

---

## Prevalence of Egyptian Childhood Depression Among Middle School Students

H. Essawy<sup>1</sup>, A. Eissa<sup>1</sup>, M. Sultan<sup>1</sup>, W. Abu el fetouh<sup>1</sup>

<sup>1</sup>Psychiatry, Institute of Psychiatry, cairo, Egypt

---

### Background

Childhood depression is a serious medical problem that causes an agonizing feeling of sadness and loss of interest in activities. It affects adolescents thinking, feeling and behavior, and it can cause emotional, functional and physical problems. Although mood disorders, such as depression, can occur at any time in life, symptoms may be different between teens and adults.

**Methods** This cross section study assessed the prevalence of childhood depression from age 12 through 16 years and examined using Revised behavioral problem checklist (RBPCL) as a screening instrument. Prevalence rates were estimated on the basis of clinical diagnoses and other measures as MINI-KID and Childhood Depressive Inventory (CDI).

A representative population sample of 739 children and adolescents aged between 12 and 16 years were assessed for *ICD 10* for depressive disorders

**Results** From the sample studied results reveal that 353 males and 386 females and was divided according to the presence or absent of depressive symptoms into Group 1 without depression (89%) and Group 2 (10.5%) with depressive symptoms according RBPCL. further analysis of group 2 showing that mean age was (14±1)year, where (67%) were males (33%) females regarding the academic achievement of depressed adolescents denoting that (74%) were average, (20.5%) below average, (5%) failed in academic records. Using CDI for assessing severity of depression revealing that(40%) have mild, 24% moderate, 36% severe depression

### Conclusions

The prevalence rates obtained vis-a-vis the availability of mental health services in Egypt reflected a major public health problem