

Mental Health Household Study among Suburban Adolescents

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Abstract

A cross-sectional household survey was conducted in a suburban area in Giza governorate. A convenient sample of 487 adolescents (12-20 years old), and their parents were included in the study. The aim of this study is to explore the different psychological and psychiatric aspects of normal adolescents, to elaborate possible factors formulating adolescents' mental health and to detect parents' attitude and practices towards adolescents. Analyzing the study results seven personality dimensions were computed; four assess psychological distress: emotional disability, aggressive attitude, introversion and anxiety, and three dimensions assess psychological well being: socialization, self esteem and gratification. Results of parents questionnaire were analyzed to elaborate how the parents view their child's emotional status, relationship with others and performance. The results of the study show that income satisfaction, school enrollment and good parenting style have the most positive effects on the adolescents' personality dimensions. Parents of the studied sample were capable of sensing their children's mental status concerning emotional disability, aggressive attitude,