

HIGHLIGHT OF THIS ISSUE

I felt as though my life had come to an end”: lived experiences of adolescents and young adults with cancer in Nepal

Introduction:

This qualitative study explores how adolescents and young adults experience a cancer diagnosis in Nepal, where age-specific oncology services and structured psychosocial support remain scarce.

Key Message:

Fourteen young patients described six interconnected struggles: physical and treatment burdens, emotional distress, disrupted identity and social life, heavy reliance on family, personal coping through hope and spirituality, and generally positive but limited care. Routine psychological screening and age-responsive care models are urgently needed.

Methodology:

In-depth interviews were conducted with 14 adolescents and young adults (aged 15–39) receiving cancer care in Kathmandu, analyzed using Braun and Clarke’s reflexive thematic analysis.



Making non-communicable diseases a national priority

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Roundup Summary

In July 2026, our search on non-communicable diseases and mental health-related literature in Nepal yielded sixteen published articles. Most of the studies covered non-communicable diseases and mental health.

Factors Associated With Maternal Health Care Facilities Utilization in the Slum Communities of Kathmandu Valley, Nepal: A Cross-Sectional Study

DOI: <https://doi.org/10.1002/hsr2.72733>

Context: Maternal health remains a serious concern in urban low-resource settings of Nepal, particularly in slum communities of the Kathmandu Valley. Women in these areas face multiple socioeconomic and demographic barriers that delay or prevent access to health facility-based delivery services, contributing to high maternal mortality. The study was guided by Andersen's Behavioral Model of Health Services Utilization.

Methodology: A cross-sectional study was conducted from November 2023 to November 2024 using two-stage cluster sampling across 29 slum sites in the Kathmandu Valley. A total of 1,042 married women of reproductive age (15–49 years) who had given birth in the last 5 years were interviewed with a structured questionnaire. Data were analyzed using descriptive statistics, χ^2 tests, and binary logistic regression (significance level $\alpha = 0.05$).

Key message: While 77% of women delivered in health facilities, significant disparities exist by age, education, and especially caste/ethnicity (Dalit women had the lowest rates and markedly lower odds of facility delivery). Home ownership and residence in Kathmandu district increased the likelihood of facility delivery. Culturally sensitive interventions, financial support, housing security, and multisectoral efforts are urgently needed to reduce maternal health inequities in urban slums.

Self-management in chronic kidney disease: A comprehensive approach

DOI: <https://doi.org/10.3126/jgmc-n.v19i1.92017>

Context: Chronic kidney disease (CKD) affects approximately 10–13% of the global population and is associated with substantial morbidity, mortality, cardiovascular complications, and high healthcare costs. Effective self-management is increasingly recognized as a cornerstone of CKD care to help patients manage their condition and improve outcomes.

Methodology: This is a narrative review that synthesizes current evidence on self-management in

adults with CKD. A literature search was conducted across PubMed, CINAHL, Embase, Scopus, and Web of Science for studies published up to 2025, including randomized controlled trials, systematic reviews, clinical guidelines, and observational studies. The review examines core components, effectiveness, influencing factors, and clinical implications of self-management interventions.

Key message: Self-management interventions improve patient knowledge, self-efficacy, medication adherence, lifestyle behaviours, blood pressure control, psychological well-being, and health-related quality of life. Nurse-led education, behavioural counselling, family support, and digital health approaches show promising results, though effectiveness varies by health literacy, patient engagement, socioeconomic conditions, and healthcare access. Future research should focus on standardized, culturally appropriate, and sustainable interventions, particularly in resource-limited settings.

Work related stress among nurses in a teaching hospital of Pokhara, Nepal

DOI: <https://doi.org/10.3126/jgmc-n.v19i1.92588>

Context: Nurses form the largest and most diverse group of healthcare professionals and often experience significant work-related stress. This stress affects their physical, emotional, and mental well-being and can negatively impact the quality of patient care they provide.

Methodology: A descriptive cross-sectional study was conducted among 123 nurses working in the inpatient departments of Gandaki Medical College Teaching Hospital and Research Centre (GMCTHRC) in Pokhara, Nepal. Probability simple random sampling was used, and data were collected using the Expanded Nursing Stress Scale (ENSS) through a self-administered structured questionnaire. Descriptive and inferential statistics (chi-square test) were applied for analysis.

Key message: Nearly half of the nurses (48.8%) experienced moderate stress, 31.7% had mild stress, and 19.5% reported severe stress. Stress levels were significantly associated with age, religion, and working unit. Hospital administrations should identify underlying causes and implement appropriate stress management strategies to support nurses' well-being and maintain quality patient care.

Prevalence and factors associated with depression, anxiety and stress symptoms among married women in Southern Nepal: a cross-sectional study

DOI: <https://doi.org/10.1136/bmjopen-2025-110162>

Context: Mental health conditions such as stress, anxiety, and depression affect a substantial proportion of married women, yet localized evidence from smaller municipalities in Nepal remains limited. Understanding prevalence and associated factors is important for designing targeted interventions.

Methodology: A cross-sectional household survey was conducted among 545 married women in Chandrapur municipality, Nepal, between June and August 2022. The Depression, Anxiety and Stress Scale (DASS-21) was administered through face-to-face interviews. Univariable and multivariable linear regression analyses were performed using Stata 14 to identify associated factors, with results reported at 95% confidence intervals.

Key message: The prevalence of stress, anxiety, and depression was 28.8%, 16.7%, and 31.1% respectively. Significant associations were found with ethnicity, religion, residence outside the husband's house, occupational status, and family type. Policymakers and health practitioners need to give greater attention to reducing these mental health burdens and their impact on women and families.

Psychosocial Problems and its Associated Factors among Adolescents in Selected Public Schools, Barbardiya Municipality, Bardia district, Nepal

DOI: <https://doi.org/10.3126/njmr.v9i2.94629>

Context: Adolescence is a critical period of rapid physical, cognitive, and psychosocial development that influences thinking, decision-making, and social interactions. These changes contribute to higher rates of psychosocial problems, yet many adolescents remain reluctant to seek professional mental health support.

Methodology: A descriptive cross-sectional study was conducted among 499 adolescents in grades 9 and 10 in public schools of Barbardiya Municipality, Bardia, Nepal, using two-stage random sampling. Data were collected through a structured self-administered questionnaire based on the validated Youth Pediatric Symptom Checklist (YPSC) and analyzed using SPSS Version 21 with descriptive and logistic regression statistics.

Key message: Nearly one-fifth (19.4%) of adolescents had psychosocial problems. Significant associated factors included being a late adolescent, female gender, not receiving pocket money, high family disputes, and average relationship with teachers. Mental health awareness programs should be implemented in schools to address these issues among adolescents.

Social Isolation in the Digital Age: A Study of Management Undergraduate Students in Chitwan, Nepal

DOI: <https://doi.org/10.3126/ocemjmtss.v5i2.1008>

Context: Social isolation involves a lack of meaningful social connections and a reduced sense of belonging. In the digital age, young people increasingly rely on online platforms for communication,

which can influence their social well-being. This study explores the relationship between social isolation and digital behavior among undergraduate management students.

Methodology: A quantitative research design was used. Data were collected through a structured questionnaire focusing on social media use, preference for digital communication, engagement in online learning, and screen time. Statistical analysis, including regression, was performed to examine associations with social isolation.

Key message: Most digital behaviors (social media use, digital communication preference, and online learning engagement) did not significantly influence social isolation. However, increased screen time was linked to lower levels of social isolation, suggesting that moderate and intentional digital engagement may enhance social connectedness. Balancing online and offline interactions is important for fostering healthy relationships among students.

Primary healthcare system readiness for the prevention and management of non-communicable diseases in Nepal

DOI: <https://doi.org/10.21203/rs.3.rs-9699438/v1>

Context: In 2016, Nepal adopted the WHO Package of Essential Non-Communicable Disease Interventions (PEN) to address the rising burden of non-communicable diseases (NCDs). Assessing the readiness of the primary healthcare system to prevent and manage major NCDs such as cardiovascular diseases, diabetes, and chronic respiratory diseases is essential for effective implementation.

Methodology: A convergent parallel mixed-methods study was conducted between 2020 and 2022. Quantitative data were collected from 105 primary healthcare facilities selected through multistage stratified random sampling using the WHO Service Availability and Readiness Assessment (WHO-SARA) tool. Qualitative data came from interviews with 23 health authorities and 47 service providers, analyzed thematically.

Key message: NCD service readiness was highest for cardiovascular diseases, followed by diabetes and chronic respiratory diseases. Readiness was higher in Primary Healthcare Centers, hilly regions, and facilities charging user fees. Limited equipment, medicines, trained staff, and guidelines remain major gaps, especially in health posts and remote areas. Strengthening capacity and medical supplies is needed to improve NCD service readiness.

Cultural Beliefs and Practices Regarding Mental Illness Among Adults in Pokhara, Nepal: A Community-Based Cross-Sectional Study

DOI: <https://doi.org/10.69968/ijisem.2026v5i397-103>

Context: Mental illness in Nepal is strongly shaped by cultural beliefs and traditional practices. Many people still attribute mental health problems to supernatural causes, stigma, and rely on traditional healers such as dhami-jhakri alongside or instead of modern medical care.

Methodology: A descriptive cross-sectional study was conducted among 150 community participants in Pokhara Metropolitan City using structured questionnaires. Data focused on coping strategies, perceptions of mental illness, sources of help, cultural beliefs, and help-seeking behaviors.

Key message: Participants used a mix of emotional support, instrumental support, humor, religious practices, self-blame, and substance use to cope. About 10% consulted traditional spiritual healers, and family responses ranged from medical care to religious interventions or ignoring the illness. Traditional and cultural explanations (evil spirits, karma, witchcraft) remain significant alongside medical views. Culturally sensitive approaches are needed to improve mental health care and reduce stigma.

Psychological wellbeing and its associated factors among older adults attending daycare centers in Kathmandu, Nepal: A cross-sectional study

DOI: <https://doi.org/10.1371/journal.pone.0353748>

Context: Psychological wellbeing (PWB) is essential for healthy aging and includes overall functioning, life satisfaction, and the ability to manage life's challenges. Evidence on factors associated with PWB among older adults in Nepal remains limited.

Methodology: A cross-sectional analytical study was conducted among 300 older adults attending daycare centers in Kathmandu using quota sampling. Data were collected through face-to-face interviews with structured schedules covering socio-demographic, financial, and health-related characteristics, along with the Ryff Psychological Wellbeing Scale. Analysis included descriptive statistics, chi-square tests, and binary logistic regression using SPSS.

Key message: Marital status, literacy, former employment, and receipt of the old-age allowance (OAA) were significantly associated with psychological wellbeing. Married older adults living with a spouse, literate individuals, and those with prior employment had higher odds of high PWB, while OAA recipients had lower odds. Targeted interventions for illiterate, unmarried/widowed, previously unemployed, and OAA-receiving older adults are recommended.

Generalized anxiety disorder and its associated factors among undergraduate health students of Chitwan District, Nepal

DOI: <https://doi.org/10.1186/s12889-026-28645-x>

Context: Generalized Anxiety Disorder (GAD) is more common among undergraduate health students than in the general population and can negatively affect academic performance and overall well-being, yet it often remains underrecognized in academic settings.

Methodology: A cross-sectional study was conducted among 274 undergraduate health students at Chitwan Medical College using two-stage stratified random sampling. Data were collected via a self-administered questionnaire using the GAD-7 tool and analyzed with SPSS Version 25 using chi-square tests and binary logistic regression.

Key message: The prevalence of GAD was high at 52% (mostly mild). Significant associated factors included family type, perceived financial stress, stressful life events, psychosocial risk factors, smoking, and physical inactivity. Strengthening family and psychosocial support, addressing financial stress, promoting healthy lifestyles, and providing early screening and stress management programs in universities are essential.

Mental Health Awareness, Stigma and Suicidality in A Peri-Urban Community of Nepal

DOI: <https://nepjol.info/index.php/gswow/article/view/97575>

Context: Stigma toward mental health conditions remains widespread in Nepal despite growing awareness. Discrimination continues across gender, age, education, and urban–rural settings, limiting help-seeking and support.

Methodology: A community-based survey was conducted among 221 respondents in a peri-urban community of Lalitpur district using convenience sampling. A structured questionnaire assessed awareness of mental health and services, stigma-related barriers, community suicide incidents, and respondents' own suicidality.

Key message: While awareness of mental health and professionals was moderate to high, 54.8% reported stigma-related barriers to seeking help. Nearly one-fifth (19%) reported suicidal ideation, with higher rates among females. Awareness is stronger for medication-based treatment than for counseling. Reducing stigma and improving access to psychosocial support remain critical priorities.

Assessing the associated factors of anxiety and depression among the adult population to harness the demographic dividend in Nepal using the socio-ecological model

DOI: <https://doi.org/10.1007/s44192-026-00556-8>

Context: Anxiety and depression are major public health concerns among working-age adults and can hinder low- and middle-income countries from realizing the demographic dividend. Understanding associated factors through a socio-ecological lens is important for effective responses.

Methodology: This study analyzed secondary data from the Nepal Demographic and Health Survey (DHS) 2022 among adults aged 15–49 years. Anxiety and depression were measured using GAD-7 and PHQ-9 and analyzed as binary outcomes. Multivariable binary logistic regression with complex sample analysis was used to identify associated factors.

Key message: Prevalence of anxiety and depression was higher among women than men. Widowed/divorced/separated status, smoking, poorer wealth, and residence in Karnali province were associated with higher odds in both sexes. A multisectoral approach addressing individual, interpersonal, community, and societal factors is needed to reduce the mental health burden and support demographic dividend goals.

Stigma, Culture, and Help-seeking: Pathways to Mental Health Support Among Women in Nepal

DOI: <http://dx.doi.org/10.32598/JRH.16.4.2907.1>

Context: Although mental health awareness in Nepal has increased, women's help-seeking behavior is still strongly influenced by stigma, cultural norms, and structural barriers, particularly in rural areas.

Methodology: A cross-sectional quantitative study was conducted among 40 women in a rural district of Nepal using purposive sampling. Descriptive statistics and chi-square tests examined associations between demographic variables, stigma, and willingness to discuss mental health concerns.

Key message: Nearly all participants (97.5%) were aware of mental health issues, yet most preferred informal family-based support and only 2.5% sought professional help. Stigma and financial constraints were major barriers. Younger women reported higher stigma. Closing the gap between awareness and professional help-seeking requires culturally sensitive, community-based services and targeted stigma reduction among younger women.

“I felt as though my life had come to an end”: lived experiences of adolescents and young adults with cancer in Nepal

DOI: <https://link.springer.com/article/10.1007/s00520-026-11033-x>

Context: Adolescents and young adults (AYAs) diagnosed with cancer face unique physical, emotional, and social challenges during a critical developmental period. In Nepal, the lack of age-specific oncology services and structured psychosocial support may intensify these difficulties, yet qualitative evidence from LMICs remains scarce.

Methodology: A qualitative exploratory study used in-depth, semi-structured interviews with 14 AYAs (aged 15–39 years) receiving cancer care at a tertiary center in Kathmandu. Participants were selected through purposive sampling. Data were analyzed using reflexive thematic analysis following Braun and Clarke’s approach.

Key message: Six interrelated themes emerged: physical/treatment challenges, emotional distress, social disruption and identity changes, reliance on family support, personal coping strategies (hope, acceptance, spirituality), and generally positive but limited healthcare experiences. Significant gaps exist in psychosocial and age-appropriate supportive care. Integrating routine psychological screening, improving communication, and developing AYA-responsive care models are recommended.

Cervical Cancer Screening in Janakpur City, Madhesh Province, Nepal through Local Health Fairs Using Isothermal Amplification Testing

DOI: https://papers.ssrn.com/sol3/papers.cfm?abstract_id=7172529

Context: Cervical cancer remains a major public health challenge in Nepal, where screening coverage has been limited despite recent expansion of HPV vaccination. Decentralized, point-of-care HPV testing offers a potential strategy to improve access to screening in low-resource settings.

Methodology: Two health fairs were organized in neighbouring wards of Janakpur, Madhesh Province, to provide cervical high-risk HPV (hrHPV) screening for women aged 25–65 years. Participants were recruited through Female Community Health Volunteers (FCHVs). Clinician sampling and the AmpFire isothermal amplification assay were used. A structured questionnaire collected sociodemographic and knowledge data. Multivariable analysis identified factors associated with hrHPV positivity.

Key message: Overall hrHPV positivity was 11.7%, with HPV16 being the most common genotype. Residence in one ward and procedural knowledge of vaginal sampling were associated with lower odds of positivity. Decentralized HPV testing using isothermal platforms is feasible and can support expanded screening. Integrating educational interventions with screening programmes is recommended.

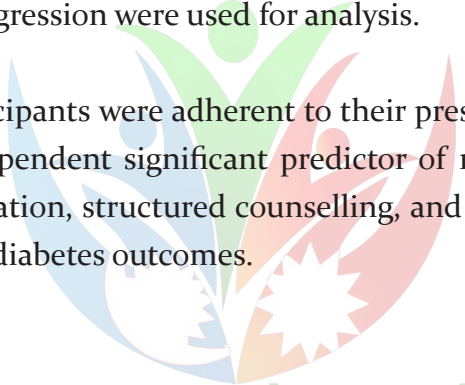
Treatment adherence and associated factors among type 2 diabetes mellitus patients attending a tertiary hospital in Nepal: a cross- sectional study

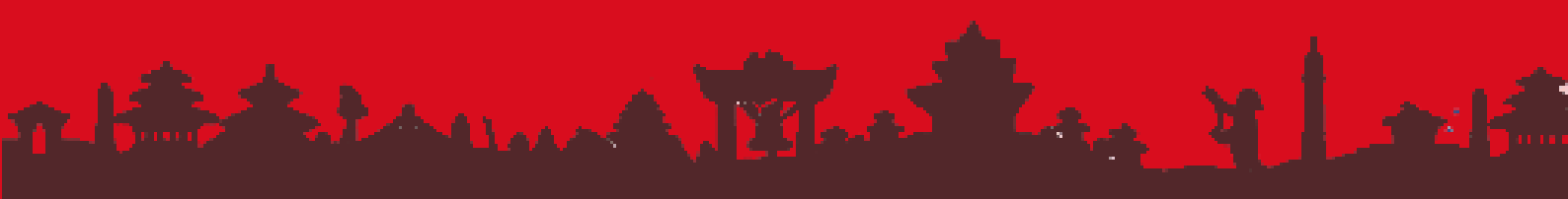
DOI: <https://doi.org/10.21203/rs.3.rs-10209768/v1>

Context: Diabetes mellitus is a growing public health challenge in Nepal. Poor treatment adherence contributes to uncontrolled blood glucose, complications, and increased healthcare burden. Understanding adherence levels and associated factors is essential for improving diabetes outcomes.

Methodology: A hospital-based cross-sectional study was conducted among 410 outpatients with type 2 diabetes mellitus at Lumbini Provincial Hospital, Butwal, between December 2022 and March 2023. Treatment adherence was measured using the validated Brief Medication Questionnaire. Sociodemographic, behavioural, and clinical data were collected through structured interviews. Chi-square tests and binary logistic regression were used for analysis.

Key message: Only 30% of participants were adherent to their prescribed treatment; 70% were non-adherent. Age was the only independent significant predictor of non-adherence. Age-targeted and glycaemia-informed patient education, structured counselling, and family engagement are needed to improve adherence and optimise diabetes outcomes.





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 2026.

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

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NCD Watch Nepal



Publications



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