dyslipidemia is common in patients with type 2 diabetes mellitus (T2DM) and raises the risk of cardiovascular disease. Traditional lipid testing requires fasting samples, which have practical disadvantages. Non-fasting testing is already accepted in many countries for its convenience, but evidence from the Nepalese T2DM population was lacking. This study compared lipid profile results between fasting and non-fasting states to evaluate whether non-fasting samples could serve as a reliable alternative.

Methodology: A single-center, observational analytical cross-sectional study was conducted in the Department of Pathology and Laboratory Medicine at a tertiary care hospital in Nepal. Lipid profiles of 104 T2DM patients (48 male, 56 female) were measured in both fasting and non-fasting (post-prandial) states. Paired t-test and Wilcoxon signed ranks test were used for analysis, with ethical clearance from the Institutional Review Committee.

Key message: Statistically significant differences existed (lower TC, HDL-C and LDL-C; higher TG in non-fasting samples), but the magnitude was clinically minimal. Non-fasting lipid profiles can therefore be a practical and convenient alternative to fasting profiles for routine monitoring of Nepalese T2DM patients.

Post exercise Heart rate Recovery of Young Individuals in a Medical College of Nepal: An Observational Study.

DOI: [10.31729/jnma.v64i295.9319](https://doi.org/10.31729/jnma.v64i295.9319)

Context: The physical fitness of young adults reflects the future productivity of society. While several fitness indices exist worldwide, post-exercise heart rate recovery is an emerging, simple alternative with limited local data. This study examined heart rate recovery at multiple time points after standardised exercise as an indicator of cardiovascular fitness among young medical students in Nepal.

Methodology: A cross-sectional descriptive and exploratory study was carried out from October to December 2024 in the Laboratory of Clinical Physiology, Maharajgunj Medical Campus. Seventy-two students (aged 18–24 years) performed the Queen’s College Step Test. Heart rate was recorded at 15 seconds, 1 minute, 2 minutes and 5 minutes post-exercise. Recovery thresholds of ≥ 12 bpm at 1 min, ≥ 20 bpm at 2 min and ≥ 50 bpm at 5 min were considered normal.

Key message: The majority of medical students demonstrated normal heart rate recovery—90.3 % at 1 minute, 94.4 % at 2 minutes and 56.9 % at 5 minutes—indicating generally good cardiovascular fitness. Mean recovery values were comparable between male and female students, confirming that this quick, non-invasive test is suitable for routine fitness assessment in Nepalese young adults.

Depression and anxiety symptoms among Nepali women: a dose–response analysis of emotional abuse and coercive control

DOI: <https://link.springer.com/article/10.1007/s00737-025-01666-y>

Context: Intimate partner violence (IPV), especially emotional abuse and coercive control, is increasingly recognised as a major driver of poor mental health among women, yet it remains under-addressed in Nepal. This study examined the independent and cumulative associations of different IPV forms with depression and anxiety symptoms, and the amplifying role of male partner alcohol use.

Methodology: Data from 4,377 ever-partnered women aged 15–49 years in the 2022 Nepal Demographic and Health Survey were analysed. IPV was categorised into physical, sexual, emotional and coercive-control domains. Depression (PHQ-9) and anxiety (GAD-7) were measured using validated Nepali versions. Multivariable logistic regression and marginal-effects models quantified associations and dose–response patterns.

Key message: Emotional IPV (aOR 3.8) and coercive control (aOR 1.8) were strongly and independently linked to moderate-to-severe depressive symptoms, with similar patterns for anxiety. Male partner alcohol use further increased risk, producing a clear cumulative effect (predicted probability of common mental disorder symptoms rose from 5.45 % with neither exposure to 17.95 % with both). Psychological forms of IPV have a profound, under-recognised impact; integrated IPV–mental health–alcohol interventions are urgently needed in Nepal’s primary health-care system.

Predicting Anemia Among Under-Five Children in Nepal Using Machine Learning and Deep Learning

DOI: <https://doi.org/10.48550/arXiv.2602.01005>

Context: Childhood anemia continues to be a serious public health problem in Nepal, affecting growth, cognition and overall morbidity. Early identification of at-risk children is essential, but traditional screening relies on limited resources. This study developed and compared machine-learning and deep-learning models to predict anemia in children aged 6–59 months using nationally representative data, aiming to support targeted screening and intervention.

Methodology: Nepal Demographic and Health Survey 2022 microdata for 1,855 children were analysed. Forty-eight candidate features were screened using four feature-selection techniques (Chi-square, mutual information, point-biserial correlation and Boruta) to identify consensus predictors. Eight traditional classifiers (LR, KNN, DT, RF, XGBoost, SVM, NB, LDA) and two deep-learning models (DNN, TabNet) were trained and evaluated, prioritising F1-score and recall because of class imbalance. Anemia was defined as a binary outcome using WHO hemoglobin thresholds.

Key message: Logistic regression achieved the highest recall (0.701) and F1-score (0.649), DNN the highest accuracy (0.709), and SVM the best discrimination (AUC 0.736). Five features—child age, recent fever, household size, maternal anemia and deworming history—were consistently selected across all methods and proved central for risk stratification. Machine-learning models offer accurate, interpretable tools for anemia prediction and can strengthen public-health screening programmes in Nepal.

Association of mental health with living and working conditions among Nepali migrant workers in destination countries

DOI: <https://doi.org/10.1016/j.jmh.2026.100402>

Context: Depression, anxiety and stress are highly prevalent among migrant workers, yet the role of adverse living and working conditions—especially for Nepali migrants—has been poorly studied. This research assessed the association between these mental health conditions and the quality of living and working environments among Nepali migrant workers employed abroad.

Methodology: A cross-sectional study included 334 Nepali migrant workers in Korea, Malaysia, Saudi Arabia, Kuwait, UAE and Qatar, recruited through convenience sampling. Data were collected via online self-administered questionnaires (while abroad) and structured interviews with returnees at Tribhuvan International Airport. Three hierarchical multivariate logistic regression models and generalised structural equation models examined associations between depression, anxiety and stress symptoms and living/working conditions.

Key message: Approximately 20 % of participants reported depressive symptoms, 20 % anxiety symptoms and 15 % stress symptoms. Nearly half (49 %) experienced poor working conditions and 36 % poor living conditions. Poor living conditions independently raised the odds of depression (aOR 2.76),

anxiety (aOR 3.93) and stress (aOR 4.81); poor working conditions showed similarly elevated risks (aOR 4.03, 2.33 and 3.18 respectively). The high burden of mental health problems linked to substandard conditions calls for immediate pre-departure mental-health programmes and joint action by origin and destination countries to ensure safe, dignified living and working environments for Nepali migrant workers.

Mental Health Effects of Disaster and Climate Change in Nepal

DOI: https://link.springer.com/chapter/10.1007/978-981-95-3690-0_6

Context: Nepal's complex topography, socioeconomic vulnerabilities, and repeated exposure to natural and man-made disasters—including earthquakes, civil conflict, and the COVID-19 pandemic—place the country at high risk for adverse mental health outcomes. Vulnerable groups such as women, children, people with disabilities, and indigenous communities have been disproportionately affected during major events like the Maoist insurgency, the 2015 earthquake, and the pandemic. Although policies such as the National Mental Health Strategy 2020 and disaster management frameworks exist, major gaps in workforce, service delivery, and implementation continue to hinder effective response.

Methodology: This chapter provides a comprehensive review of the psychological impact of disasters and climate change in Nepal, analyses existing policies and interventions, summarises the available research evidence, identifies persistent challenges, and proposes practical ways forward for strengthening disaster mental health preparedness.

Key message: Cross-sectoral integration between disaster management, mental health services, and community-based programmes is urgently required to address the enormous psychological burden caused by disasters and climate-related events. Long-term research, workforce capacity building, and sustainable community interventions are essential for Nepal to better prepare for and mitigate future mental health consequences.

Gender differences and factors associated with glycaemic control among adults with type 2 diabetes mellitus in Madhesh Province, Nepal: a cross-sectional study

DOI: <https://bmjpublichealth.bmj.com/content/4/1/e003043>

Context: Achieving good glycaemic control is critical for preventing long-term complications of type 2 diabetes mellitus, yet it remains a significant public health challenge in Nepal, especially in Madhesh Province where gender-specific differences and associated factors are poorly understood.

Methodology: A cross-sectional study was conducted among 492 adults (256 males, 236 females)

with physician-diagnosed T2DM in Madhesh Province. Glycaemic control was measured using fasting plasma glucose, with good control defined as 80–130 mg/dL per American Diabetes Association criteria. Gender-stratified binary logistic regression analysis identified sociodemographic, behavioural, and healthcare-related factors associated with good glycaemic control.

Key message: Only 59.3% of participants achieved good glycaemic control, with slightly better rates among males than females. Gender-specific factors (age, activity, insurance for females; education, diet for males) strongly influence outcomes, highlighting the need for tailored, gender-responsive diabetes management programmes.

Assessment of Anti-depressant-Induced Self-Reported Adverse Drug Reactions Among Patients in a Tertiary Care Hospital in Nepal: A Cross-Sectional Study

DOI: <https://link.springer.com/article/10.1007/s40801-026-00540-2>

Context: Major depressive disorder affects millions worldwide, and while antidepressants are effective, adverse drug reactions often reduce treatment adherence and quality of life. In Nepal, where mental health services and pharmacovigilance systems are still developing, systematic evaluation of self-reported antidepressant side effects is particularly important.

Methodology: A 3-month single-centre cross-sectional study was conducted at the psychiatry outpatient department of Dhulikhel Hospital. Using purposive sampling, 204 patients on antidepressant therapy were interviewed with validated tools including the Antidepressant Side-Effect Checklist, Naranjo ADR Probability Scale, and Schumock-Thornton criteria to assess frequency, severity, causality, and preventability of adverse reactions.

Key message: Patients experienced a mean of 7.8 adverse drug reactions each, mostly mild-to-moderate predictable Type A reactions, with combination therapy increasing metabolic side effects. Routine monitoring, patient counselling, and stronger pharmacovigilance practices are essential to improve antidepressant safety in resource-limited settings like Nepal.

Knowledge and awareness about Diabetes Mellitus among the rural population attending a tertiary care hospital in Jumla district

DOI: <https://doi.org/10.59284/jgpeman397>

Context: Diabetes mellitus is a rapidly growing global and national problem, with Nepal reporting an 8.5% prevalence that disproportionately burdens rural populations where knowledge gaps severely limit prevention and self-management.

Methodology: A cross-sectional study enrolled 420 rural patients attending the General Practice Clinic at Karnali Academy of Health Sciences, Jumla, between June and October 2025 using systematic random sampling. A pretested, structured questionnaire administered by trained staff collected data on diabetes awareness, knowledge of symptoms, complications, lifestyle modification, monitoring practices, and beliefs.

Key message: Although universal awareness existed (100%), knowledge of symptoms, complications, lifestyle modification, and self-monitoring was alarmingly poor, with none owning glucometers. Targeted rural education programmes on symptom recognition, complications, and self-care are urgently needed to reduce the future burden of diabetes.

Corneal endothelial morphology in type 2 diabetes mellitus, a comparative study among Nepalese population

DOI: <https://link.springer.com/article/10.1186/s12886-026-04654-7>

Context: Type 2 diabetes mellitus is known to cause morphological and functional changes in the corneal endothelium, which can increase risks during ocular surgery, yet population-specific data from Nepal have been lacking.

Methodology: A hospital-based cross-sectional comparative study evaluated 220 eyes (110 from T2DM patients and 110 from non-diabetic controls) using non-contact specular microscopy (NIDEK CEM-530). Endothelial cell density, coefficient of variation, percentage of hexagonal cells, and central corneal thickness were measured and correlated with diabetes duration, HbA1c levels, and presence of diabetic retinopathy.

Key message: Diabetic corneas showed significantly lower endothelial cell density and hexagonal cells, plus higher variability and thickness, worsening with longer diabetes duration, poor HbA1c, and retinopathy. Routine specular microscopy evaluation is therefore recommended for all diabetic patients to enable early detection and reduce surgical risks.

Unseen burden: depression and anxiety associated with intimate partner violence among Nepalese women

DOI: <https://link.springer.com/article/10.1186/s12905-026-04334-0>

Context: Intimate partner violence (IPV) is a major public health issue linked to poor mental health, but population-based evidence on its association with depression and anxiety in Nepal remains limited. This gap is especially critical in a setting where IPV prevalence is high and integrated mental

health support is still underdeveloped, highlighting the need for nationally representative data to guide policy and intervention design.

Methodology: Cross-sectional analysis of 2022 Nepal Demographic and Health Survey data from 4,523 women aged 15–49; IPV measured via DHS module, depression/anxiety via PHQ-9 and GAD-7; multivariable logistic regression and population attributable fraction (PAF) calculations performed. Adjustments were made for multiple sociodemographic confounders to produce reliable estimates of both associations and preventable burden.

Key message: Any IPV (especially emotional and multiple forms) was strongly associated with higher odds of depression (PrOR 2.96) and anxiety (PrOR 2.16); eliminating IPV could prevent 28.5% of depression and 18.8% of anxiety symptoms. Integrated IPV–mental health interventions are urgently needed in Nepal.

Pregnancy Under Pressure: A Socioecological Understanding of Pregnancy and Mental Well-Being in Nepal

DOI: <https://doi.org/10.1080/23293691.2026.2623522>

Context: Pregnancy and childbirth in Nepal are shaped by strong sociocultural norms that influence women's identity and well-being. These deeply rooted expectations often generate significant psychological pressure, particularly around timing, gender preference, and decision-making autonomy, which can compromise maternal mental health.

Methodology: Thematic analysis of 20 in-depth interviews with pregnant women, interpreted through the social ecological model. The interviews captured personal narratives to reveal how individual, interpersonal, community, and broader societal layers interact to shape pregnancy experiences and distress.

Key message: Key norms include early pregnancy after marriage, preference for a boy, concealment of first-trimester pregnancy due to shame, and acceptance of unplanned pregnancies with limited female decision-making. These expectations cause significant mental distress; maternal health policies and services must address this sociocultural context.

Burden of Childhood Cancer in Nepal: An Analysis of GLOBOCAN Data 2022

DOI: <https://doi.org/10.31557/apjcc.2026.11.1.59-64>

Context: Childhood cancer remains a serious public health challenge in low-middle-income countries such as Nepal. Accurate national estimates are essential for planning paediatric oncology services, yet

local data on incidence, mortality, and future trends have been scarce.

Methodology: Analysis of GLOBOCAN 2022 data for incidence, prevalence, mortality (stratified by age, gender, cancer type) with projections to 2050. The estimates were derived using standard modelling techniques to ensure comparability with global and regional figures.

Key message: In 2022 Nepal had an estimated 936 cases and 121 deaths (ASR incidence 4.1, mortality 1.5 per 100,000), leukaemia being most common; cases and deaths are projected to decrease by ~10.6–10.7% by 2050. Urgent comprehensive action is required on awareness, early diagnosis, treatment, resources, and policy integration.

The Mental Health Burden of Menstrual Restrictions in Nepal: Evidence from Cross-Sectional Survey Data

DOI: <https://mejara-project.com/media/2025/02/apa-mental-and-menstrual-health-2024-print.pdf>

Context: Adolescence is a critical period for mental health, yet the impact of menstrual restrictions on depression and anxiety in Nepal is poorly understood. Cultural practices such as chhaupadi and other restrictions continue to affect large numbers of adolescent girls, potentially contributing to elevated mental health burdens in low-resource settings.

Methodology: Analysis of Nepal Demographic and Health Survey 2022 (6,507 women/girls) and a 2019 Dailekh district survey (400 adolescent girls); exploratory factor analysis and multivariate logistic regression linking restrictions (chhaupadi, touching, religious, food/water) to PHQ-9/GAD-7 and Depression Self-Rating Scale scores. Models controlled for relevant socio-demographic covariates to isolate the independent effects of menstrual restrictions.

Key message: Chhaupadi was strongly associated with increased odds of both depression and anxiety; restrictions around touching were linked to worse anxiety, while menstrual characteristics showed stronger associations than other factors. These links need urgent further exploration to explain high mental health burdens among adolescent girls in Nepal.

Internet addiction and its association with sleep and depressive symptoms among undergraduate medical and nursing students at BPKIHS

DOI: <https://doi.org/10.21203/rs.3.rs-8865447/v1>

Context: Excessive internet use can lead to addiction with negative effects on students' psychological

and physical health. Medical and nursing undergraduates face additional risks due to high academic stress and largely unsupervised internet access, making them a particularly vulnerable group in Nepal.

Methodology: Cross-sectional study of 211 undergraduate medical and nursing students at B.P. Koirala Institute of Health Sciences, Dharan; Young's Internet Addiction Test, Insomnia Severity Index and PHQ-9 used; chi-square and multivariable logistic regression analyses. Random sampling and validated scales ensured representative and reliable measurement of addiction, insomnia, and depressive symptoms.

Key message: Internet addiction prevalence was 23.2% and strongly associated with clinical insomnia (OR 4.00) and depressive symptoms (OR 2.70), plus problematic alcohol use. Awareness campaigns and educational interventions are needed to protect student mental health.

Psychological impact of infertility on women in Kathmandu, Nepal: a cross-sectional study of depressive symptoms and associated factors

DOI: <https://link.springer.com/article/10.1186/s12905-026-04349-7>

Context: Infertility is a major psychosocial burden for couples in Nepal and is frequently linked to depression, yet this area remains neglected in routine health care. Social stigma, family pressure, and limited psychological support further intensify the mental health impact on affected women.

Methodology: Descriptive cross-sectional study of 182 infertile women using semi-structured interviews and Beck Depression Inventory; binary and multivariable logistic regression for associated factors. Data collection occurred in a clinical setting with standardised tools to accurately capture both prevalence and modifiable risk factors.

Key message: Depressive symptoms affected 38% of women (more than 10% moderate-to-severe) and were independently linked to husband's occupation, chronic disease, and lack of emotional support. Targeted psychological interventions for infertile couples are essential.

Parenting under the triple burden of violence, depression, and poor diet quality: An intergenerational mother-child syndemic in Nepal

DOI: <https://doi.org/10.1371/journal.pgph.0005977>

Context: Maternal intimate partner violence, depression and poor diet quality can create syndemic effects on child health in Nepal. These overlapping adversities are more common in disadvantaged households and may amplify intergenerational health inequities such as childhood diarrhoeal disease.

Methodology: Analysis of 2,019 mother-child dyads from the 2022 Nepal Demographic and Health Survey; interaction models (additive and multiplicative scales) tested associations with child diarrhoea, stratified by household wealth. Complex survey design weights and adjustment for confounders were applied to produce nationally representative estimates.

Key message: In disadvantaged households, the combined maternal syndemic exposures significantly raised child diarrhoea odds. Interventions addressing IPV, depression and iron deficiency in poorer households can reduce intergenerational health inequities.

Awareness of cervical cancer, practice of cervical cancer screening and its associated factors among reproductive-aged women in Shankharapur Municipality of Kathmandu district, Nepal: A cross-sectional study

DOI: [10.1097/MD.00000000000047729](https://doi.org/10.1097/MD.00000000000047729)

Context: Cervical cancer is a leading cause of death among Nepali women, yet awareness and screening uptake remain low despite national initiatives. Limited knowledge of symptoms, risk factors, and preventive measures, combined with access barriers, continues to hinder early detection in rural and semi-urban communities.

Methodology: Descriptive cross-sectional survey of 245 reproductive-aged women (30–49 years) in Shankharapur Municipality using multistage sampling; multivariate logistic regression for screening practice factors. A structured questionnaire captured awareness, practice, and associated variables under ethical approval.

Key message: 87.3% had heard of cervical cancer but only 40.2% had ever been screened; practice was associated with age, self-rated health, travel time, and awareness of symptoms/risks/prevention. Community awareness programmes, provider counselling and mobile camps are recommended to increase coverage.

Spectrum of Congenital Heart Disease Among Children - A Cross-sectional Echocardiographic study from a Tertiary Care Hospital

DOI: <https://doi.org/10.64556/mjsbh.v25i1.658>

Context: Congenital heart disease (CHD) is the most common major congenital anomaly in Nepal (prevalence 0.7%). Delayed diagnosis and limited paediatric cardiology services in many regions contribute to higher morbidity and the need for better early detection strategies.

Methodology: Prospective descriptive cross-sectional study of echocardiographic findings in 932 children at Patan Academy of Health Sciences over one year. All children referred for suspected cardiac pathology underwent standardised echocardiography by trained personnel.

Key message: 47% of children had CHD, with acyanotic lesions (63%) most common and atrial septal defect the leading type; average age at diagnosis was 2.15 years. Early echocardiographic screening in paediatric settings is clearly needed.

Metabolic Dysfunction Associated Steatotic Liver Disease and Bone Turnover Markers in Postmenopausal Women: A Cross-Sectional Study in Central Nepal

DOI: <https://doi.org/10.1002/hsr2.71777>

Context: Metabolic dysfunction-associated steatotic liver disease (MASLD) is common in postmenopausal women and may influence bone metabolism through chronic inflammation. Postmenopausal hormonal changes further increase susceptibility to both MASLD and bone disorders, yet their interplay remains understudied in Nepal.

Methodology: Cross-sectional study of 105 postmenopausal women (MASLD cases vs non-MASLD controls) at Manmohan Memorial Teaching Hospital; anthropometric measurements and serum bone markers (calcium, phosphorus, alkaline phosphatase) compared. Strict inclusion criteria and standardised laboratory assays ensured valid group comparisons.

Key message: Women with MASLD had significantly lower serum calcium and higher phosphorus and alkaline phosphatase levels, influenced by higher BMI and waist circumference. Routine bone-marker monitoring is warranted in postmenopausal women with MASLD.

Antidiabetic Potential of the Nepalese *Potentilla fulgens* Revealed by In Vitro and In Silico Analysis

DOI: <https://doi.org/10.1155/joch/1181388>

Context: Diabetes management can be supported by inhibiting carbohydrate-hydrolyzing enzymes like α -amylase and α -glucosidase using natural plant compounds to control postprandial hyperglycaemia and reduce oxidative stress. The root extract of *Potentilla fulgens*, a traditionally used medicinal plant in Nepal, was evaluated for its antioxidant capacity, enzyme-inhibitory effects, and molecular interactions to provide evidence-based support for its antidiabetic potential.

Methodology: In vitro DPPH antioxidant assay, α -amylase and α -glucosidase inhibition tests on methanolic extract and its fractions, quantitative estimation of phenolics and flavonoids, plus in silico molecular docking of identified bioactive compounds against human salivary and pancreatic enzyme structures (PDB IDs 1B2Y, 1SMD, 3BLP). All assays were performed with appropriate positive controls and statistical validation of IC₅₀ values.

Key message: The methanolic root extract and fractions of *Potentilla fulgens* demonstrated strong antioxidant and enzyme-inhibitory activities (IC₅₀ values comparable to standards in some fractions), with in silico docking confirming high affinity of compounds like rutin and apigenin derivatives; this provides scientific validation for its traditional use in diabetes treatment.

Factors associated with cervical cancer screening uptake among women aged 30–49 years of Bhanu Municipality, Tanahun, Nepal: a cross-sectional study

DOI: <https://link.springer.com/article/10.1186/s12905-026-04360-y>

Context: Cervical cancer remains a leading cause of cancer-related deaths among women in Nepal, where rural populations face significant barriers to screening services. This community-based study examined uptake and influencing factors in Bhanu Municipality to inform targeted interventions that can improve early detection and reduce mortality.

Methodology: A cross-sectional survey of 310 women aged 30–49 years using multistage sampling and face-to-face interviews; the Nepal-adapted Health Belief Model scales measured perceived susceptibility, severity, benefits, barriers, self-efficacy and cues to action. Bivariate and multivariate logistic regression identified independent predictors of screening uptake.

Key message: Screening uptake was only 11.6%, strongly associated with previous gynecological examination, perceived barriers and cues to action; engaging Female Community Health Volunteers for door-to-door counselling and reducing access barriers are critical to increasing coverage in similar Nepalese municipalities.

Emotional distress among postpartum women in central Nepal: a cross-sectional study using structural equation modeling

DOI: <https://www.frontiersin.org/journals/global-womens-health/articles/10.3389/fgwh.2026.1723556/abstract>

Context: Postpartum emotional distress (depression, anxiety and stress) affects maternal well-being and child development, yet the complex pathways linking sociodemographic, perinatal and

psychosocial factors remain poorly understood in Nepal. This study mapped these interrelationships among postpartum women in the Kathmandu Valley to guide holistic support strategies.

Methodology: Hospital-based cross-sectional assessment of 381 women (4–12 weeks postpartum) using Edinburgh Postnatal Depression Scale and General Health Questionnaire-12; exploratory factor analysis identified seven latent constructs and structural equation modelling tested pathways, with excellent model fit (CFI=0.971, RMSEA=0.043).

Key message: Postpartum emotional distress affected 40.2% of women; satisfaction with married life, husband's help, extended family support and mother's economic strength were the strongest protective factors. Strengthening family support, community interventions and routine mental health screening are essential to improve maternal and child outcomes.

Anxiety and depression and its correlates among undergraduate medical students in Nepal: A cross-sectional study

DOI: <https://doi.org/10.1371/journal.pmen.0000560>

Context: Medical students in Nepal face intense academic pressure, clinical duties and lifestyle challenges that increase vulnerability to anxiety and depression, potentially affecting their future role as healthcare providers. This nationwide study quantified the burden and identified specific correlates to inform student wellness programmes.

Methodology: Web-based cross-sectional survey of 579 undergraduate MBBS and BDS students across major Nepalese universities; anxiety and depression were measured with the validated Nepali Hospital Anxiety and Depression Scale. Chi-square tests and multivariate binary logistic regression identified independent associations ($p < 0.05$).

Key message: Anxiety (46.3%) and depression (43.7%) were highly prevalent; female sex, Brahmin/Chhetri ethnicity and existing disease increased anxiety risk, while younger age, fourth-year status and dietary factors influenced depression. Supportive academic environments and lifestyle interventions are urgently needed to protect student well-being.

Correlation between heat exposure and perinatal depression - A spatial case-crossover study from Bangladesh, Lesotho, Mozambique, and Nepal

DOI: <https://doi.org/10.1016/j.scitotenv.2026.181601>

Context: Rising temperatures due to climate change are increasingly linked to mental health risks,

particularly perinatal depression in low- and middle-income countries where women already face multiple stressors. This multi-country study quantified the association between ambient heat exposure and perinatal depression, including data from Nepal, to highlight environmental-mental health linkages.

Methodology: Spatial time-stratified case-crossover design using Demographic and Health Survey PHQ-9 data from 1,836 perinatal women across Bangladesh, Lesotho, Mozambique and Nepal; NASA-derived daily maximum temperature data were aligned via bilinear interpolation and analysed with distributed lag non-linear models, defining heat exposure relative to country-specific 50th percentile.

Key message: Heat exposure significantly raised odds of perinatal depression (pooled prevalence 27%); lower temperatures increased risk in Bangladesh while higher temperatures markedly elevated risk in Nepal (OR 9.41). Intersectoral responses addressing both climate and healthcare factors are urgently required.



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cancer

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dise

tobacco blindness

neoplasm

respiratory lifest

endocrine

healthcare systems

fragile

risk equity



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 2026.

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>
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