



Dissemination Seminar on

Bangladesh Adolescent Health and Wellbeing Survey 2019-20 (BAHWS)

11 February 2021 | | Dhaka



Adolescent Health and Wellbeing Survey-why?

- In Bangladesh, adolescents ages 10-19 years constitute over one-fifth of the total population.
- The MOHFW developed the National Strategy for Adolescent Health, 2017-2030 (MOHFW, 2018), with the goal that by 2030 all adolescents in Bangladesh will attain a healthy and productive life in a socially secure and supportive environment
- This survey was initiated to have a better understanding of the state of adolescent health and well being and needs of this population

Organizations Involved

Implementation



Technical Assistance



Data collection



Financial assistance



Objective of the Survey

To examine and understand the state of health and well-being of adolescents age 15-19

Adolescents age 10-14 were not included due to:

- Sensitive nature of some of the survey questions
- Difficulty in obtaining ethics approval for younger youths

Specific objectives of the BAHWS 2019-20:

- Document exposure to print, electronic and social media;
- Assess knowledge, attitudes and practices regarding menstruation, marriage, and contraception;
- Measure the nutritional status;
- Understand use of health information and services;
- Assess attitudes towards gender norms;
- Document different forms of violence, bullying and sexual harassment;
- Assess connectedness to family and friends;
- Assess mental health

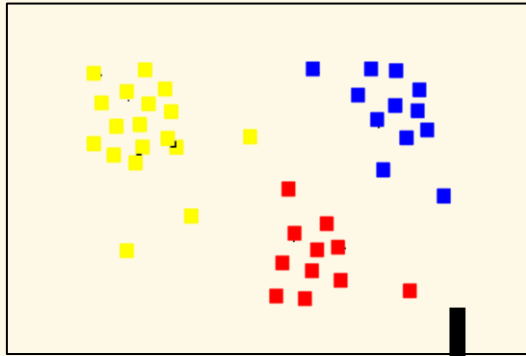
Survey design

- BAHWS 2019-20 is a nationally representative sample survey of around 20,000 adolescents age 15-19
- Survey is designed to provide estimates for:
 - Ever married and unmarried girls, and unmarried boys
 - national level
 - urban and rural areas
 - 3 regions: Western*, Central** and Eastern***

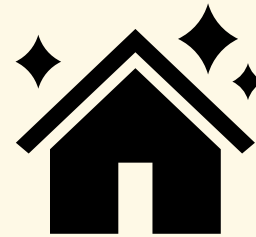
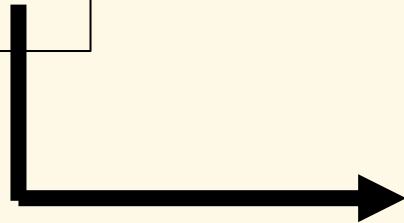
*Rangpur, Rajshahi & Khulna Divisions; ** Mymensingh, Dhaka & Barishal Divisions

*** Chattogram & Sylhet Divisions

Sample Selection



736 Clusters



72, 800 Households



5,066

Ever married female



8,284

Unmarried female



6,538

Unmarried male

Field Implementation



Data collection

25 July 2019 to 10 January 2020, in 5 phases

Data collection team

18 teams comprising of 126 data collectors

Sample Size and Response Rate

Households selected
Households occupied
Households interviewed

72, 800
68, 677
67, 093

Response

98%

Married female selected
Married female interviewed

5, 066
4, 926

Response

97%

Unmarried female selected
Unmarried female interviewed

8, 284
7, 800

Response

94%

Unmarried male selected
Unmarried male interviewed

6, 538
5, 523

Response

85%

Presenters

Ahbab Khan

Student, Grade 8

Maisha Chowdhury

Student, Grade 10

Ariza Hossain

Student, Grade 11

Armeen Ahmed

Student, Grade 11

Nahian Rahman

Student, Grade 11

Adiba Alam Miheeka

Student, Grade 12

Rakin Almas Noel

Student, Grade 12

Raheela Khan

Student, 1st year, University

Marzuq Alam Nameer

Student, 3rd year, University

Rifah Ibnat Logno

Student, 4th year, University

Shehreen Zakir

Young Researcher,
icddr,b





Bangladesh Adolescent Health and Wellbeing Survey 2019-20

Respondent Characteristics



Respondent characteristics



Living
status



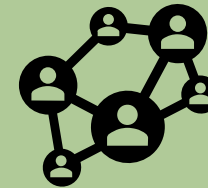
Schooling



Work status



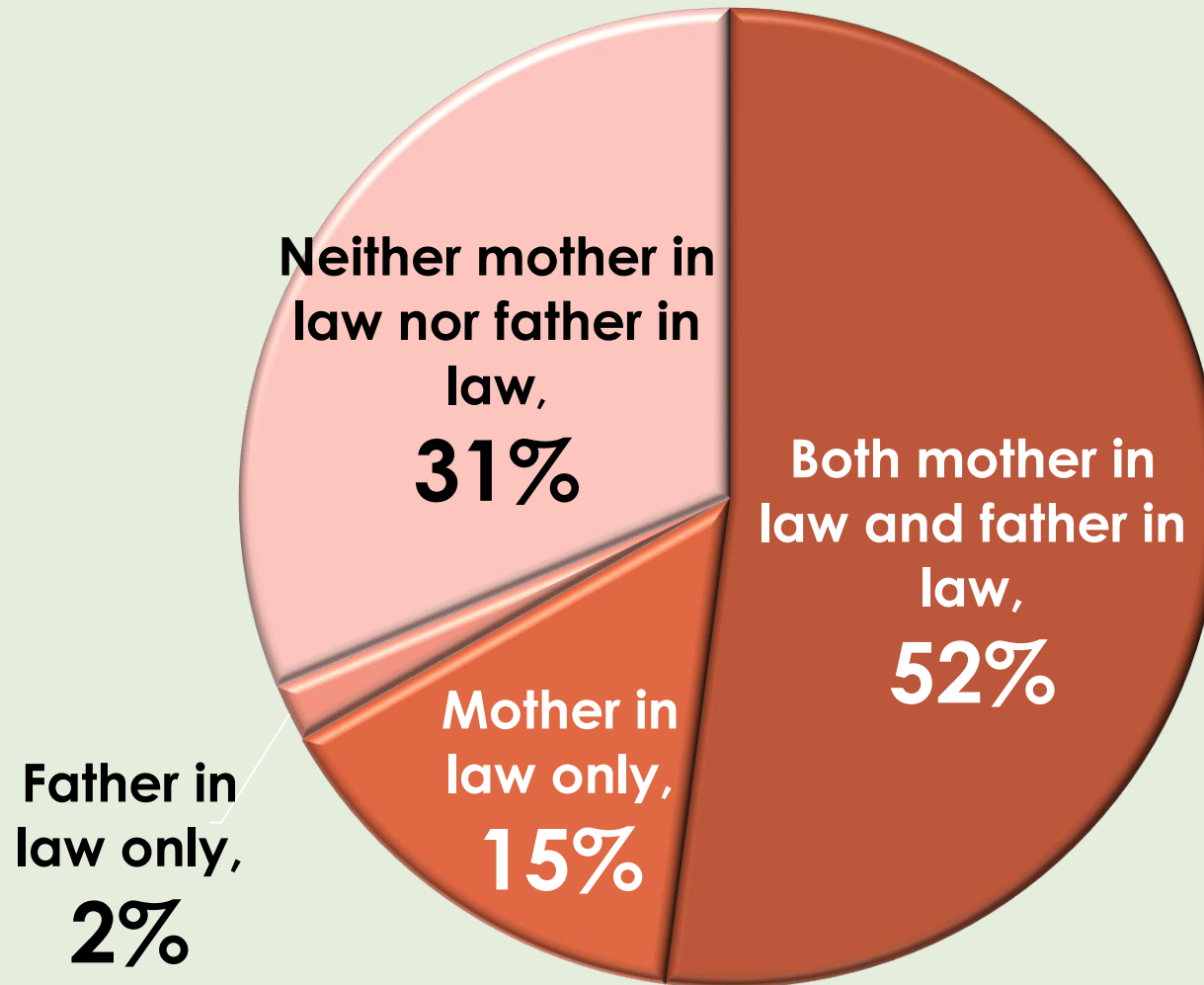
Extra-
curricular Activities



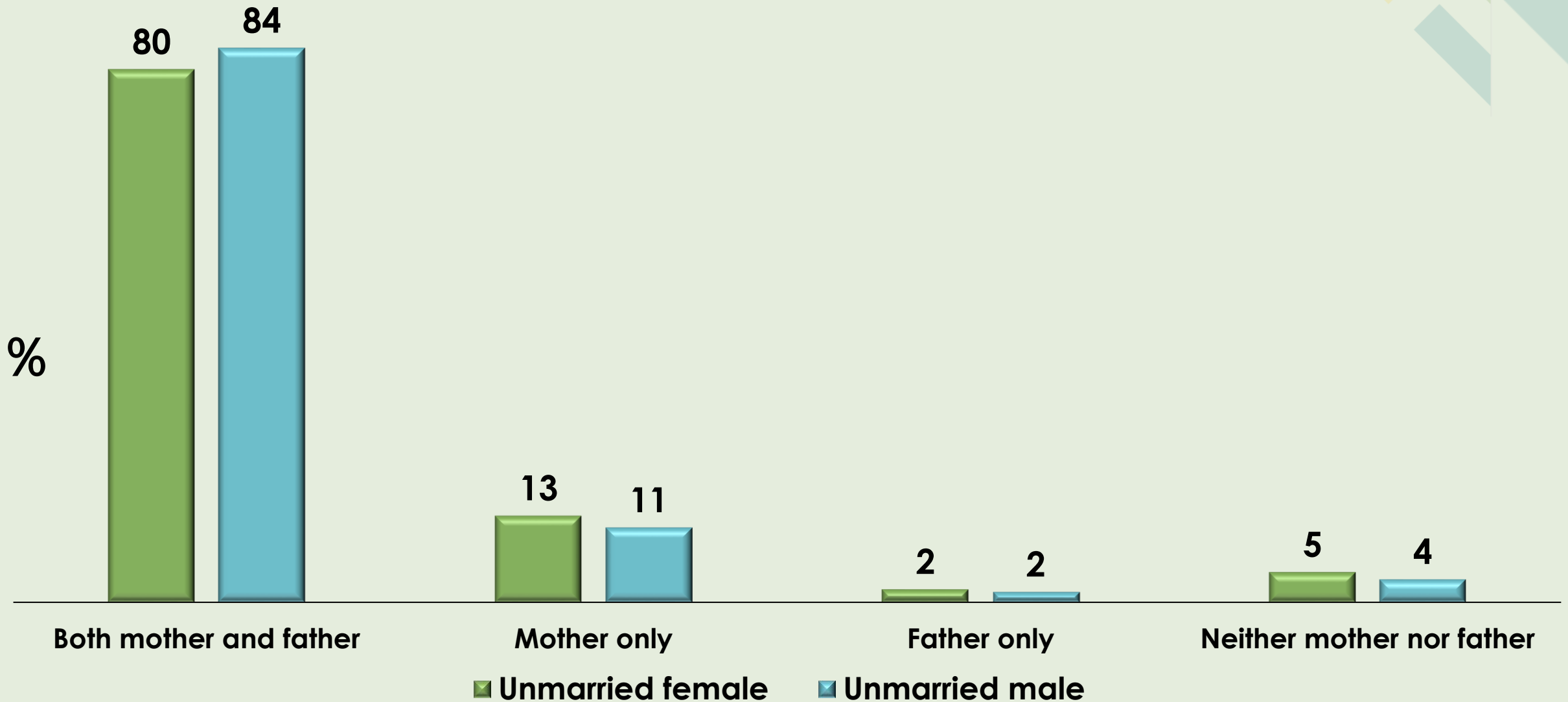
Affiliation with social
organizations

Living status

Ever married females age 15-19

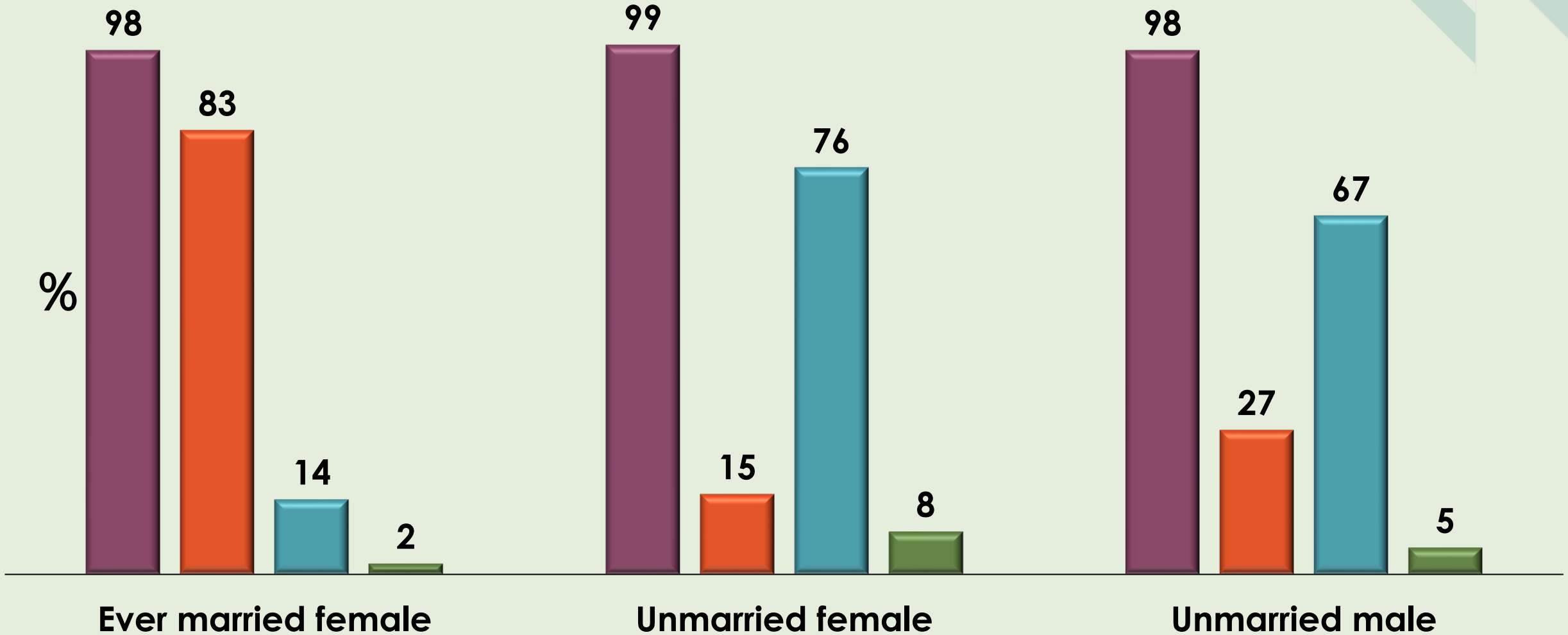


Living status: Unmarried adolescents age 15-19

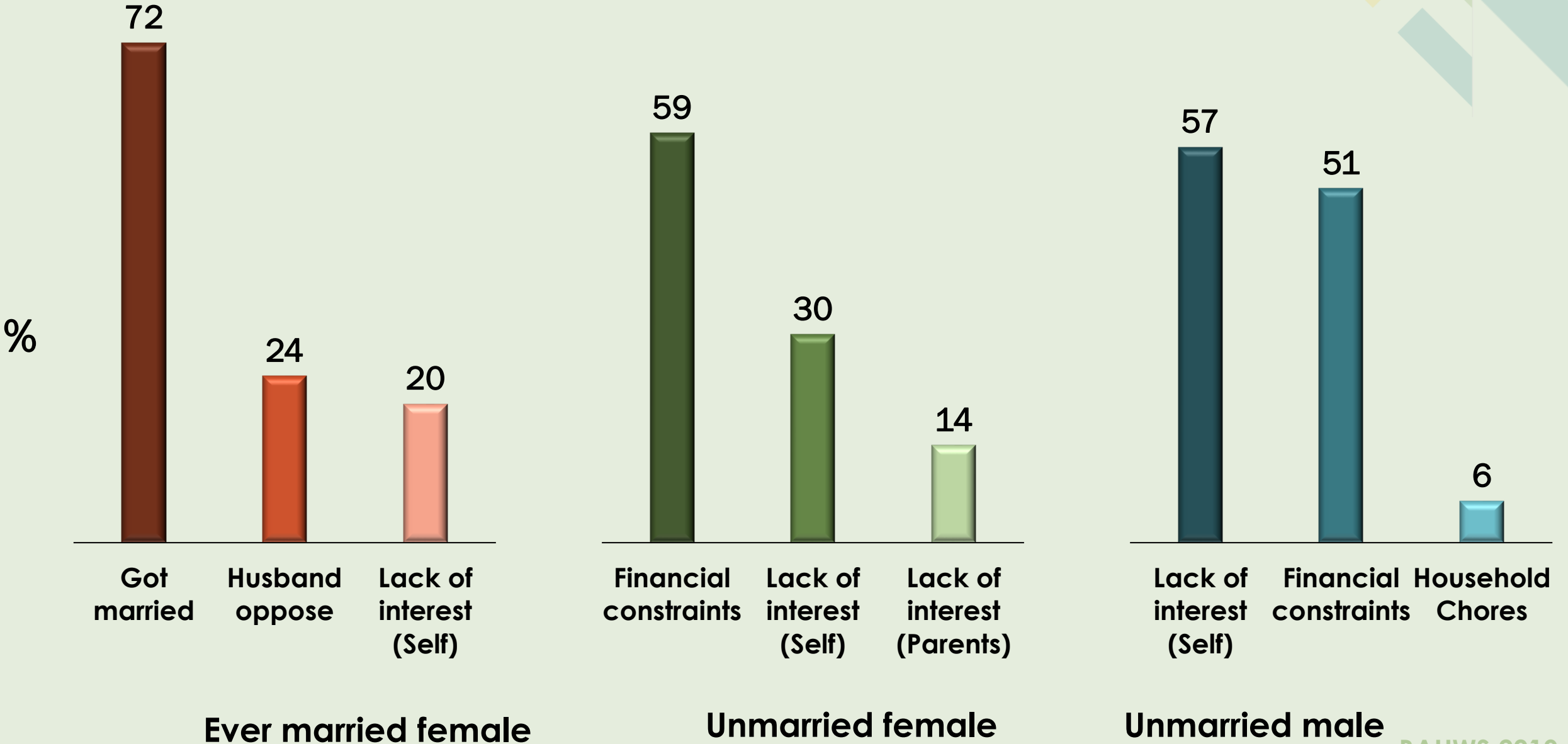


Current schooling status: Adolescents age 15-19

■ Ever attended ■ Discontinued ■ Regular school ■ Madrasa



Reasons for school dropout (Top 3 reasons)

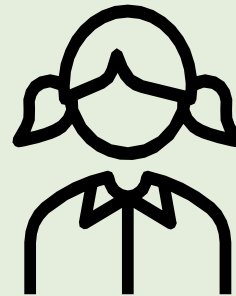


Working for cash: Adolescents age 15-19



6%

Ever married female



12%

Unmarried female



31%

Unmarried male

Working for cash = Cash only or Both Cash and Kind

Current Involvement in any Extracurricular activities: Adolescents age 15-19

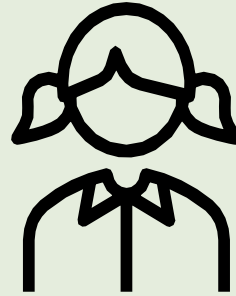
Mostly
Reading books: 22%
Writing: 4%



25%

Ever married female

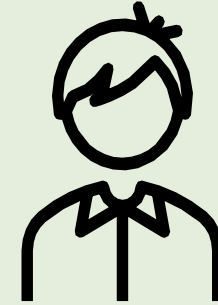
Mostly
Reading books: 47%
Drawing and painting: 16%



56%

Unmarried female

Mostly
Outdoor sports: 84%
Reading books: 41%



88%

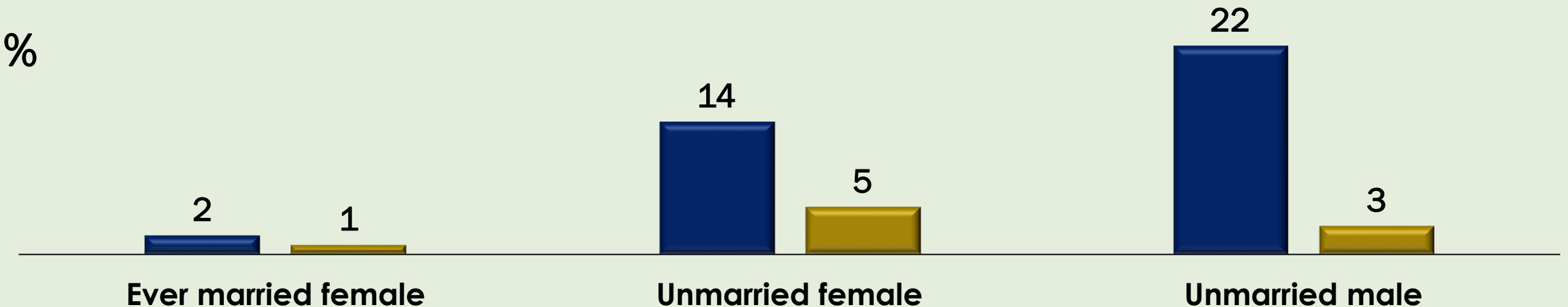
Unmarried male

Extracurricular activities include drawing/painting, singing/dancing/drama,
outdoor sports, reading books other than textbooks, creative writing

Current involvement in any social organization and adolescent program

■ Social organization

■ Adolescent program



Social organization includes local youth clubs, boy scouts/girls guide, cultural organization, sports club, reading club/library

Summary

Living Status

- Half (52%) of the married females are living with both parent-in-laws, while 80% of unmarried females and males are living with both parents.

Schooling

- 98% of adolescents have ever attended school.
- Most ever married female adolescents (83%) discontinued schooling, mainly due to marriage.
- Over a quarter of unmarried boys (27%) dropped out of school mainly due to lack of interest and financial constraints.
- School discontinuation rate was the lowest (15%) among unmarried girls, and it was mainly due to financial constraint.

Summary

Involvement in extra curricular activities / social organization / adolescent program

- Almost 90% of unmarried boys are involved in any extra curricular activity. Adolescent girls are less likely to be involved (Married girls 26% and unmarried girls 56%)
- Only 2% of ever-married females, 14% of unmarried females and 22% of unmarried males are associated with any social organization.
- Around 1%-5% of adolescents are involved in any adolescent program.



Bangladesh Adolescent Health and Wellbeing Survey 2019-20

Exposure to Mass Media



Exposure to Mass Media

Topics

Mobile Phone,
Internet,
Computer, Print
Media



Exposure to adolescent
related
programs/materials



Desire for additional
information

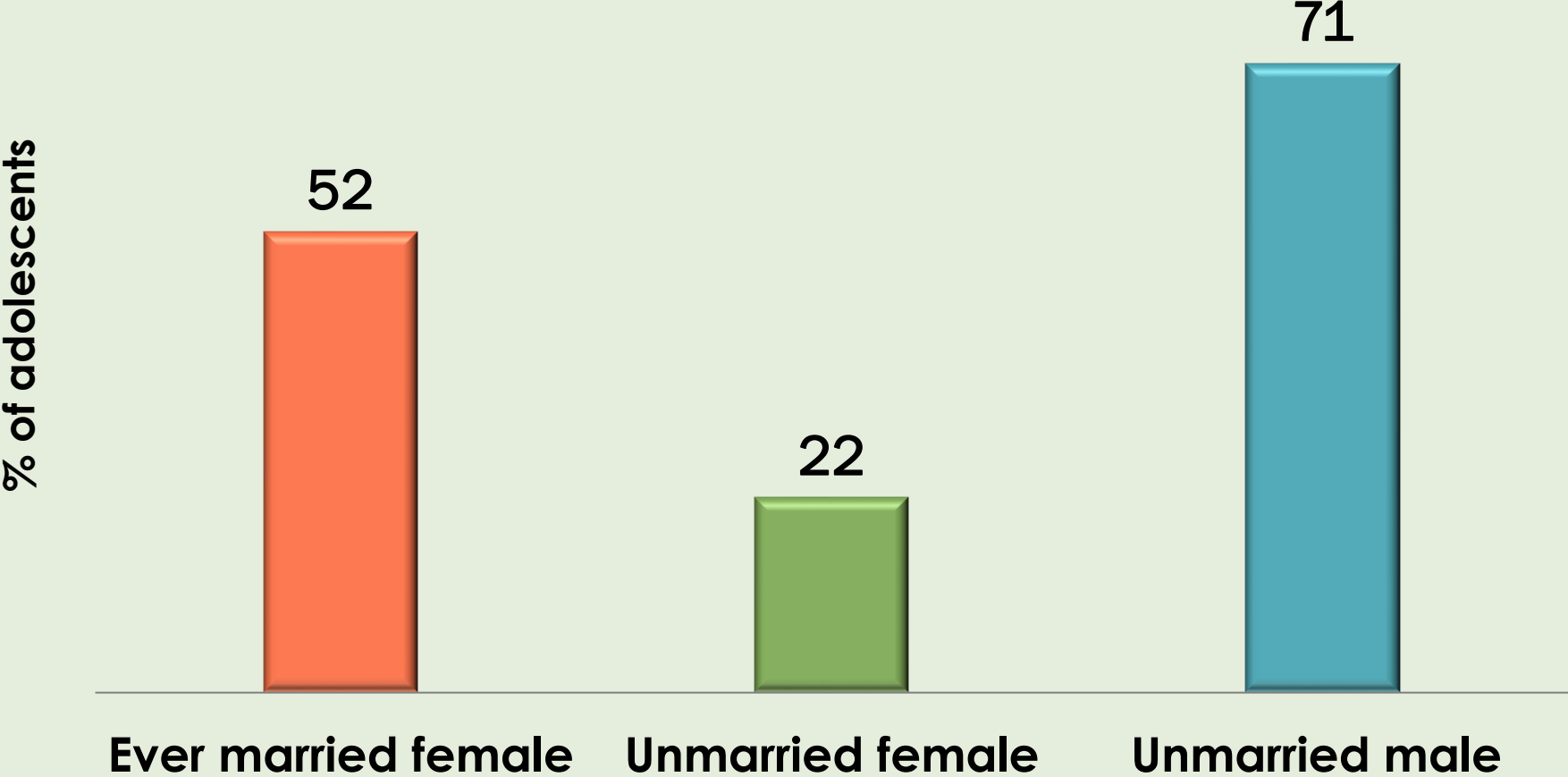


Access to mobile phone



Adolescents' access to mobile phone is over 90% (through own mobile phone or having access to household mobile phone)

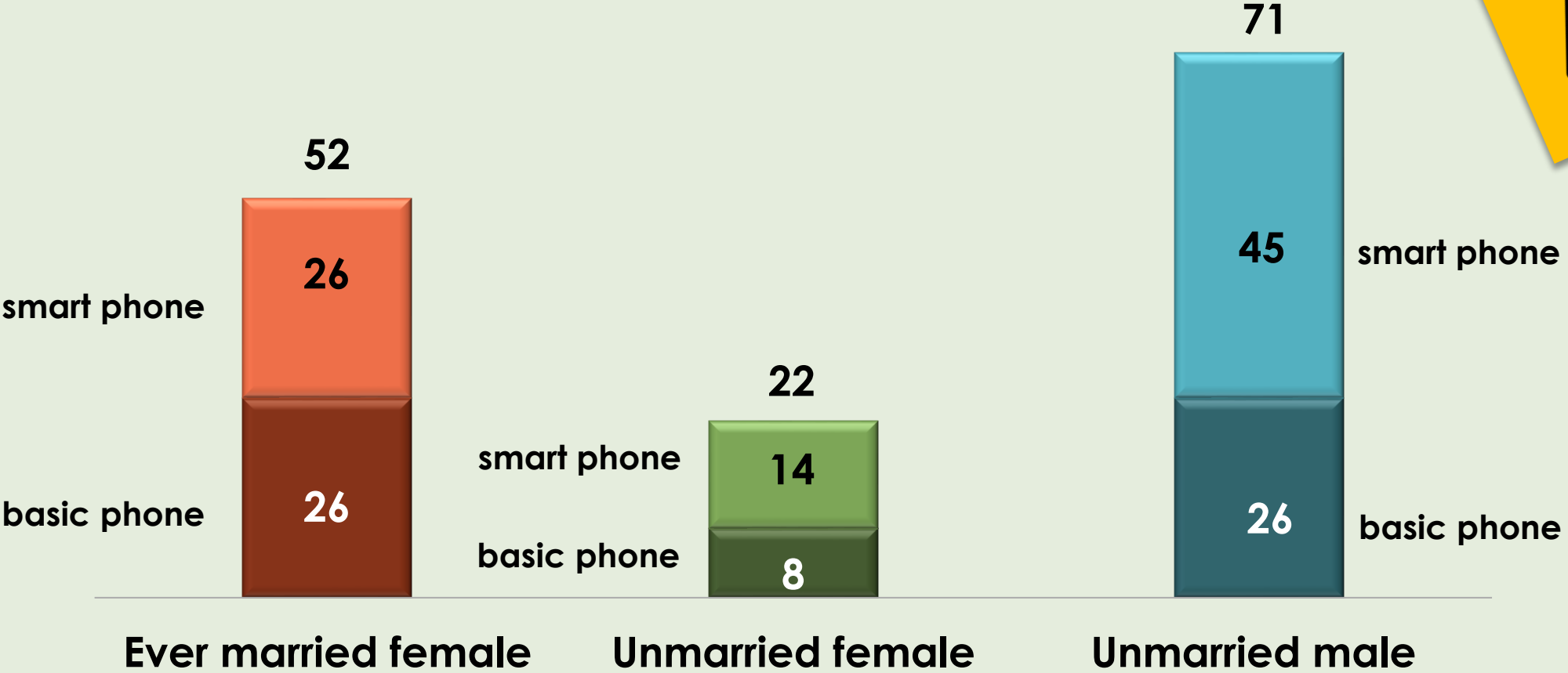
Ownership of Cell Phone: Adolescents age 15-19



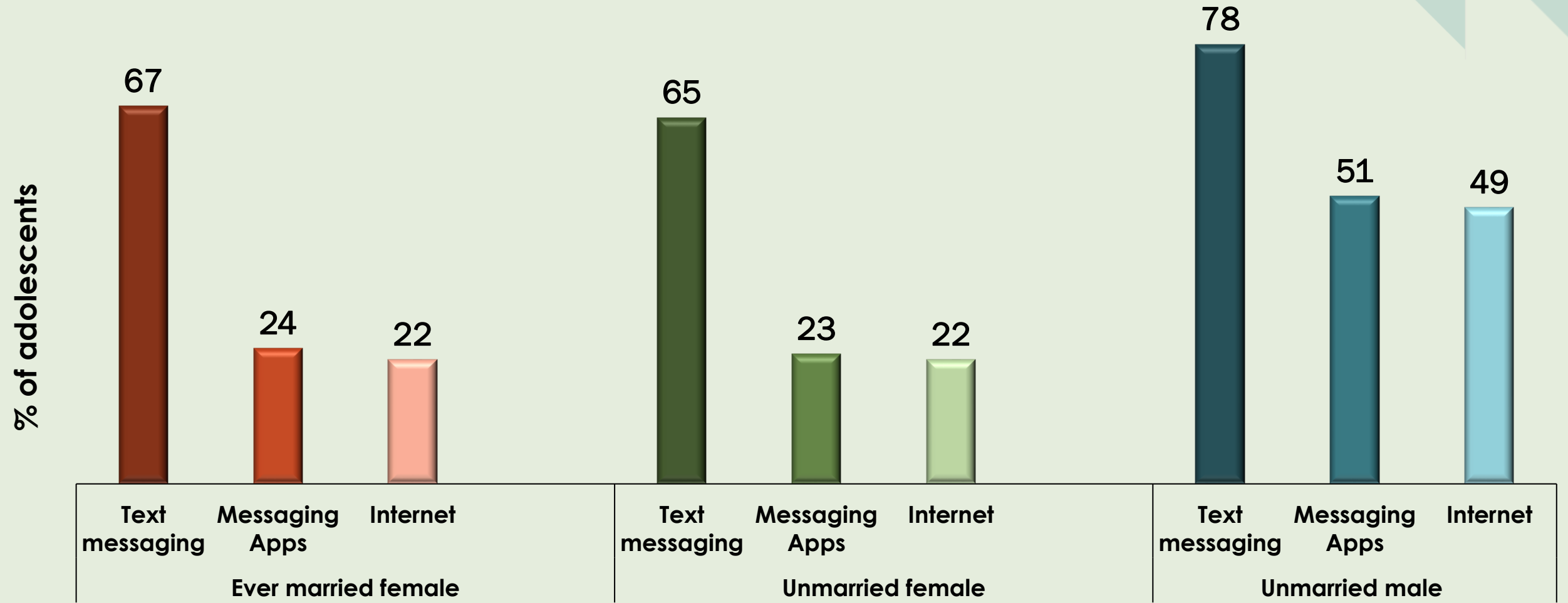
Ownership of Cell Phone by Type: Adolescents age 15-19



% of adolescents



Use of Cell Phone by adolescents age 15-19: Top 3 uses after "Making Calls"



Exposure to Mass media (at least once a week): Adolescents age 15-19

Mass Media

TV



Internet



Newspaper/Magazine



Radio



Ever married female

65%

22%

7%

10%



Unmarried female

74%

22%

19%

14%



Unmarried male

79%

47%

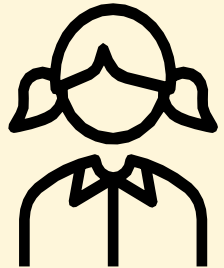
35%

27%

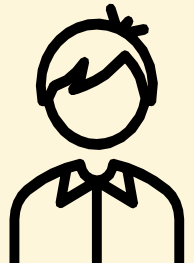
Exposure to adolescent related programs/materials/articles (in last 3 months) by adolescents age 15-19



15%
Ever married female



25%
Unmarried female



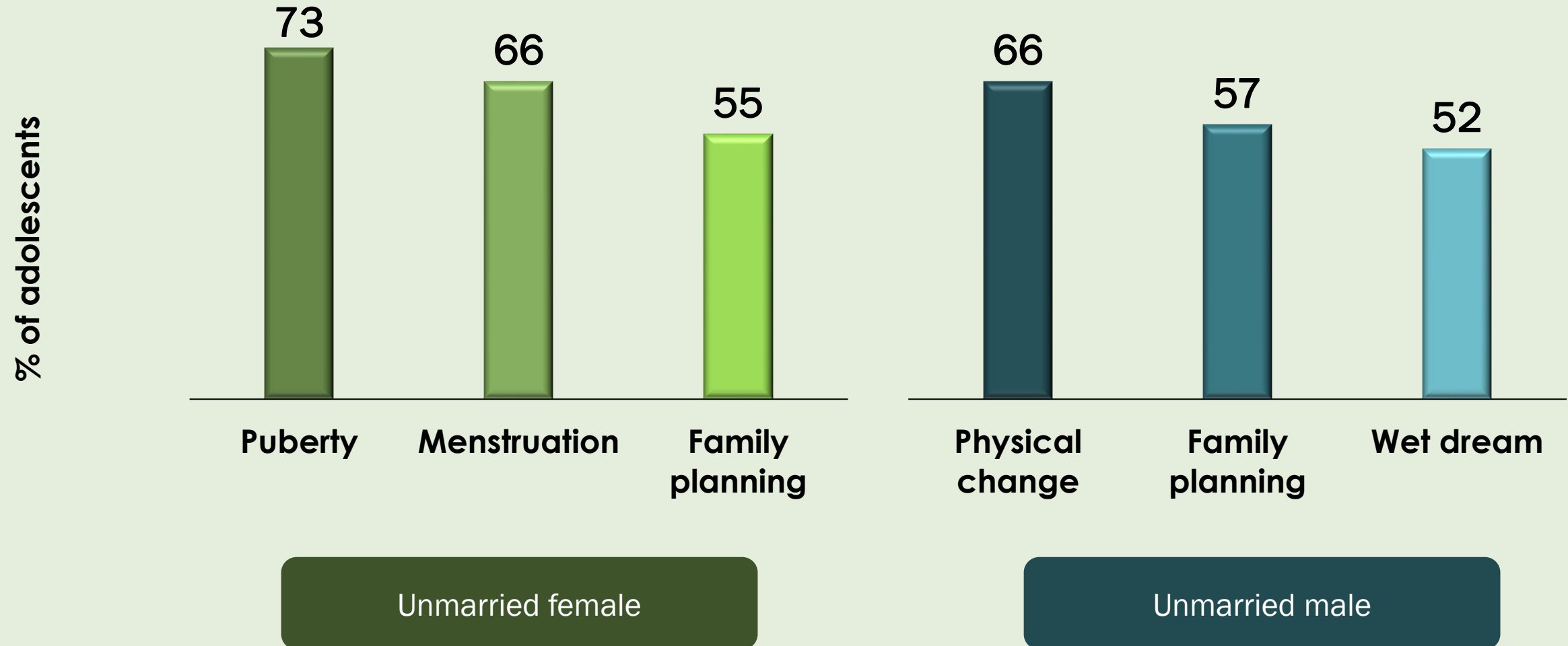
20%
Unmarried male

Options were

Watched on TV, Listened to on Radio,
Read Online, Read on any Print media



Desire for information on specific health related topics: Unmarried adolescents age 15-19



Most preferred source for information on specific topics: Unmarried adolescents age 15-19



Prefer
Books

Puberty
26%

Menstruation
22%

Family
planning
12%

Also health providers

Unmarried female



Prefer
Internet

Physical
Change
23%

Wet dream
20%

Family
planning
18%

Unmarried male

Summary

- Seven out of ten unmarried boys own a mobile phone. Around half of ever-married females and a quarter of unmarried girls own a cell phone. At least half of the phones are smartphones.
- More than two thirds of all adolescents watch TV at least once a week (65%-79%).
- Almost half of unmarried males and one-fifth of married and unmarried female adolescents access the internet at least once a week
- 15%-25% of adolescents had exposure to adolescent related program/materials through TV, radio, online and/or print media in the 3 months preceding the survey

Summary

- A large proportion of unmarried girls (73%, 66%,55%) desire to know more about puberty, menstruation and family planning, respectively.
- Also, a notable proportion of unmarried males (66%, 57% and 52%) want to know more about physical change, wet dream and family planning.
- The internet/mobile is the most preferred source of information on all health-related topics for the largest proportion of unmarried boys.
- Unmarried females prefer to get information on menstruation and puberty through books and on family planning from health providers and books.



Bangladesh Adolescent Health and Wellbeing Survey 2019-20

Menstruation



Menstrual Hygiene

Topics



Mean age at first menstruation



Knowledge on menstruation



Misconceptions on menstruation



Products used during menstruation



Hygienic menstrual practice



Missed school attendance

Mean age of first menstruation



12.8 years

Ever married female



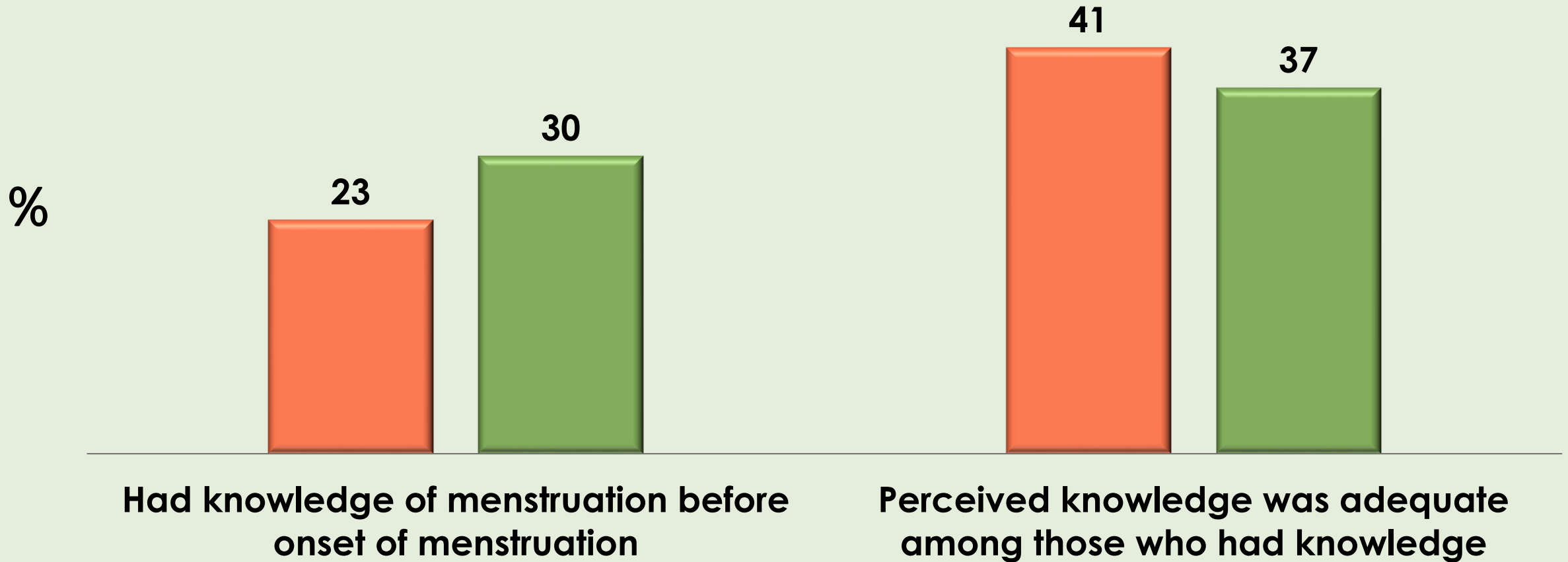
12.9 years

Unmarried female

Knowledge on menstruation

■ Ever-married females

■ Unmarried females



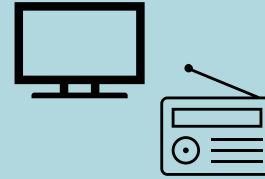
Knowledge on menstruation through mass media

Mass Media

Textbooks/Books



TV/Radio



Internet



Newspaper/Magazine



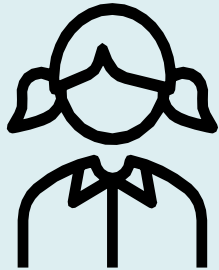
Ever married female

65%

23%

11%

4%



Unmarried female

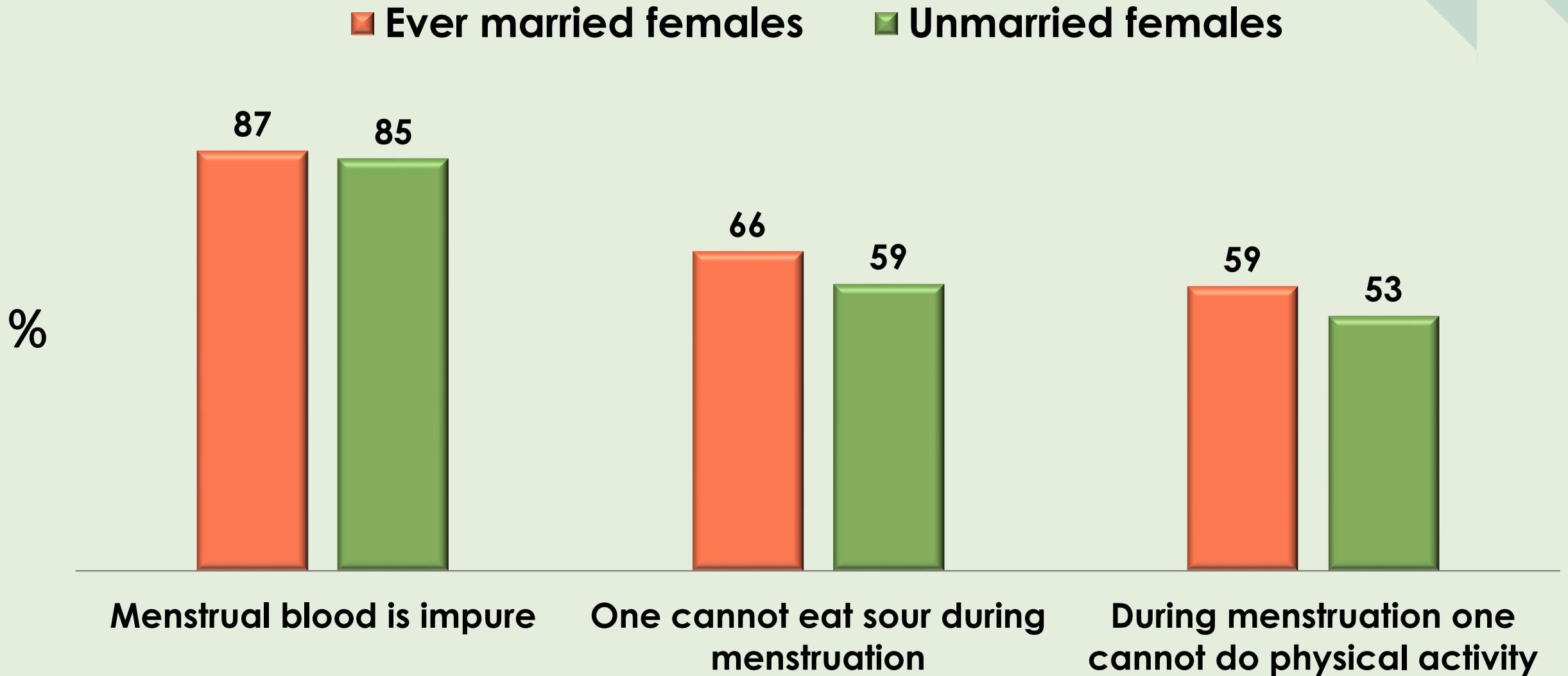
81%

29%

14%

7%

Misconceptions on menstruation

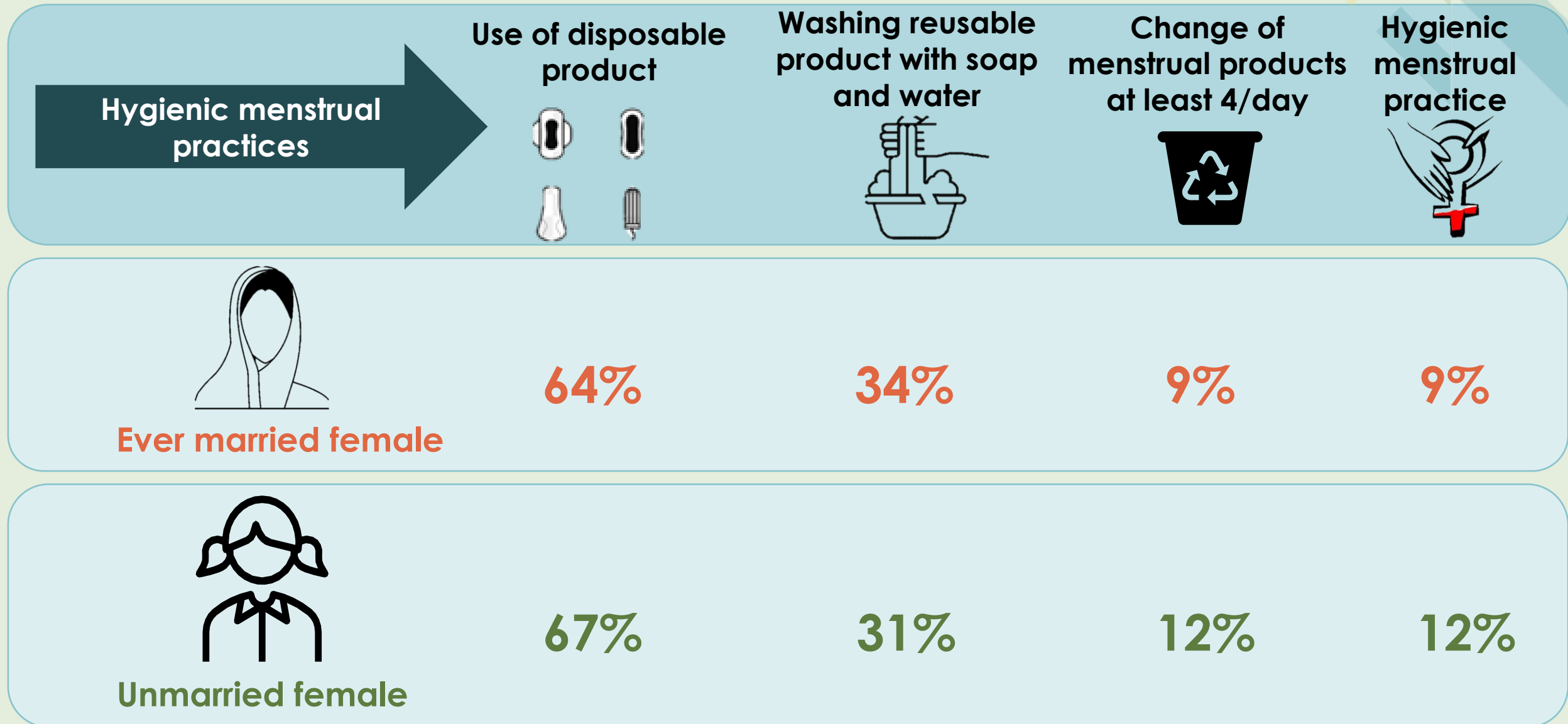


Products used for management of menstruation

■ Ever married female adolescents ■ Unmarried female adolescents

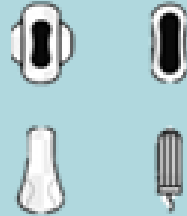


Hygienic menstrual practices



Hygienic menstrual practices

Use of disposable product



Washing reusable product with soap and water



Change of menstrual products at least 4/day



Hygienic menstrual practice



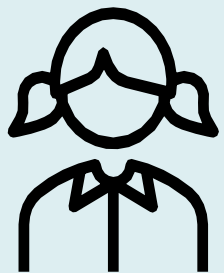
Ever married female

64%

34%

9%

9%



Unmarried female

67%

31%

12%

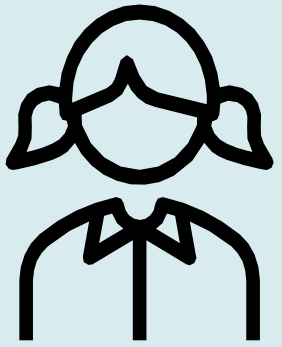
12%

Missed any day of school during last menstruation



26%

Ever married female

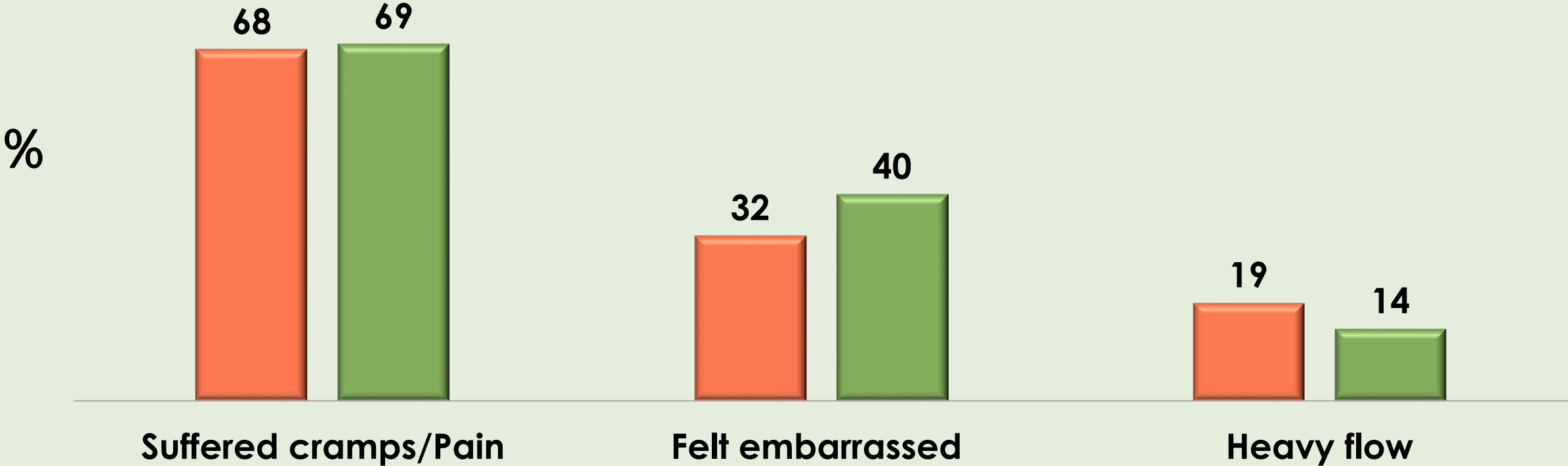


24%

Unmarried female

Reasons for not attending school during last menstruation (top 3 reasons)

■ Ever-married females ■ Unmarried females



Summary

- The mean age of first menstruation is 12.8 years for ever-married female adolescents and 12.9 years for unmarried female adolescents.
- Most female adolescents had no knowledge about menstruation prior to menarche. Only 23% of married and 30% of unmarried adolescents reported having prior knowledge.
- Textbooks/Books are the most common mass media source of information on menstruation (65-81%) for ever-married females (65%) and unmarried females (81%) followed by TV/radio (23-29%).

Summary

- Almost all adolescents reported using hygienic menstrual products (sanitary napkins or clean materials). But only one in ten girls change their menstrual products according to the recommended number of times a day (4 times a day). As a result, only 9-12% of the adolescent girls are following hygienic menstrual practices.
- One in four female adolescents age 15-19 missed at least one day of school during their last menstruation.



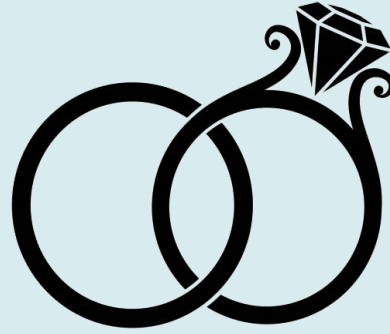
Bangladesh Adolescent Health and Wellbeing Survey 2019-20

Marriage



Marriage

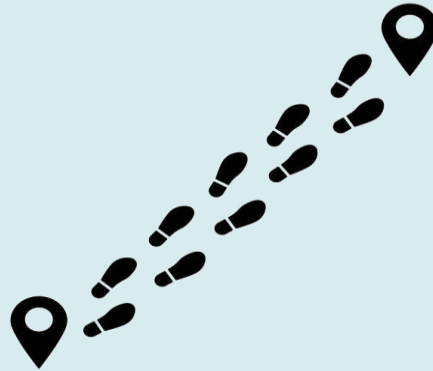
Topics



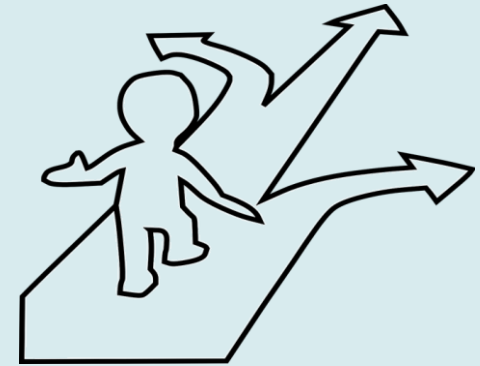
Marital status



Spousal age difference



Spousal separation



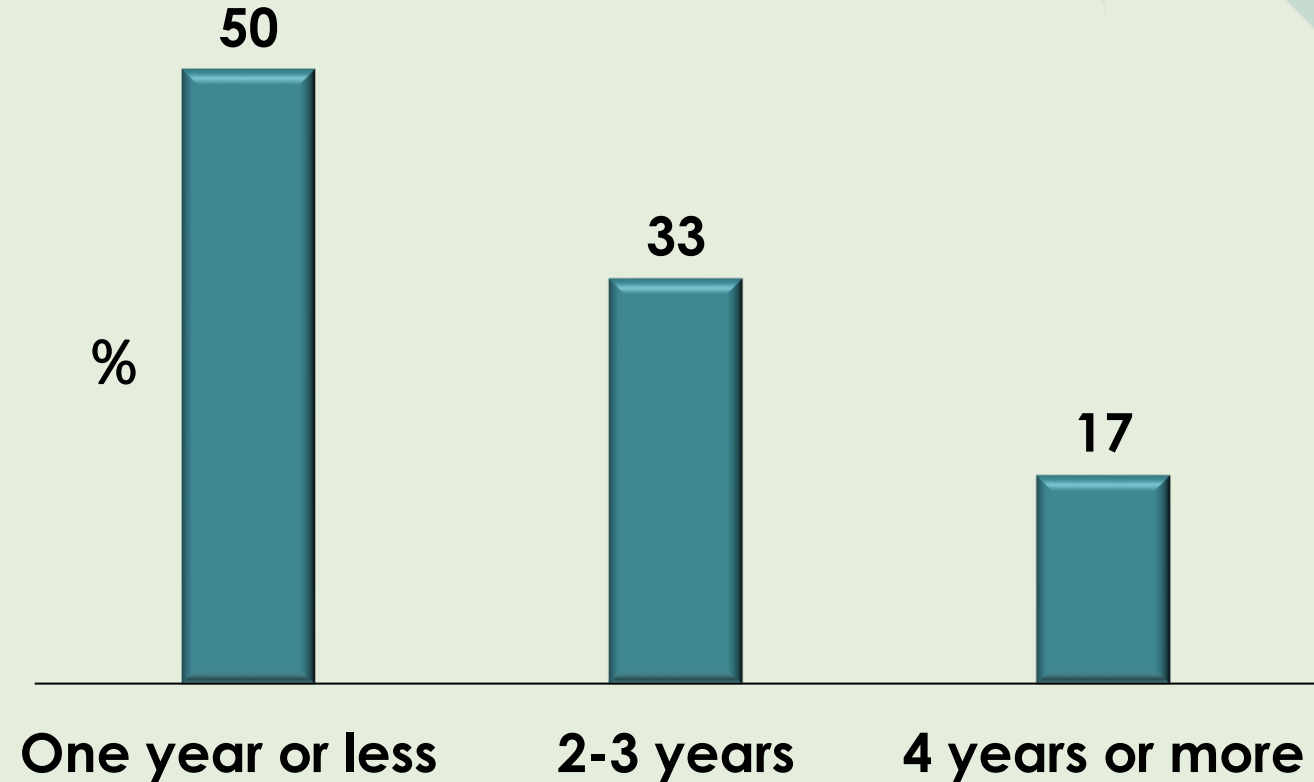
Preferred age of marriage

Marital Status and Duration

Among Ever Married Females:

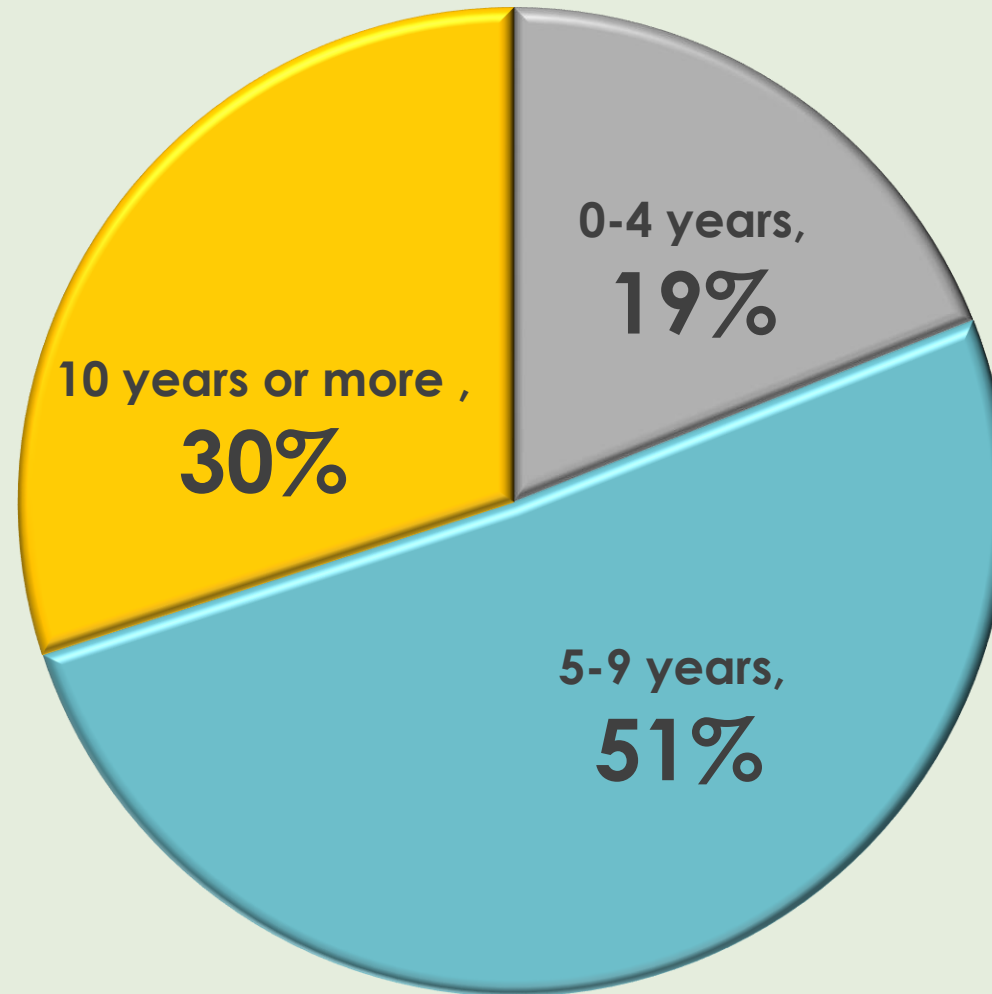
97% currently married;

3% are divorced, separated, or widowed

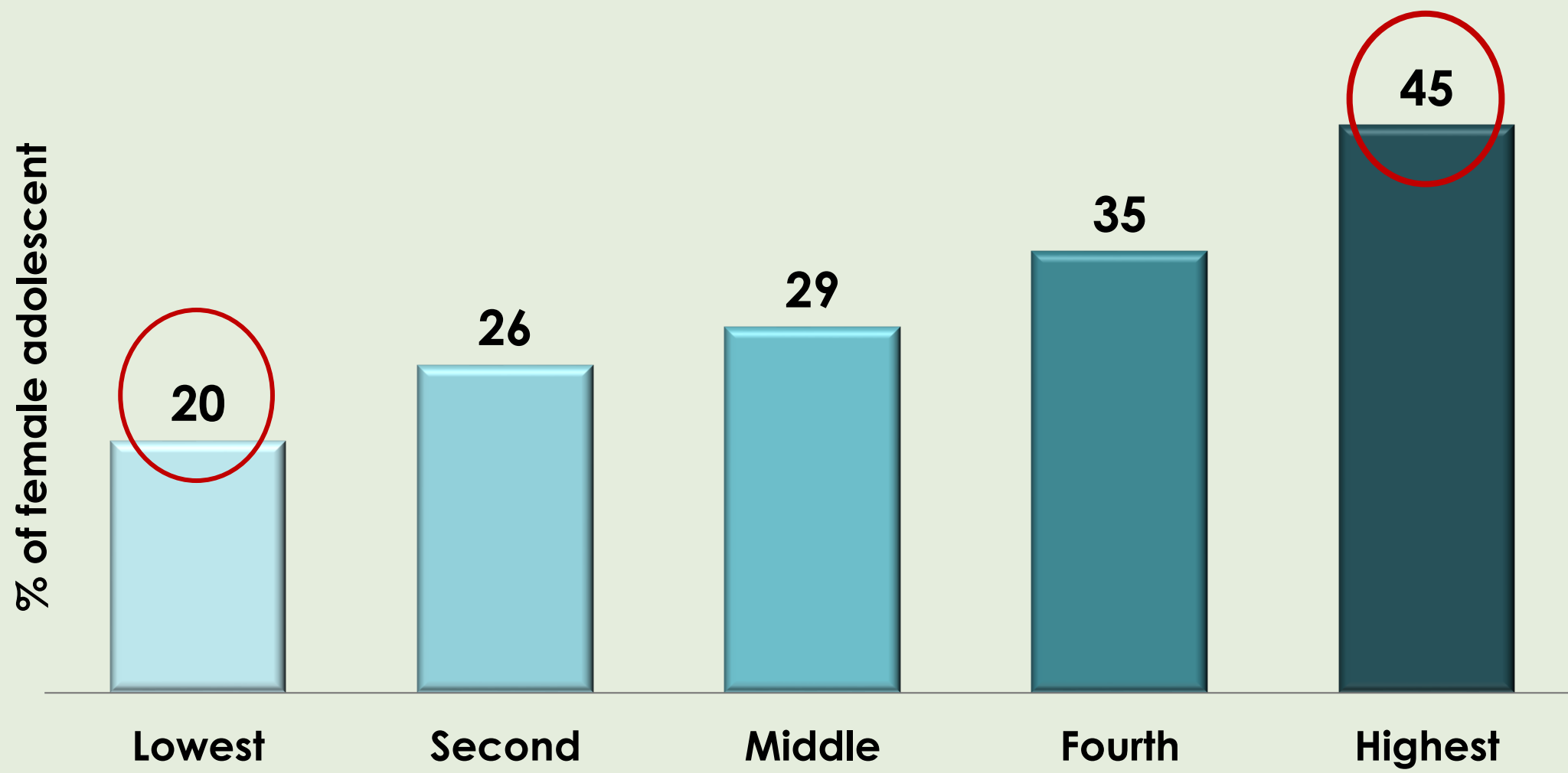


Currently Married Women: Marriage duration

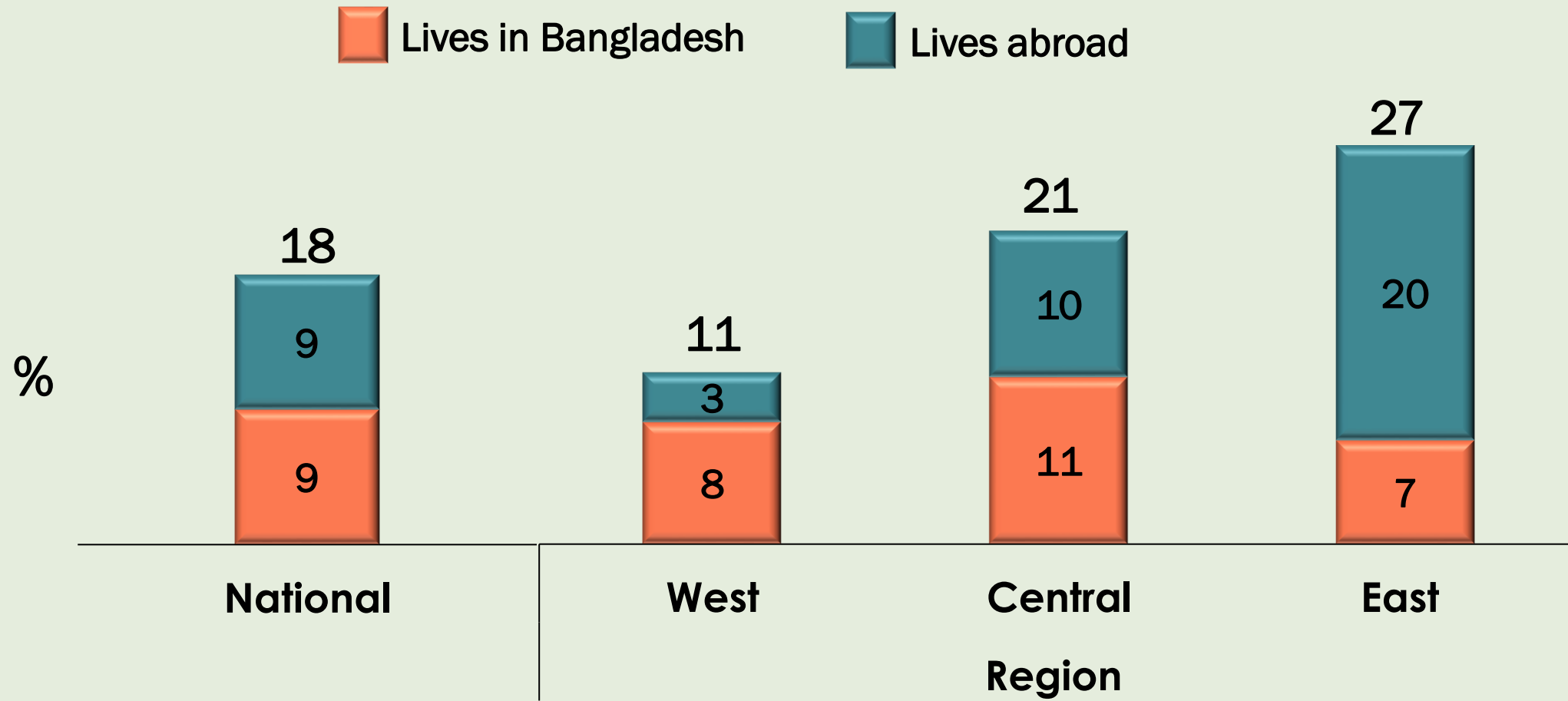
Spousal age difference: Currently married females age 15-19



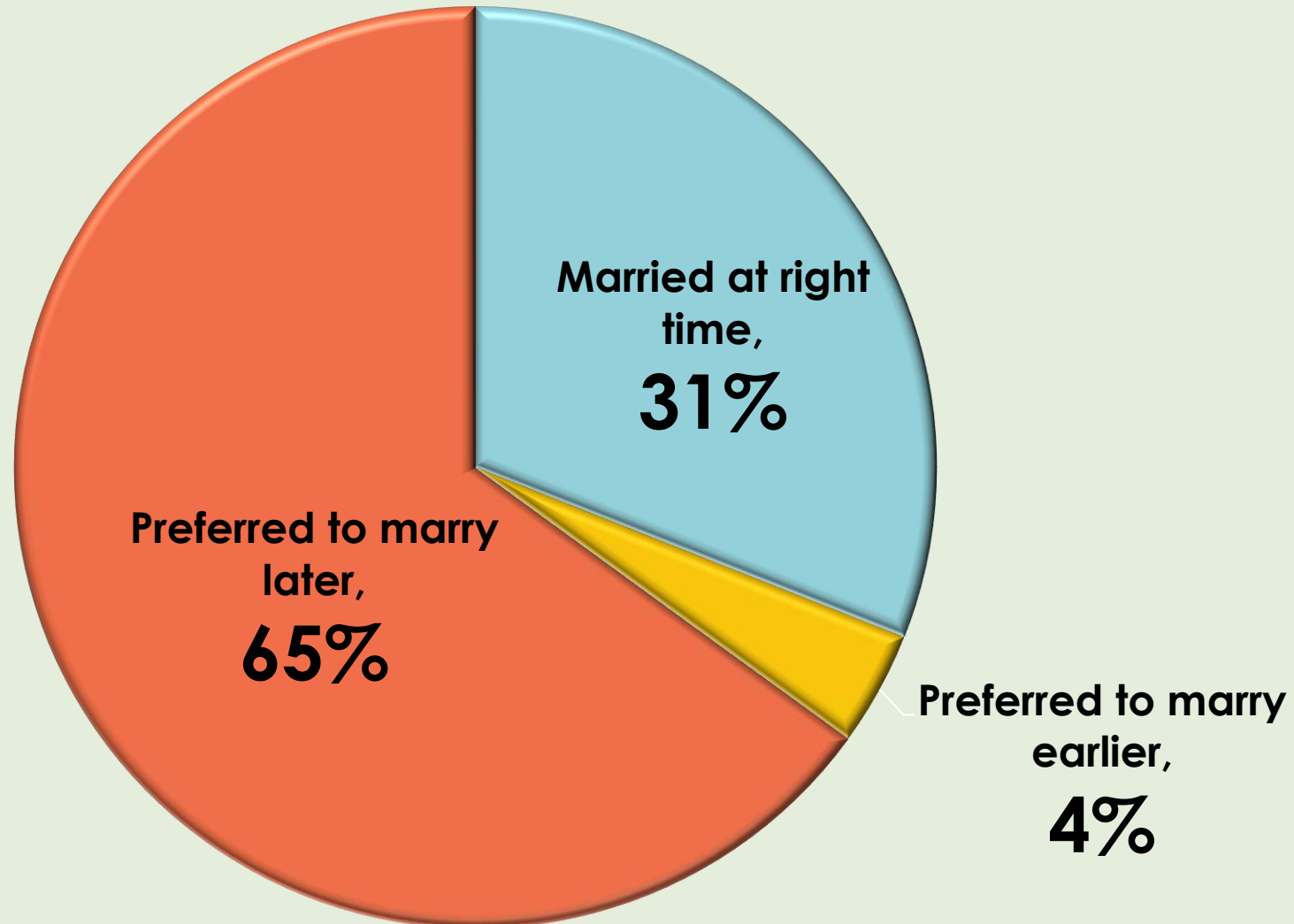
Spousal age difference of 10 or more years by wealth quintile: Currently married females age 15-19



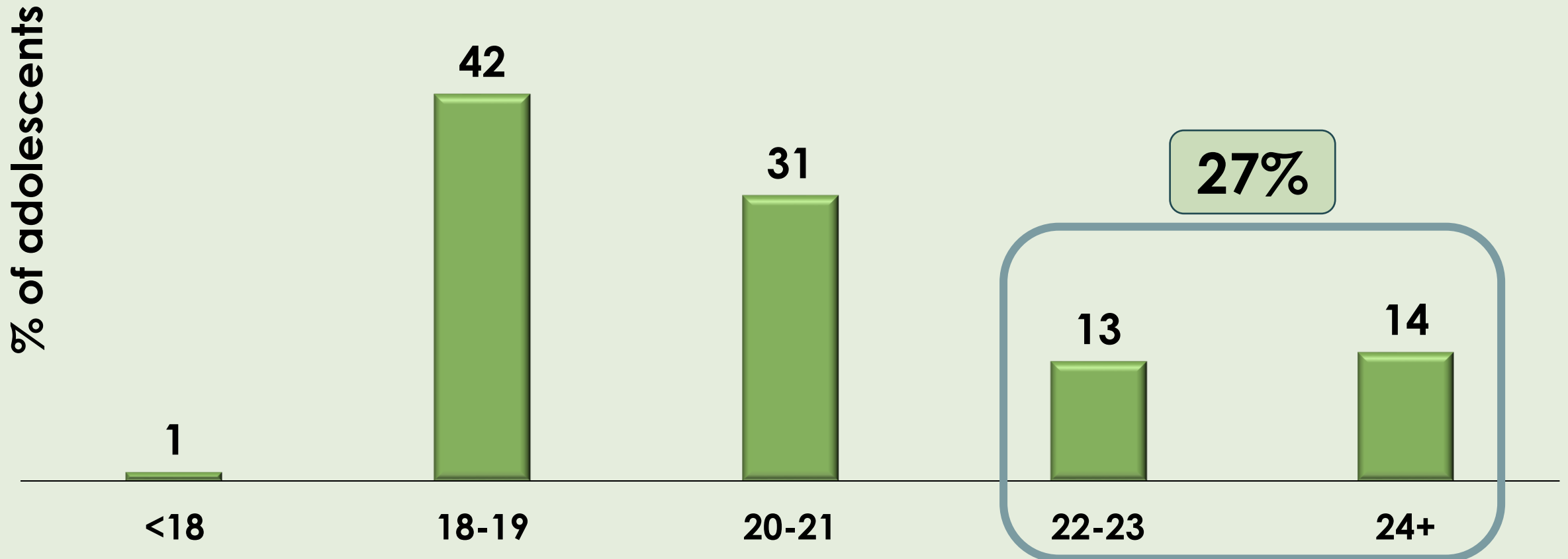
Married adolescents age 15-19 whose husbands live elsewhere by region



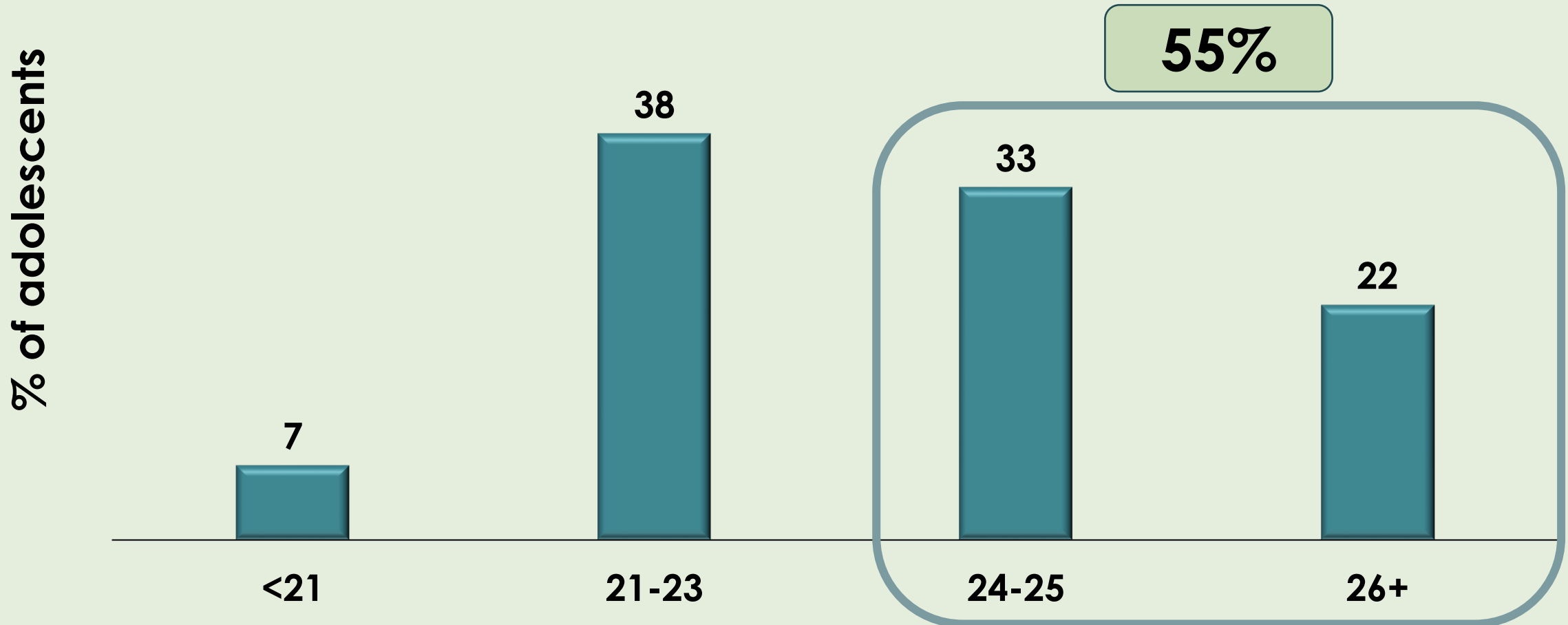
Preferred timing of marriage: Currently married females age 15-19



Preferred age of marriage: Unmarried females age 15-19



Preferred age of marriage: Unmarried males age 15-19



Summary

Marital status

- 3% of ever married females age 15-19 are separated, divorced or widowed.
- 17% of currently married girls have been married for four years or more.

Spousal age difference

- 30% of female adolescents have an age difference of 10 or more years with their husband.
- The highest proportion of female adolescents with a spousal age difference of 10 years or more is among those in the highest wealth quintile (45%).

Summary

Living separately from husbands

- One in five married adolescents live separately from their husbands.
- Among those, half of the husbands live in Bangladesh and half overseas.
- Living separately is more common for adolescents in the Eastern region compared to the Central or the Western regions.

Preferred timing/age of marriage:

- Two-thirds of married female adolescents would have preferred to be married later than the age when they got married.
- Over one-quarter (27%) of unmarried females prefer to marry at age 22 or later.
- Over half (55%) of unmarried males prefer to marry at age 24 or later.

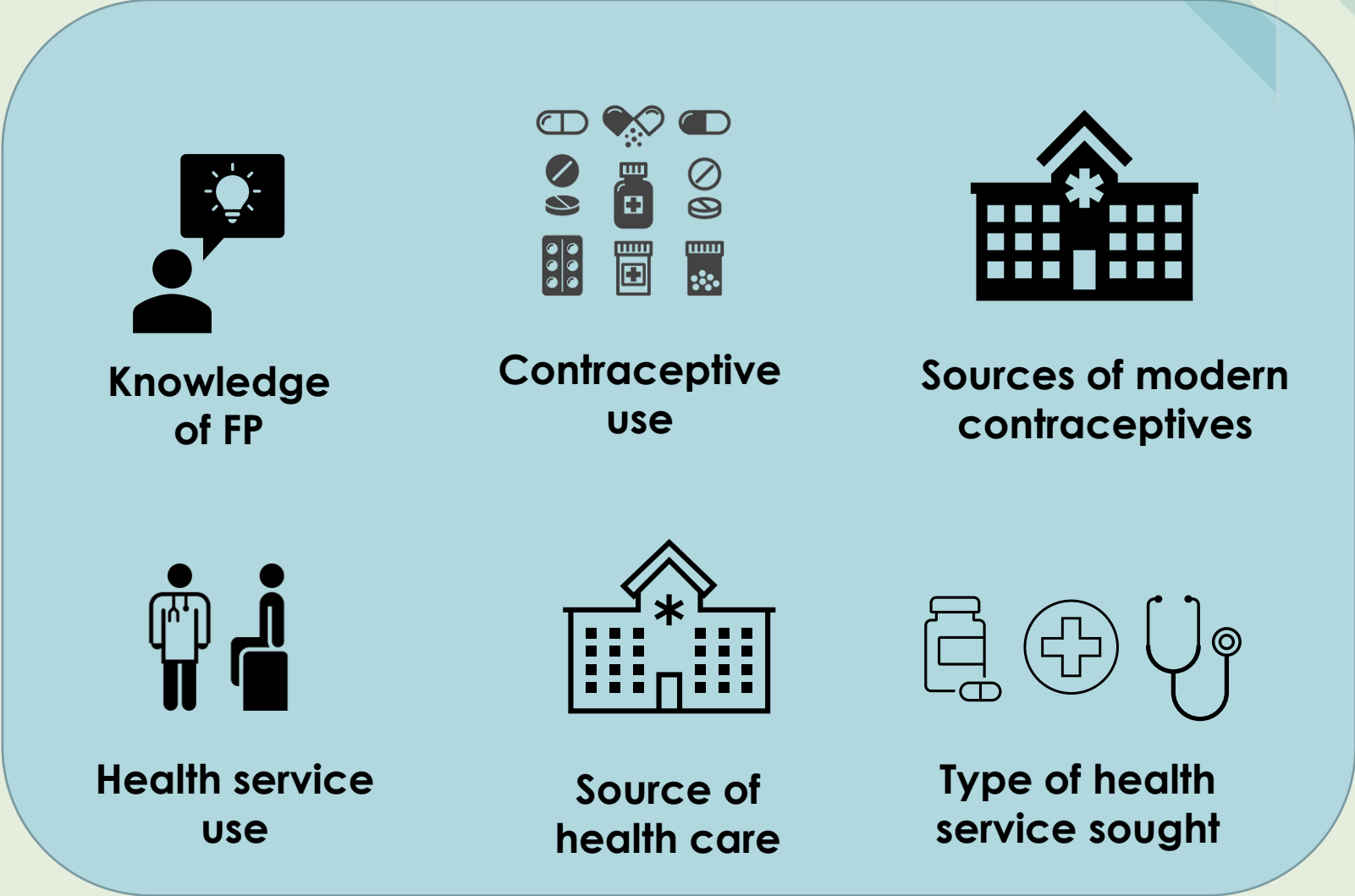


Bangladesh Adolescent Health and Wellbeing Survey 2019-20

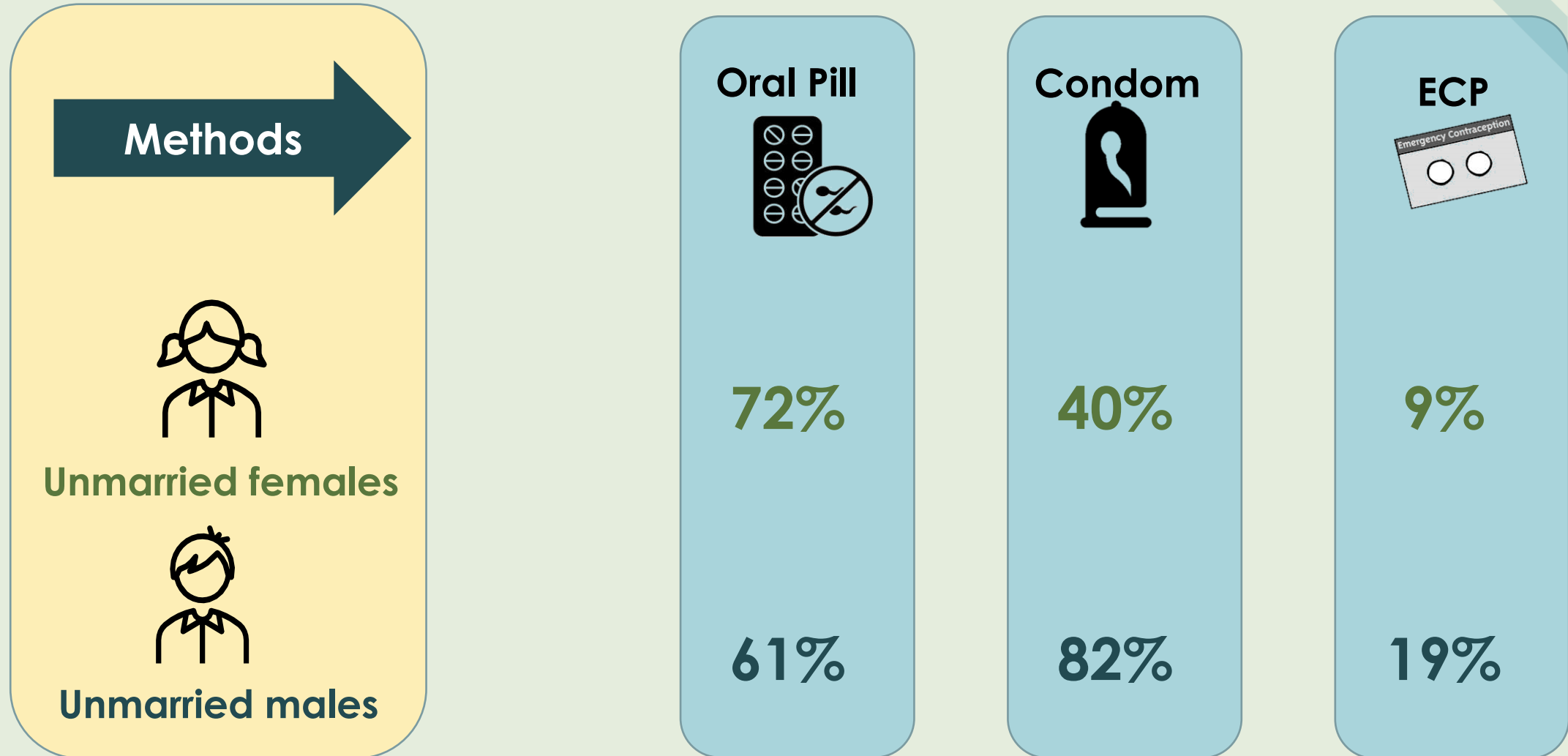
Knowledge and use of family planning and health services



Family planning and health services: knowledge and use

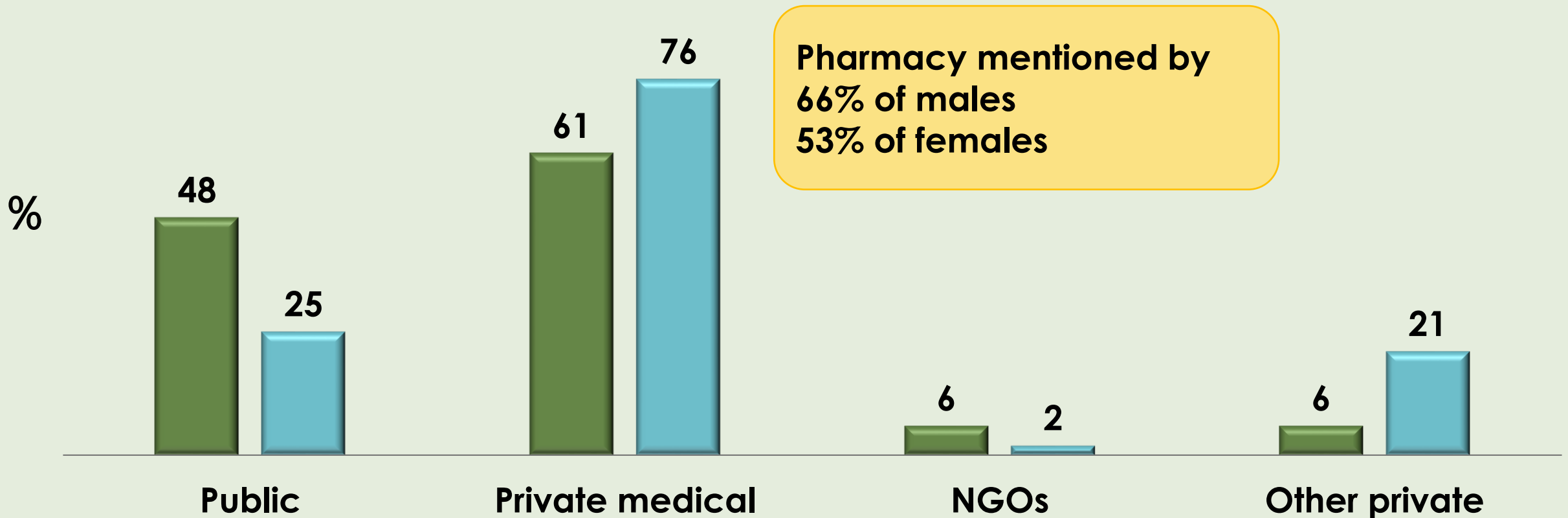


Knowledge of oral pill, condom, and ECP among unmarried adolescents age 15-19

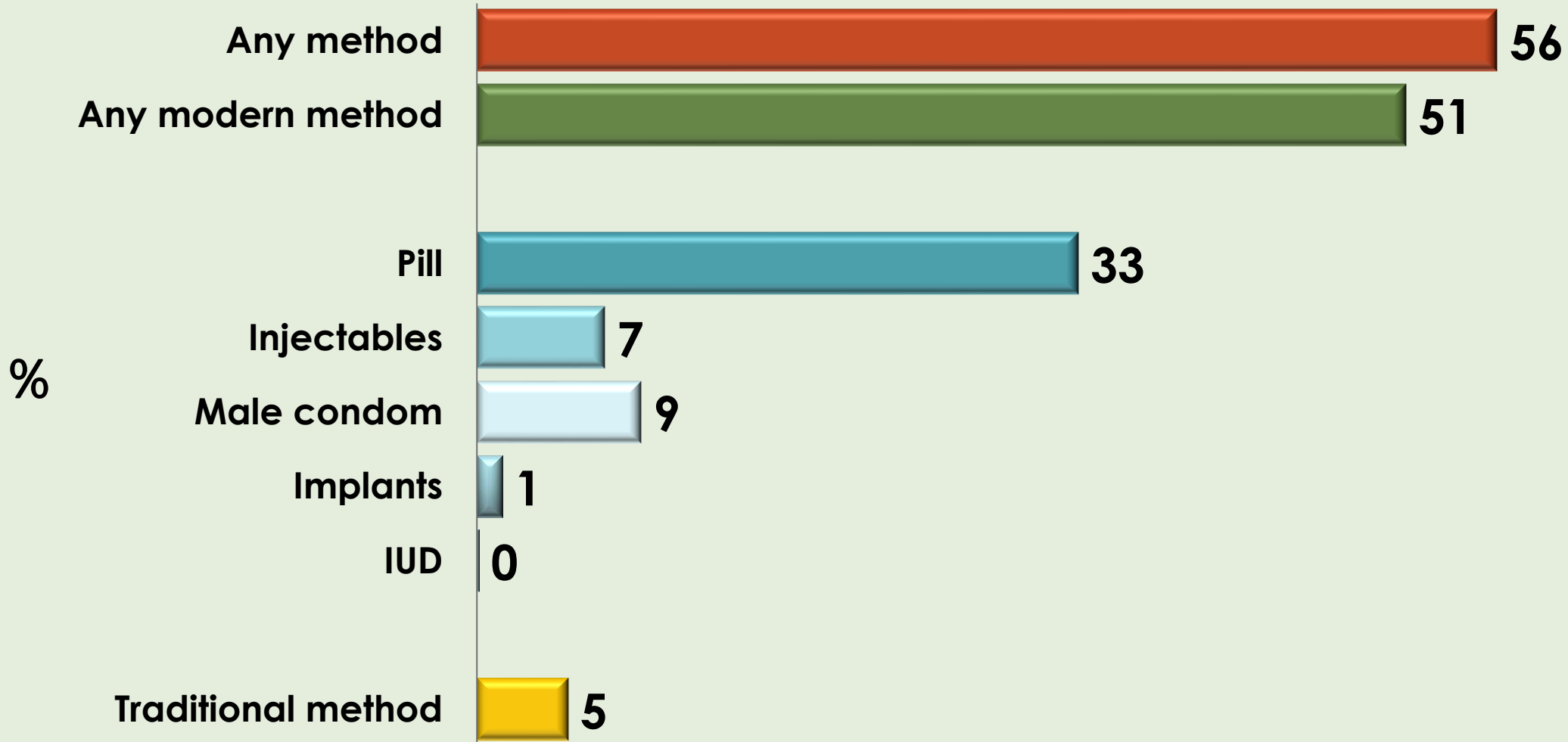


Awareness about sources of contraceptives among unmarried adolescents age 15-19 who are aware of any modern FP method

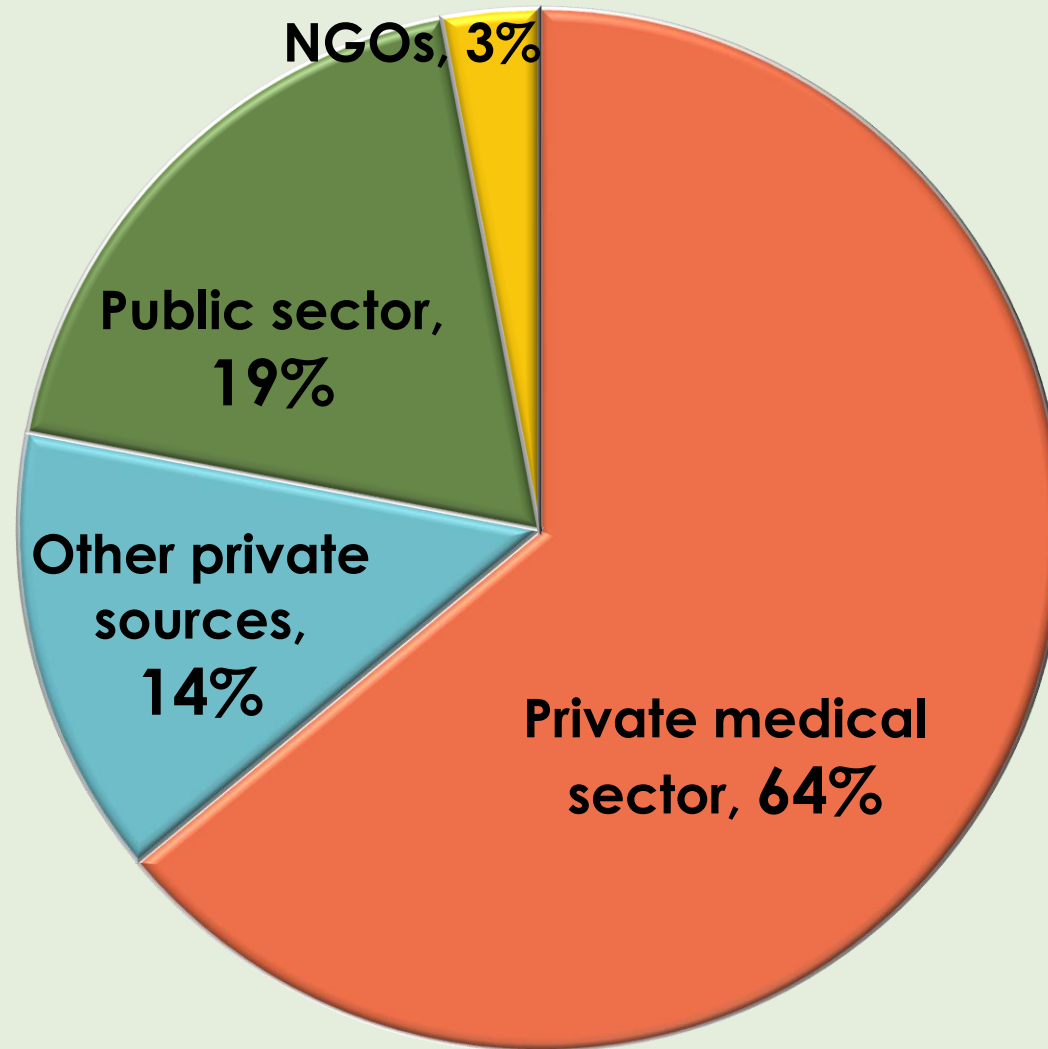
■ Unmarried female ■ Unmarried male



Contraceptive use: currently married females age 15-19



Source of modern contraceptive methods: Currently married females age 15-19 using modern contraceptives



Health service utilization (in the last 6 months preceding the survey): Adolescents age 15-19



62%

Ever married female



50%

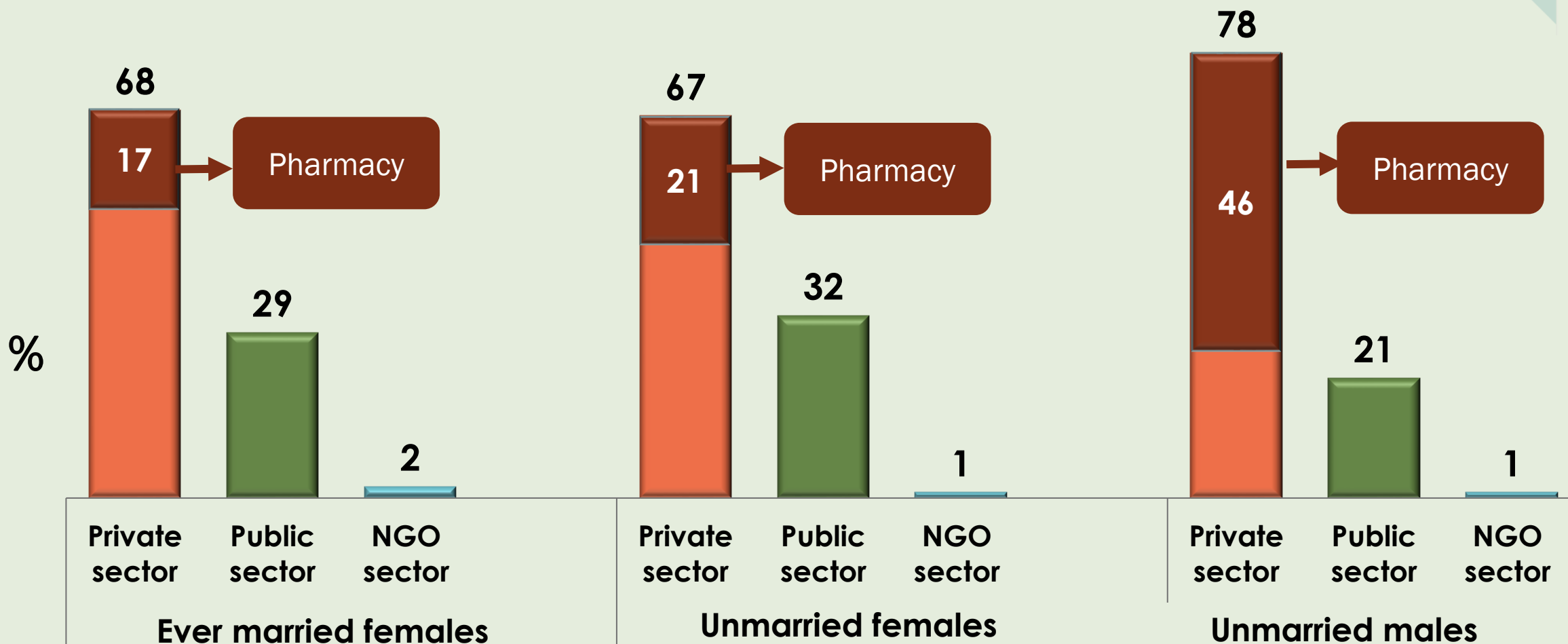
Unmarried female



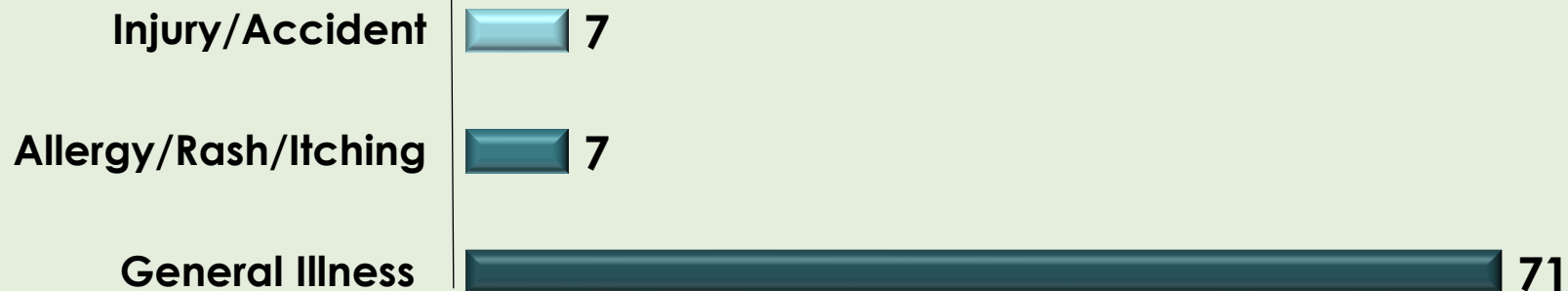
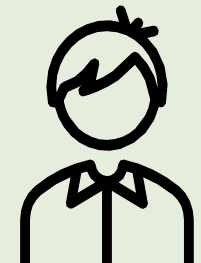
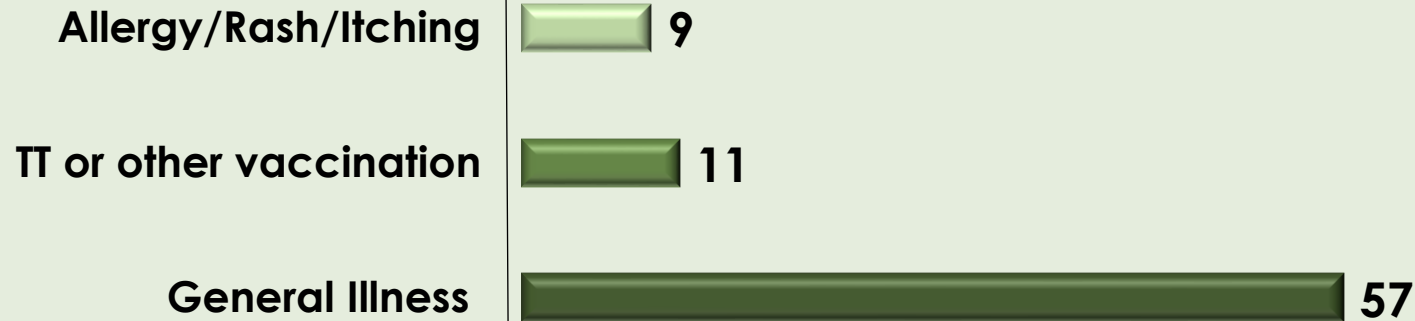
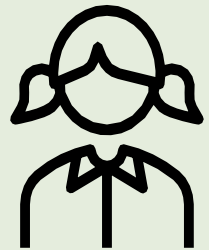
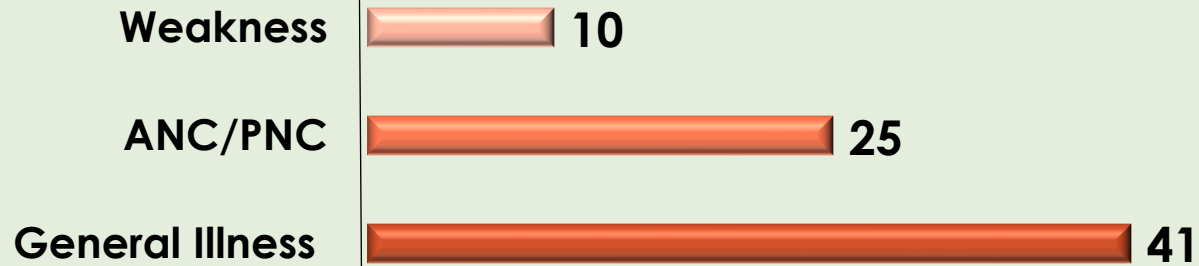
57%

Unmarried male

Sources of most recent health care among adolescents age 15-19 who sought health services in the 6 months preceding the survey



The top three types of health care sought (in the last visit) by adolescents age 15-19



Summary

Knowledge and use of family planning

- Knowledge of “Pill” as a method of family planning is higher among unmarried females (72%) than males (61%). However, the opposite is true for knowledge of “Condom” and “Emergency contraceptive pill”.
- The contraceptive prevalence rate among currently married female adolescents age 15-19 is 56%. Modern method use is 51%. The “Pill” is by far the most widely method used by 33%.
- The private medical sector is the source of contraceptive supply for 64% of married female adolescents who use contraception – the majority (61%) rely on pharmacies.

Summary

Knowledge and use of health services

- More than half of all adolescents visited any health care facility in the last six months prior to the survey. The proportion ranges from 50-62%.
- Adolescents are most likely to go to the private sector for health services.
- Most seek healthcare for general illness.



Bangladesh Adolescent Health and Wellbeing Survey 2019-20

Nutrition and Dietary Diversity



Nutrition and Dietary Diversity

This section was administered to half of the sampled respondents

Topics



Stunting



Underweight
and
Overweight



Dietary
Diversity



Iron Folic Acid
supplementation

Definitions

Stunting

Height-for-age less than -2 Z-scores of WHO child/adolescent reference population

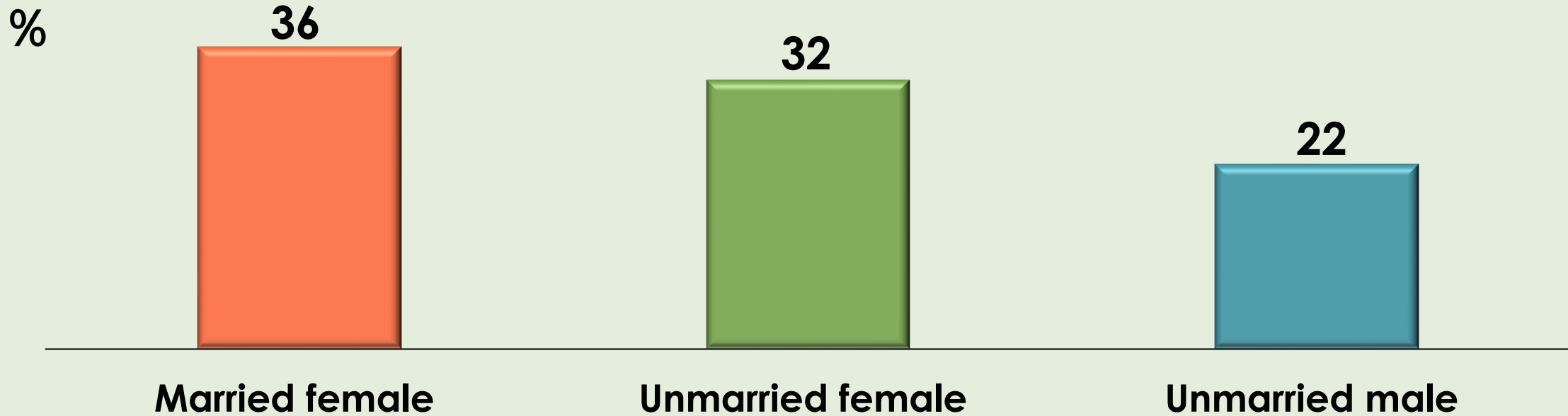
Underweight

BMI for age is less than -2 Z-scores of WHO child/adolescent reference population

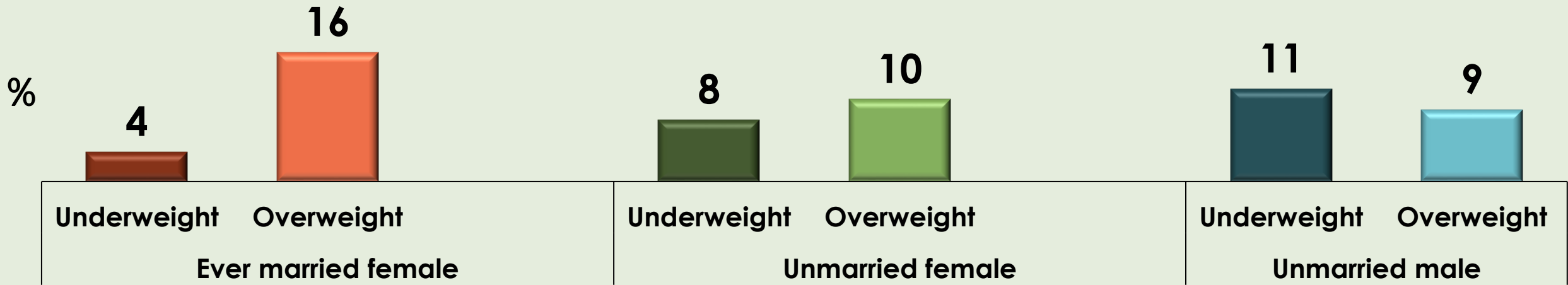
Overweight

BMI-for-age greater than +1 Z-score of WHO child/adolescent reference population

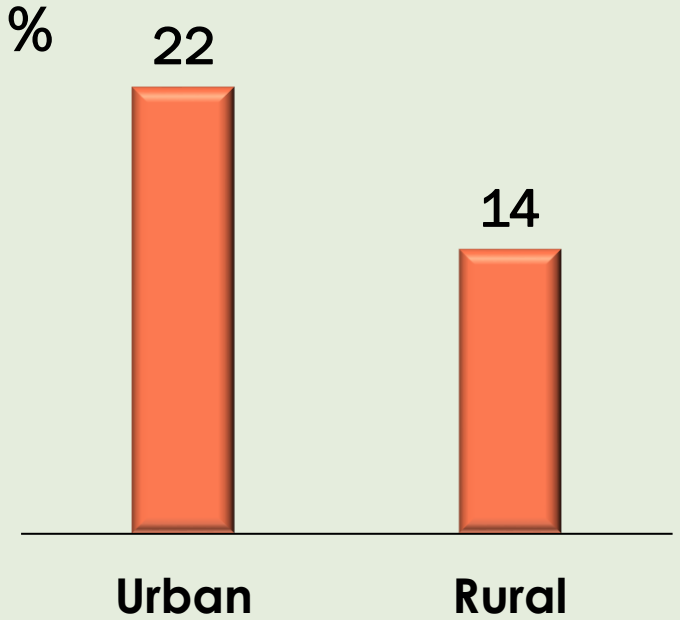
Stunting among adolescents age 15-19



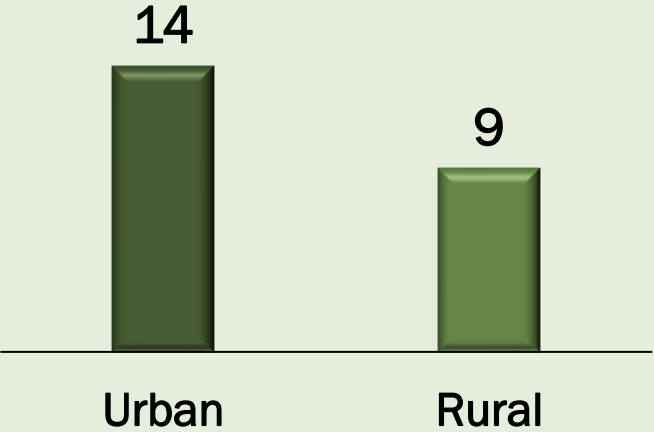
Underweight and Overweight among adolescents age 15-19



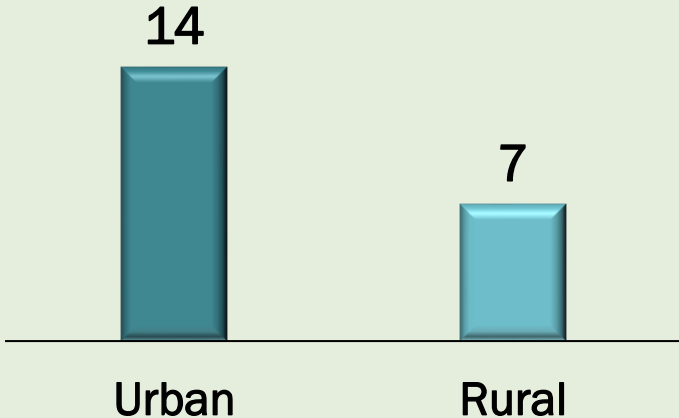
Overweight among adolescents by place of residence



Ever married females



Unmarried females



Unmarried males

Dietary Diversity Definition



Adequate dietary diversity

Consumed foods from at least from 4 food groups:

- a. milk, cheese, yogurt or other milk products;**
- b. foods made from grains, roots, and tubers;**
- c. vitamin A-rich fruits and vegetables ;**
- d. other fruits and vegetables;**
- e. meat, poultry, fish, shellfish (organ meats);**
- f. eggs;**
- g. legumes and nuts;**
- h. green leafy vegetables**

Vitamin A enriched food

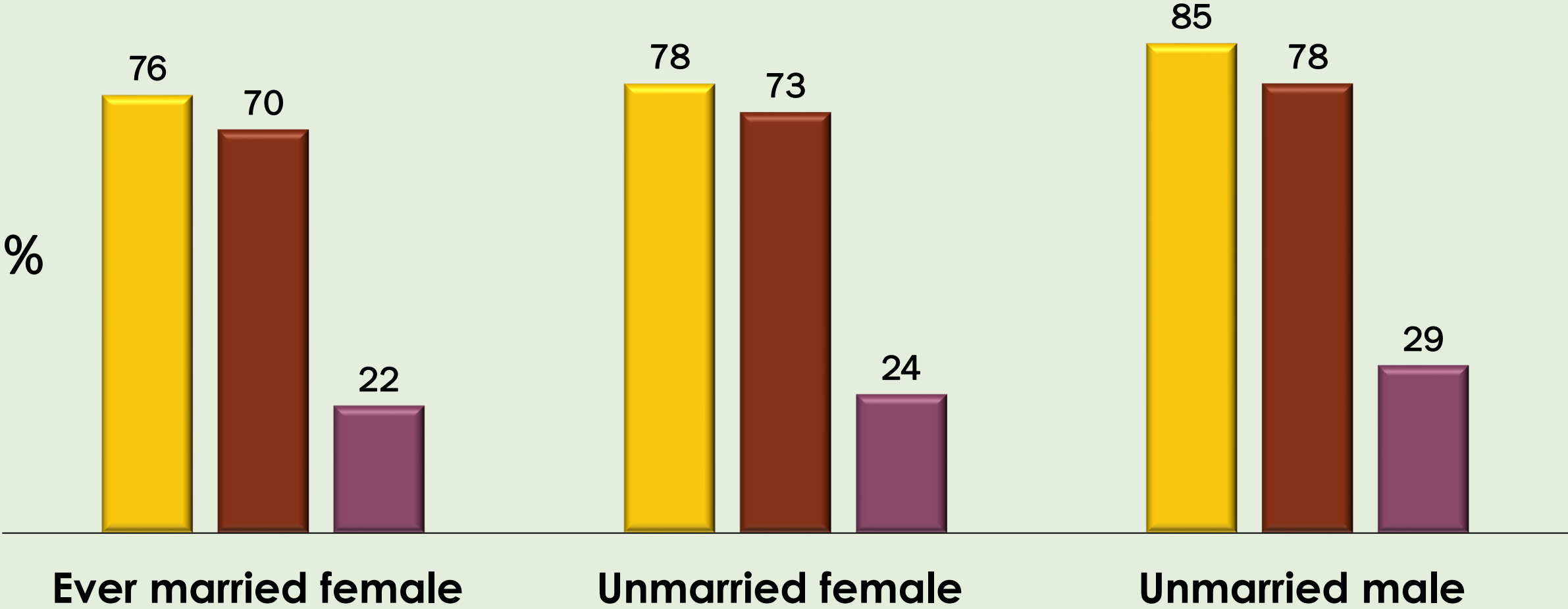
Consumed Vitamin A-rich dark green leafy vegetables, Vitamin A-rich yellow/orange/red vegetables, and Milk/yogurt.

Iron enriched food

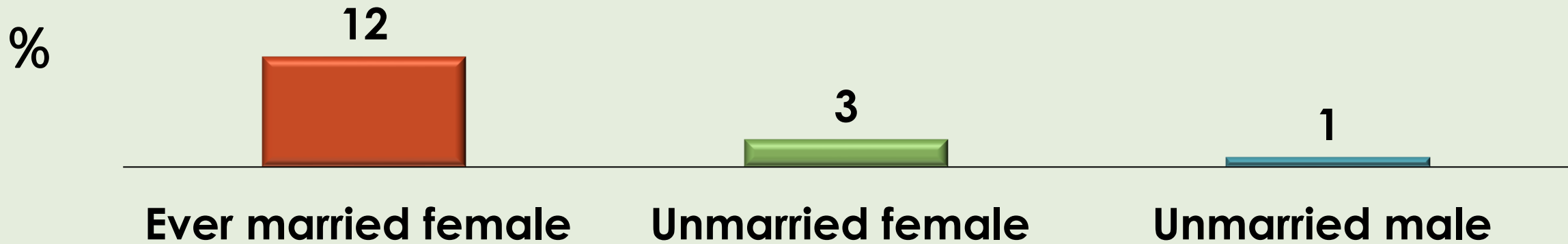
Consuming Grains, Nuts/Seeds and Vitamin C rich vegetables

Dietary Diversity in food consumption among adolescents age 15-19

■ Adequate dietary diversity ≥ 4 food groups ■ Iron rich food ■ Vitamin A rich food



Iron Folic Acid Supplementation (received in the last 7 days) adolescents age 15-19



Summary

- About one third of female adolescents and one fifth of male adolescents are stunted.
- Around one in ten unmarried adolescents are underweight and another one tenth are overweight.
- 76-85% of adolescents consume food having adequate dietary diversity. Most adolescents (70-78%) also consume iron enriched food. But only around a quarter are consuming vitamin A rich food.
- The proportion of adolescents receiving iron folic acid supplementation is very low (12% of ever married females; 1-3% of unmarried adolescent).



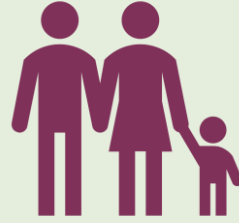
Bangladesh Adolescent Health and Wellbeing Survey 2019-20

Gender Norms



Gender Norms

Male preference



Family composition



Higher education

Mobility



working outside



Outdoor games

Household responsibility



Household chores



Taking care of household/kids

Spousal power dynamics



Listening to husband



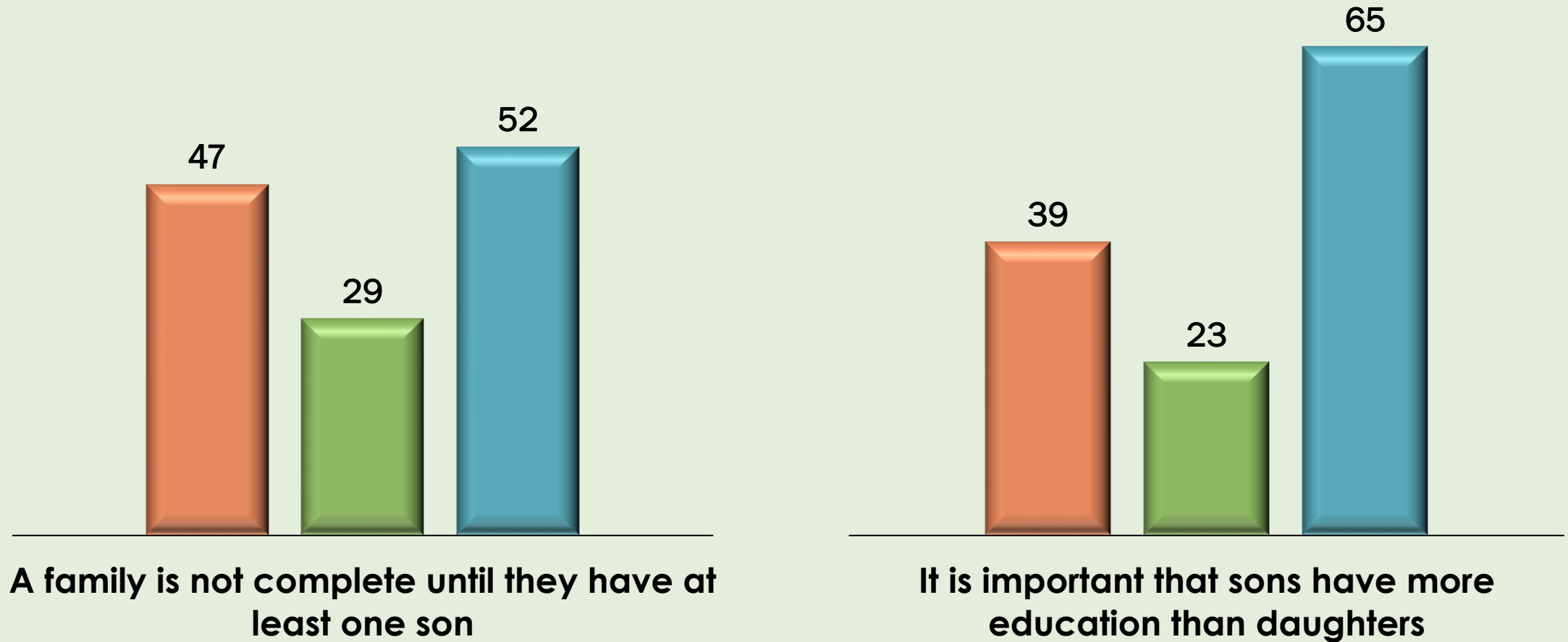
Husbands right to beat

Male Preference

Percent of adolescents age 15-19 who agree with statements that reflect male preference

■ Ever married female ■ Unmarried female ■ Unmarried male

% of adolescents who agreed with specific statements

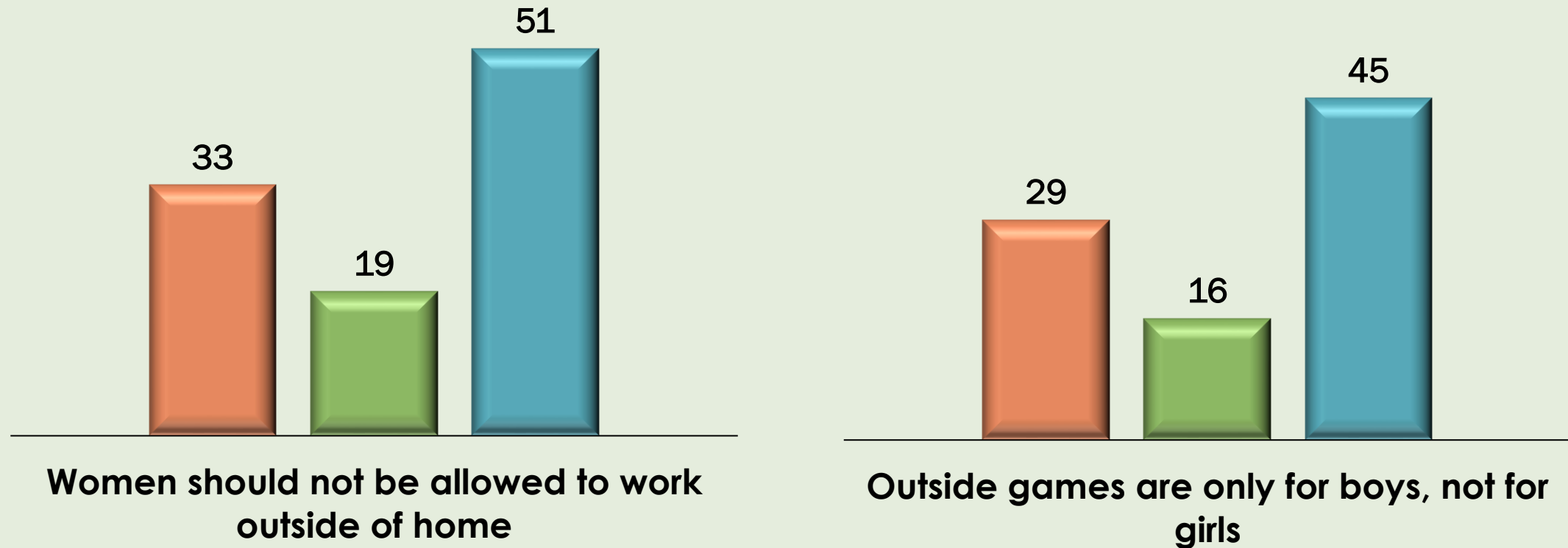


Mobility

Percent of adolescents age 15-19 who agreed with statements that reflect gender norms on mobility

■ Ever married female ■ Unmarried female ■ Unmarried male

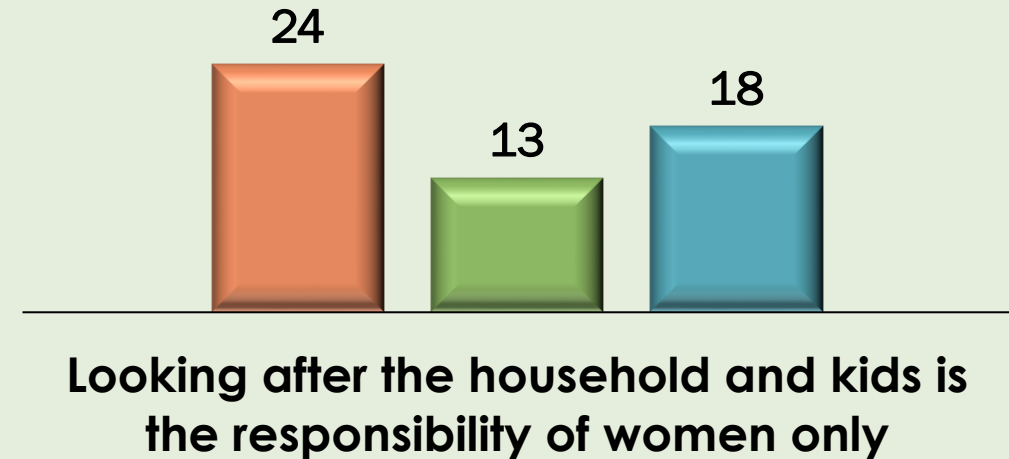
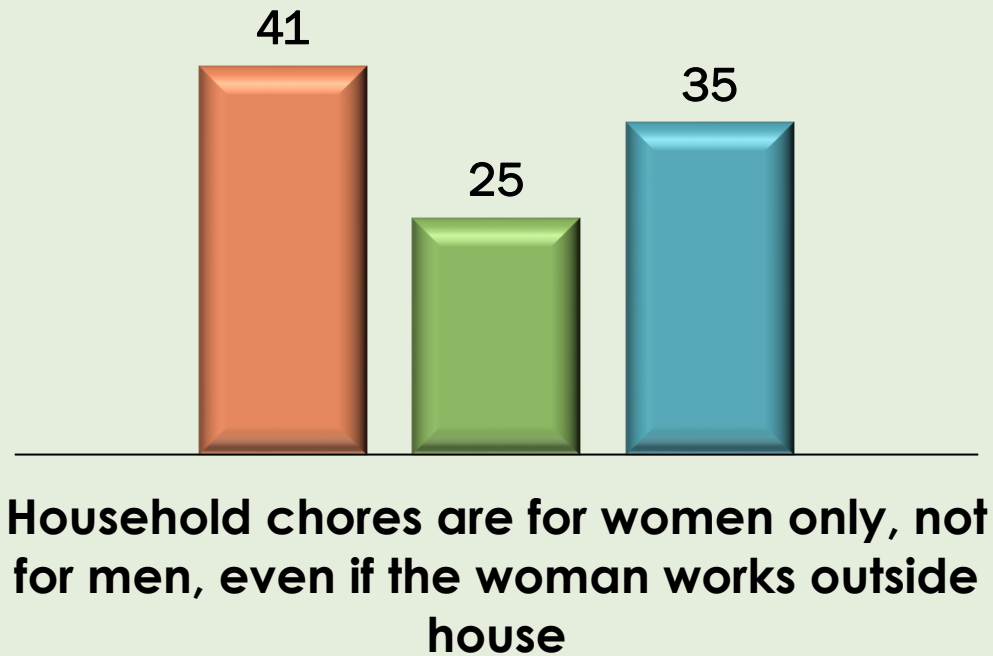
% of adolescents who agreed with specific statements



Household responsibility

Percent of adolescents age 15-19 who agreed with statements that reflect gender norms on household responsibilities

■ Ever married female ■ Unmarried female ■ Unmarried male



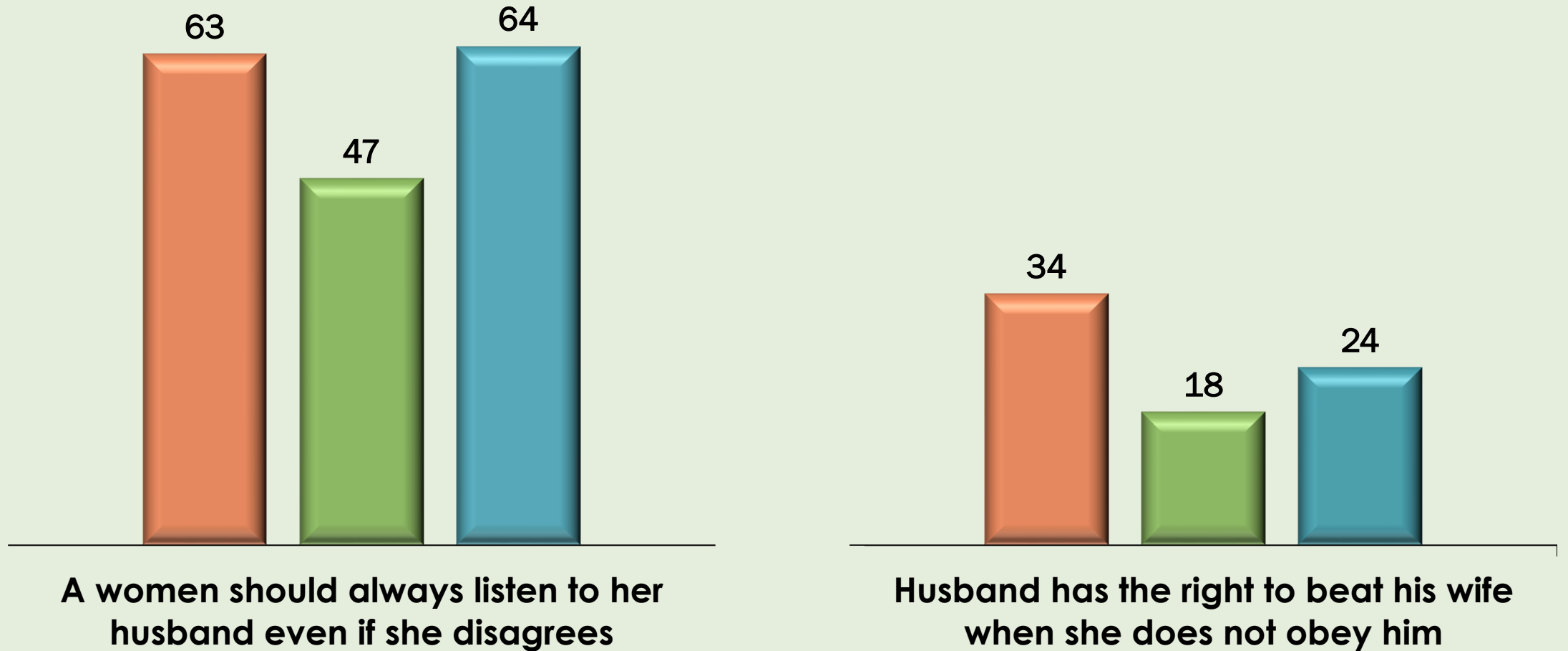
% of adolescents who agreed with specific statements

Spousal power dynamics

Percent of adolescents age 15-19 who agreed with statements that reflect gender norms on spousal power dynamics

■ Ever married female ■ Unmarried female ■ Unmarried male

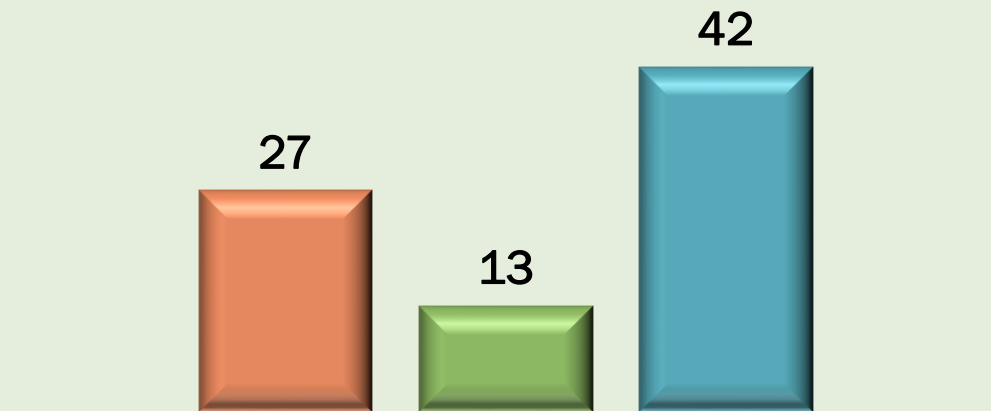
% of adolescents who agreed with specific statements



Composite index on gender norms

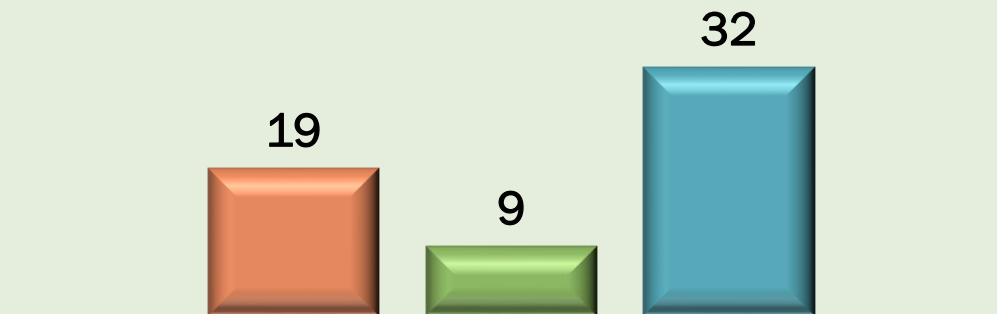
% of adolescents who agreed with specific statements

■ Ever married female ■ Unmarried female ■ Unmarried male



It is important that sons have more education than daughters and a family is not complete until they have at least one son

Male Preference



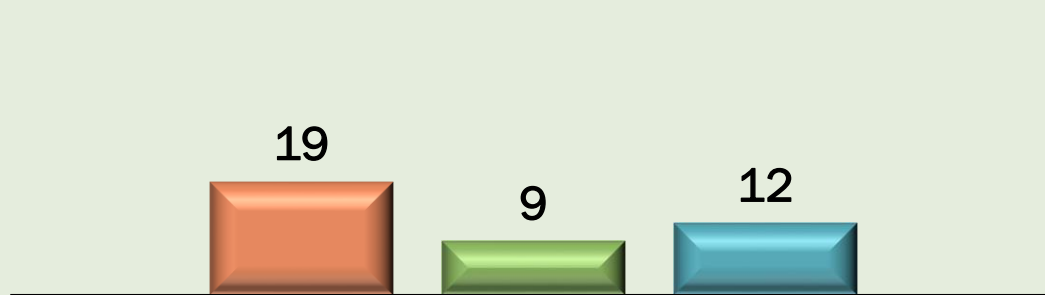
Outdoor games are only for boys and women should not be allowed to work outside of home

Mobility

Composite index on gender norms

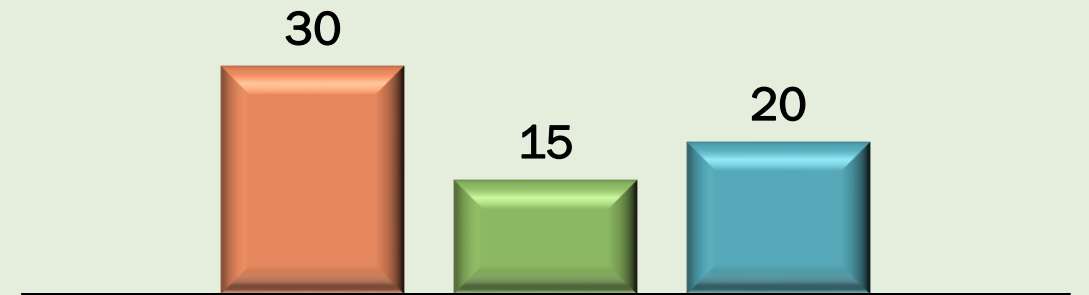
■ Ever married female ■ Unmarried female ■ Unmarried male

% of adolescents who agreed with specific statements



Household chores are for women only, even if the woman works outside the house and looking after the household and kids is the responsibility of women only

Household responsibilities



A woman should always listen to her husband even if she disagrees and husband has the right to beat his wife when she does not obey him

Spousal power dynamics

Summary

- Unmarried females: hold the most liberal view (gender-equitable views) among the three groups. Agreement to all the statements is lowest for unmarried females.
- Married females: In contrast, married girls support the societal views about women's role in doing household chores and taking care of the family and kids, even if women work outside home. They also support women's submissive status to men more than any other group.
- Unmarried males: support the importance of having a son in the family or higher education for sons compared to the two other groups.
- Similarly, opposition to girls playing outdoor games and women working outside the home is more pronounced among male adolescents compared to the two other groups.



Bangladesh Adolescent Health and Wellbeing Survey 2019-20

Violence and Harassment



Violence and Harassment

This section was administered to half of the sampled respondents

Topics



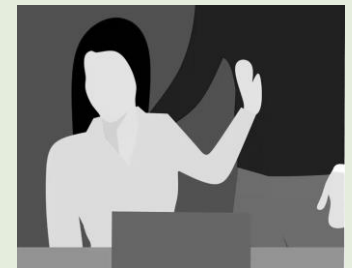
Experience of physical violence



Experience of verbal /social bullying



Experience of cyber bullying



Experience of sexual harassment (Only female)

Physical Violence

In the last 12 months has anyone...

Slapped you, pushed you, or pulled your hair?

Punched, thrown something at you, or hit you with a stick or something heavy?

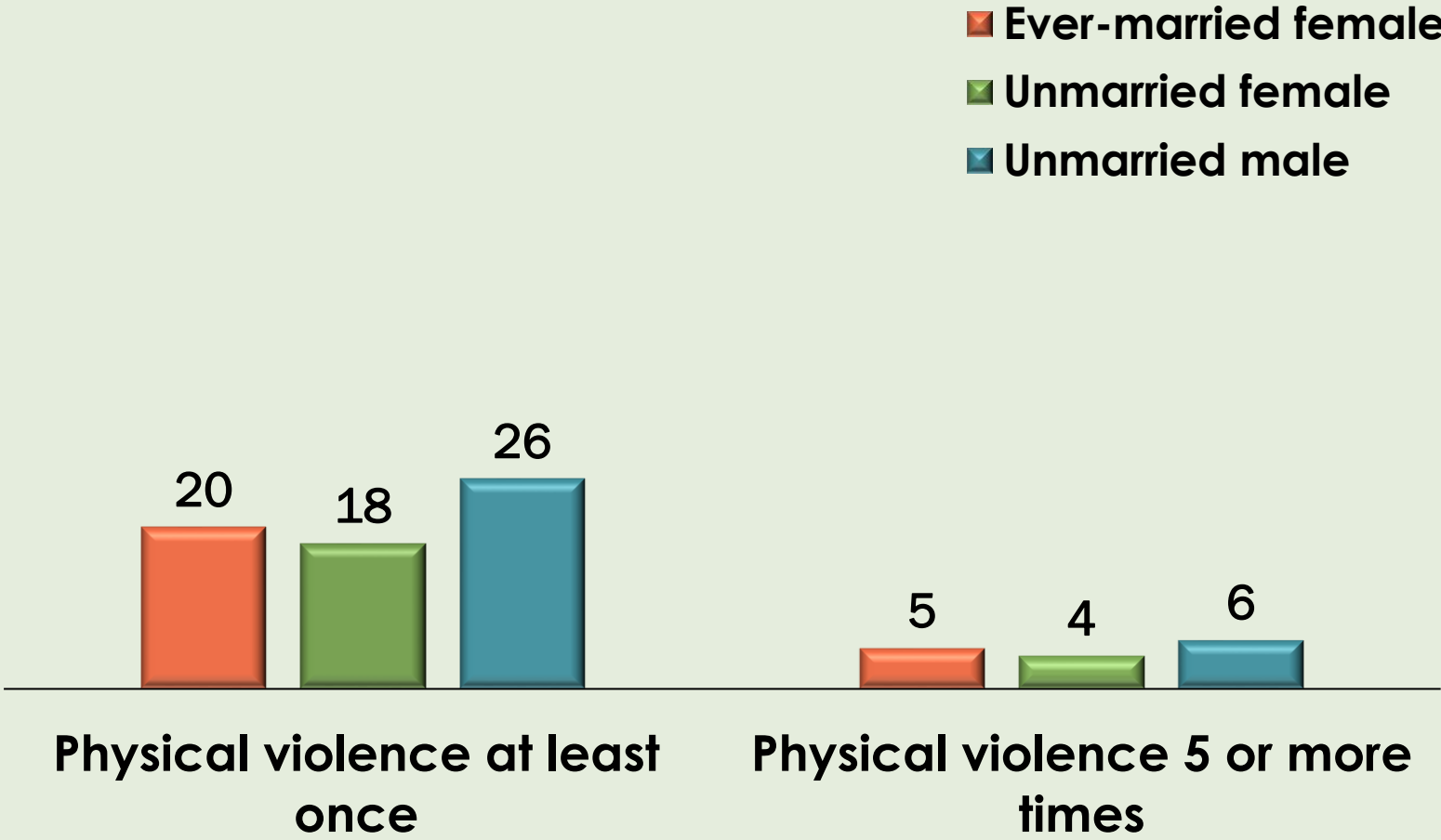
Kicked you, dragged you, or beat you up?

Tried to choke you or burn you on purpose with something hot (fire, object, acid)

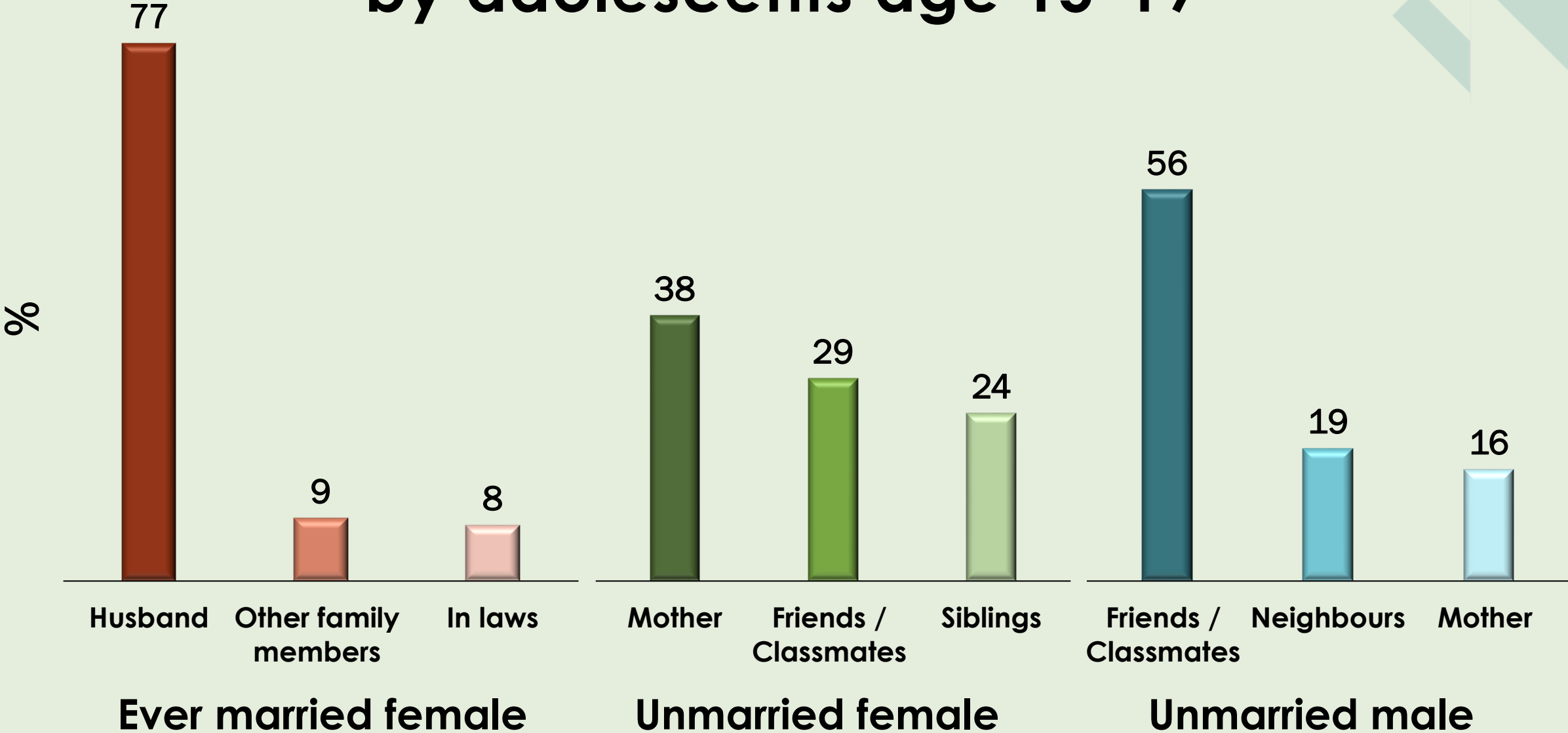
Threatened or attacked you with a knife, gun, or any other weapon?

If yes, how many times has it occurred?

Experience of physical violence at least once in the last 12 months among adolescents age 15-19



Perpetrators of physical violence: 3 most reported by adolescents age 15-19



Verbal and Social Bullying

In the last 12 months has anyone...

Cursed you or passed mean comments or called you names?

Blamed you to be a liar or had lies told about you?

Given you a written or verbal threat?

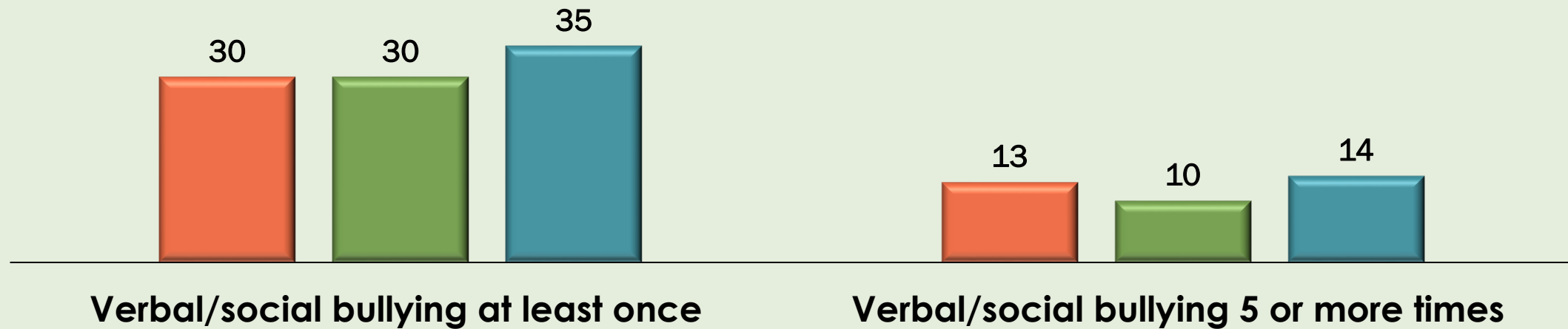
Excluded you socially like did not include you while playing, did not let you sit with them or did not include you in idle chats?

If yes, how many times has it occurred?

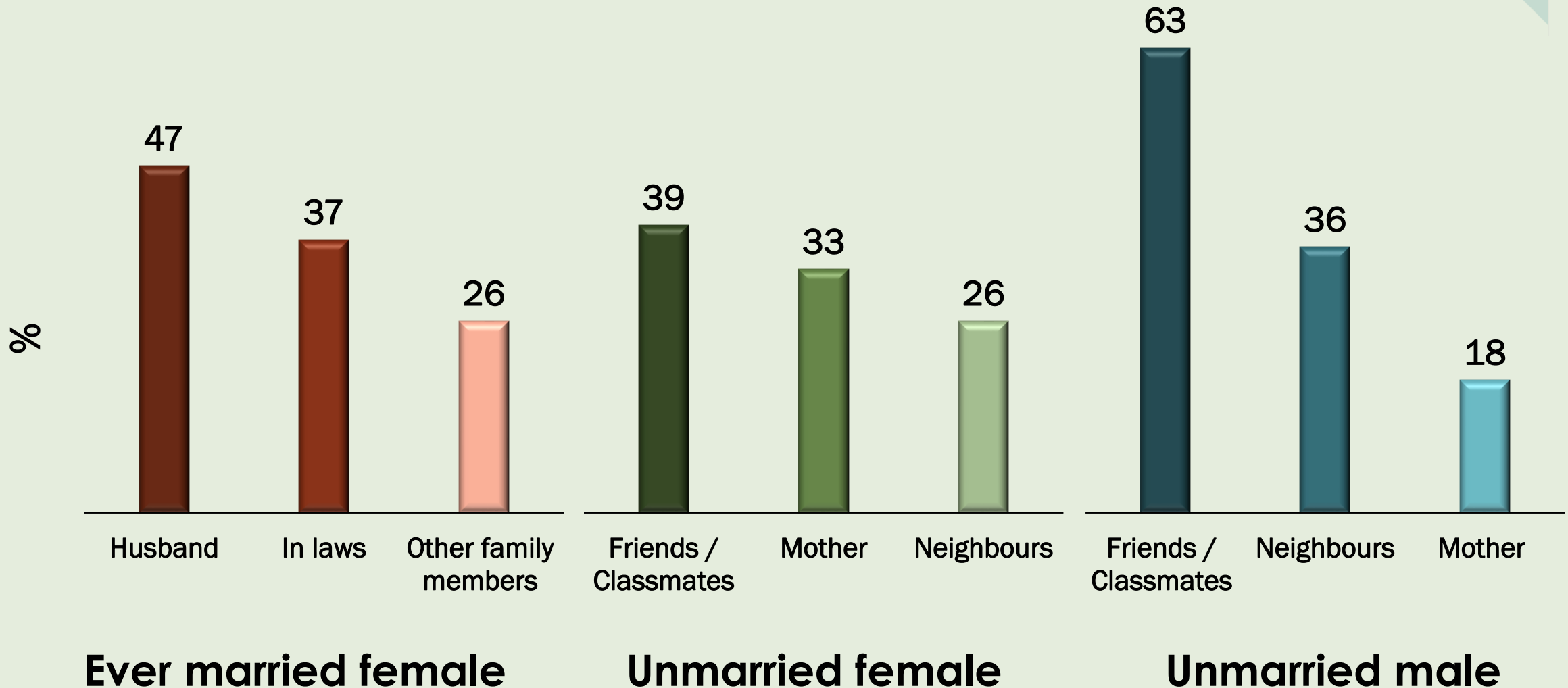
Experience of verbal/social bullying among adolescents age 15-19

■ Ever-married female ■ Unmarried female ■ Unmarried male

%



Perpetrators of verbal bullying: 3 most reported by adolescents age 15-19

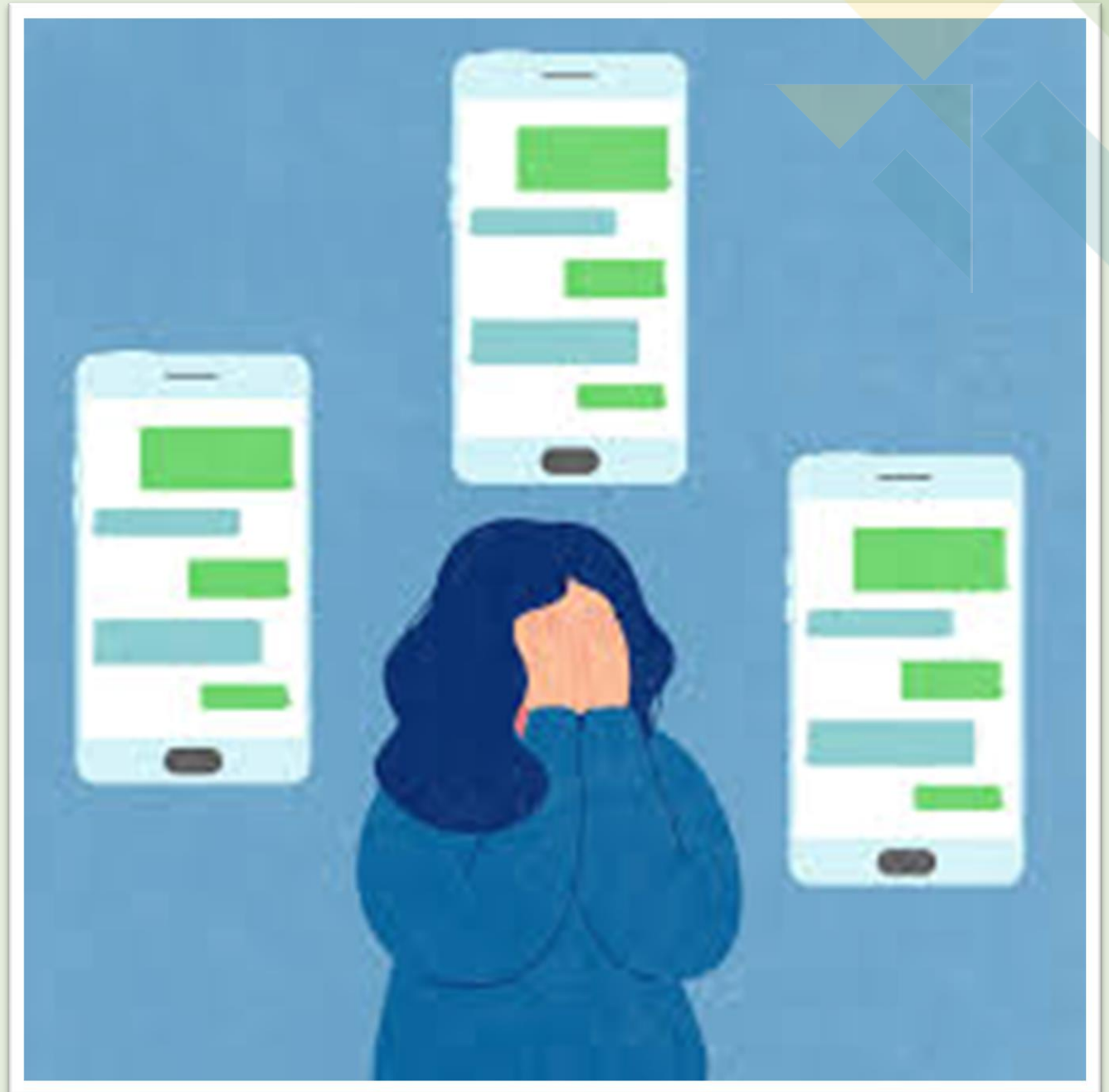


Cyber Bullying

In the last 12 months did anyone...

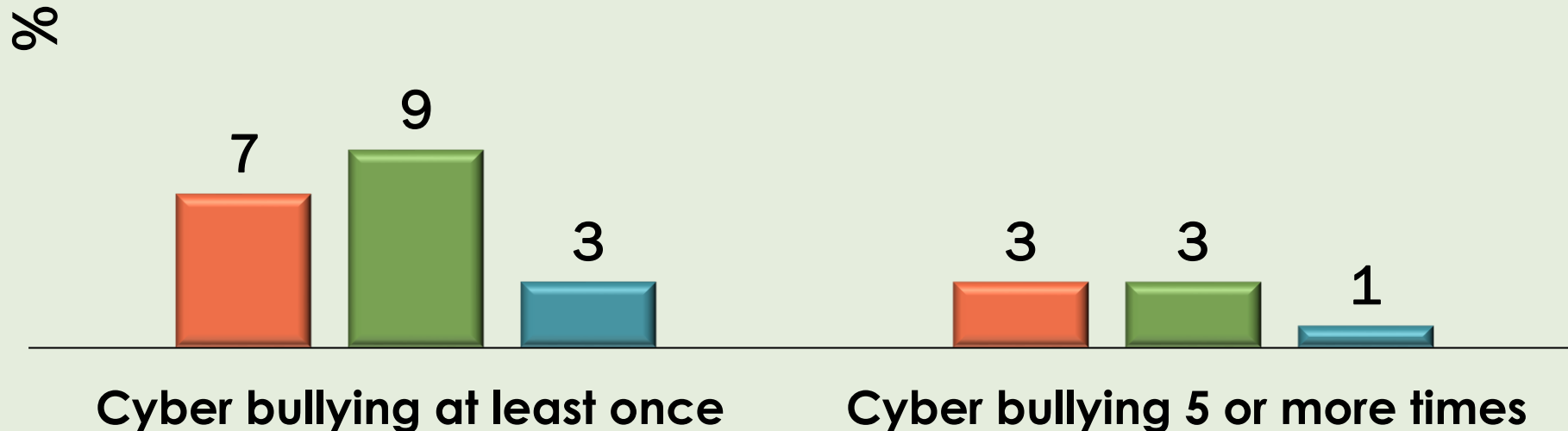
Use a mobile phone/internet to harass or bother her/him, spread mean words about her/him or shared pictures of her/him

If yes, how many times has it occurred?



Experience of cyber bullying among adolescents age 15-19

■ Ever-married female ■ Unmarried female ■ Unmarried male



Perpetrators

Females:
unknown persons

Unmarried males:
friends or unknown persons

Sexual harassment

In the last 12 months...



Has someone stared at you in a vulgar way that made you uncomfortable?

Have you encountered sly whistle/humming of suggestive songs or passing of sexual comments or jokes from someone?

Has someone touched or grabbed you, or pinched you in a way that made you uncomfortable?

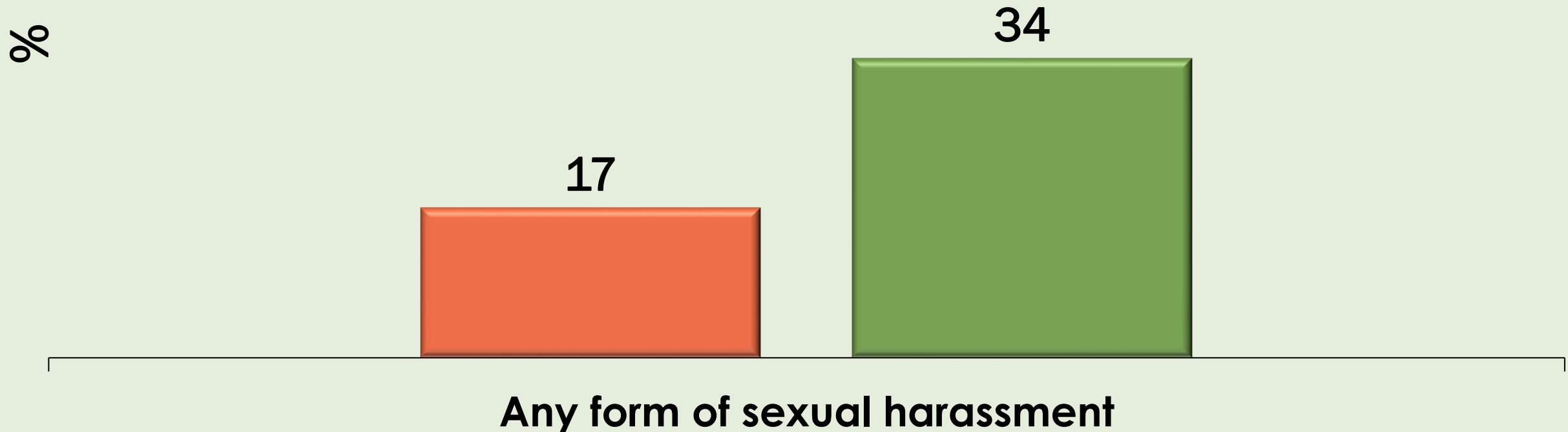
Has someone forced you to watch obscene photos, videos or flashed or mooned you?

Did you face other similar experiences of sexual harassment?

Experience of sexual harassment among adolescents age 15-19

■ Ever-married female

■ Unmarried female



Location of sexual harassment

Married

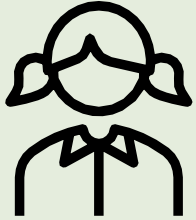


74%

11%

12%

Unmarried



88%

19%

4%

Road



School



Home



Summary

Experienced physical violence in the last 12 months

- One-fifth of ever-married and unmarried females and one-quarter of unmarried males experienced physical violence at least once.
- 4-6% of all adolescents faced physical violence 5 or more times.

Perpetrators of physical violence

- Ever married females: Husbands 77%.
- Unmarried females: Mothers (38%) and friends/classmates (29%).
- Unmarried males: Friends/classmates 56%.

Summary

Experienced verbal/social bullying in the last 12 months

- Around one-third of all adolescents faced verbal/social bullying at least once. Unmarried males were more likely to have faced verbal/social bullying than the female adolescents (35% versus 30%).
- 10-14% of all adolescents faced bullying 5 or more times.

Perpetrators of bullying

- Ever married girls: Husbands (47%) and in-laws (37%).
- Unmarried females: Friends/classmates (39%) and mothers (33%).
- Unmarried boys: Friends (63%) and neighbors (36%).

Summary

Experienced cyber bullying in the last 12 months

- 7% of ever-married females; 9% of unmarried females; 3% of unmarried males.

Perpetrators of cyber bullying

- Unknown persons were the main perpetrators of cyber bullying as reported by all adolescents- 77% by ever-married females, 80% by unmarried females and 55% by unmarried males.

Experienced sexual harassment in the last 12 months

- One third of unmarried girls faced sexual harassment at least once in the last 12 months. Among ever married girls this proportion was less than one fifth.
- Sexual harassment is most often experienced on the road.

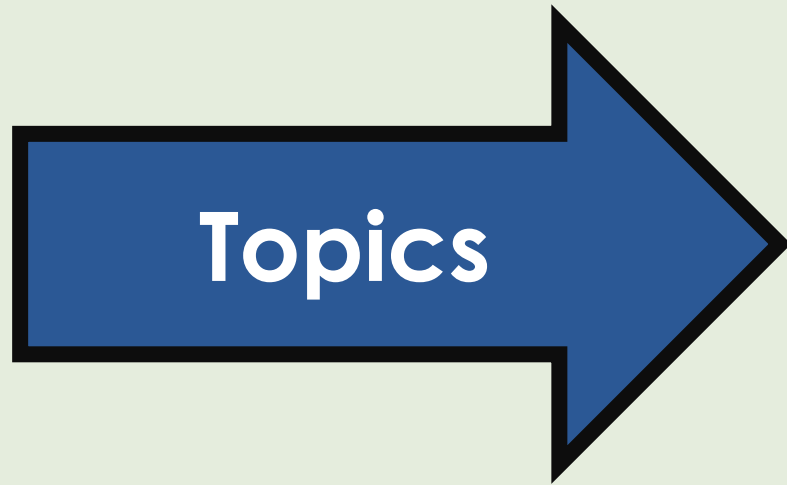


Bangladesh Adolescent Health and Wellbeing Survey 2019-20

Connectedness with family and friends



Connectedness with family and friends



Connectedness with husband, mother-in-law, mother, father and friends

Questions to assess connectedness with family members



Questions

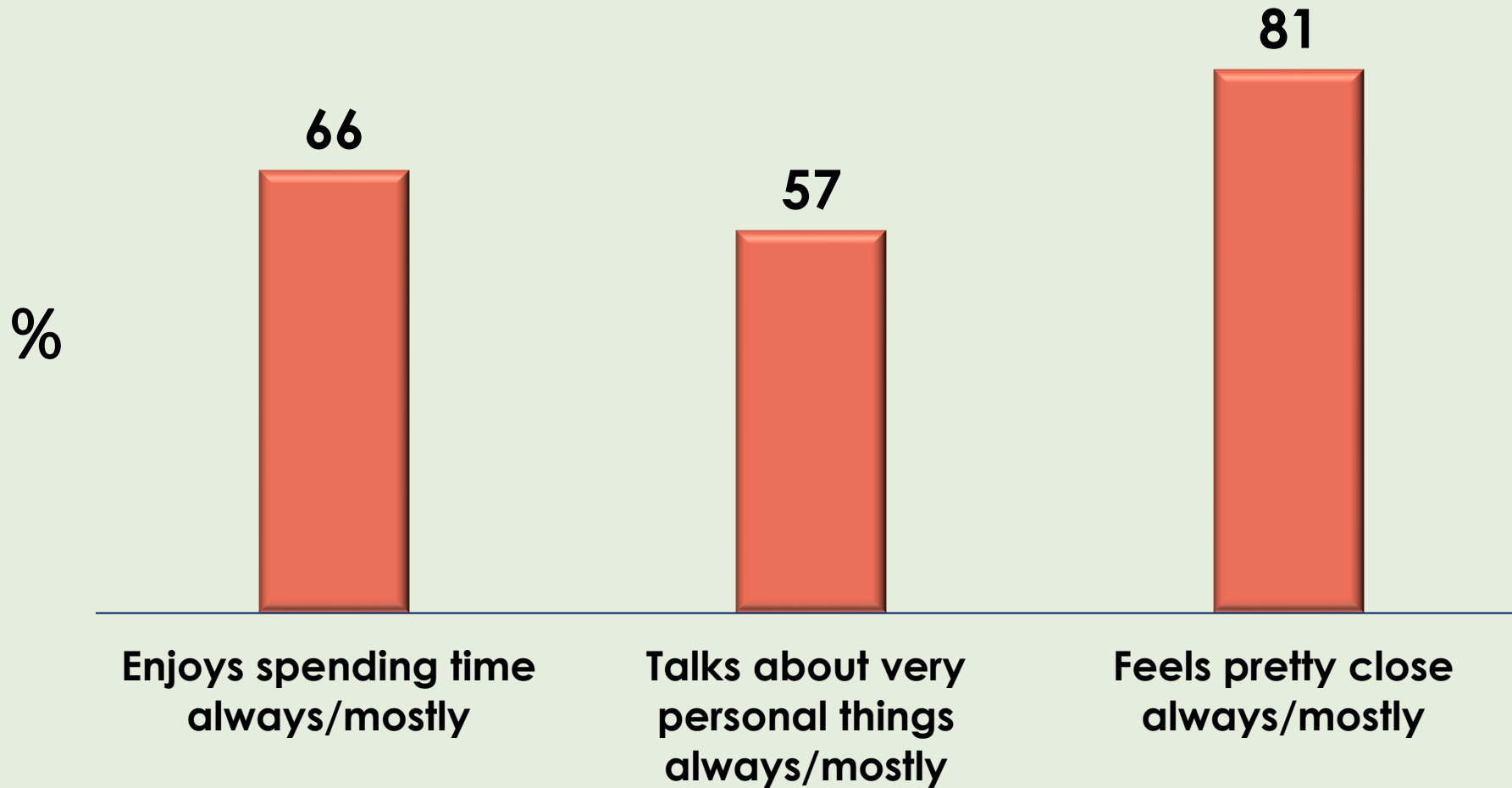
- Enjoys spending time with the person
- Talks about very personal things with the person
- Feels pretty close to the person

Likert Scale

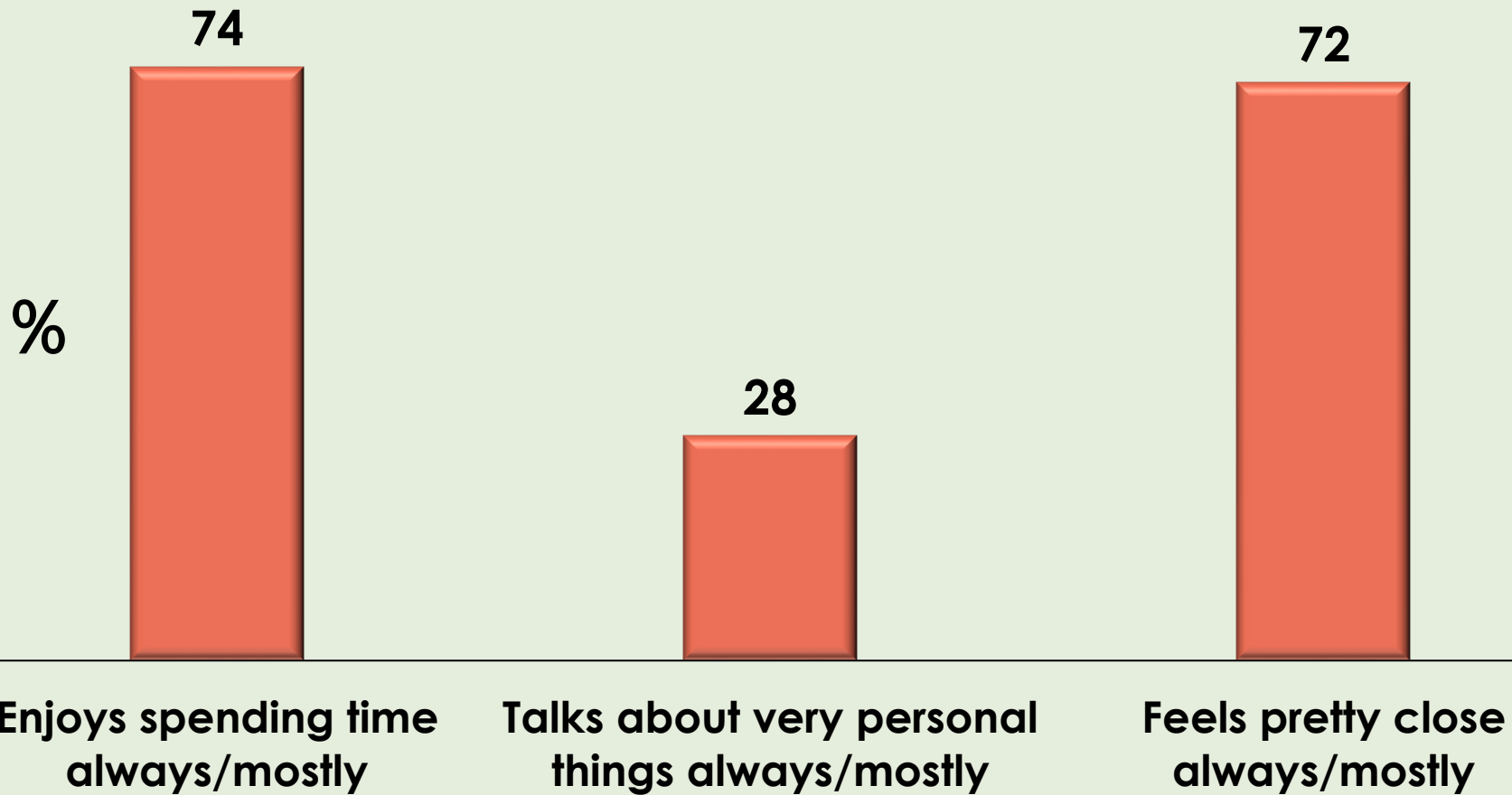
- Never
- Sometime
- Most of the time
- Always

“Connected” if response to the question was always or most of the time

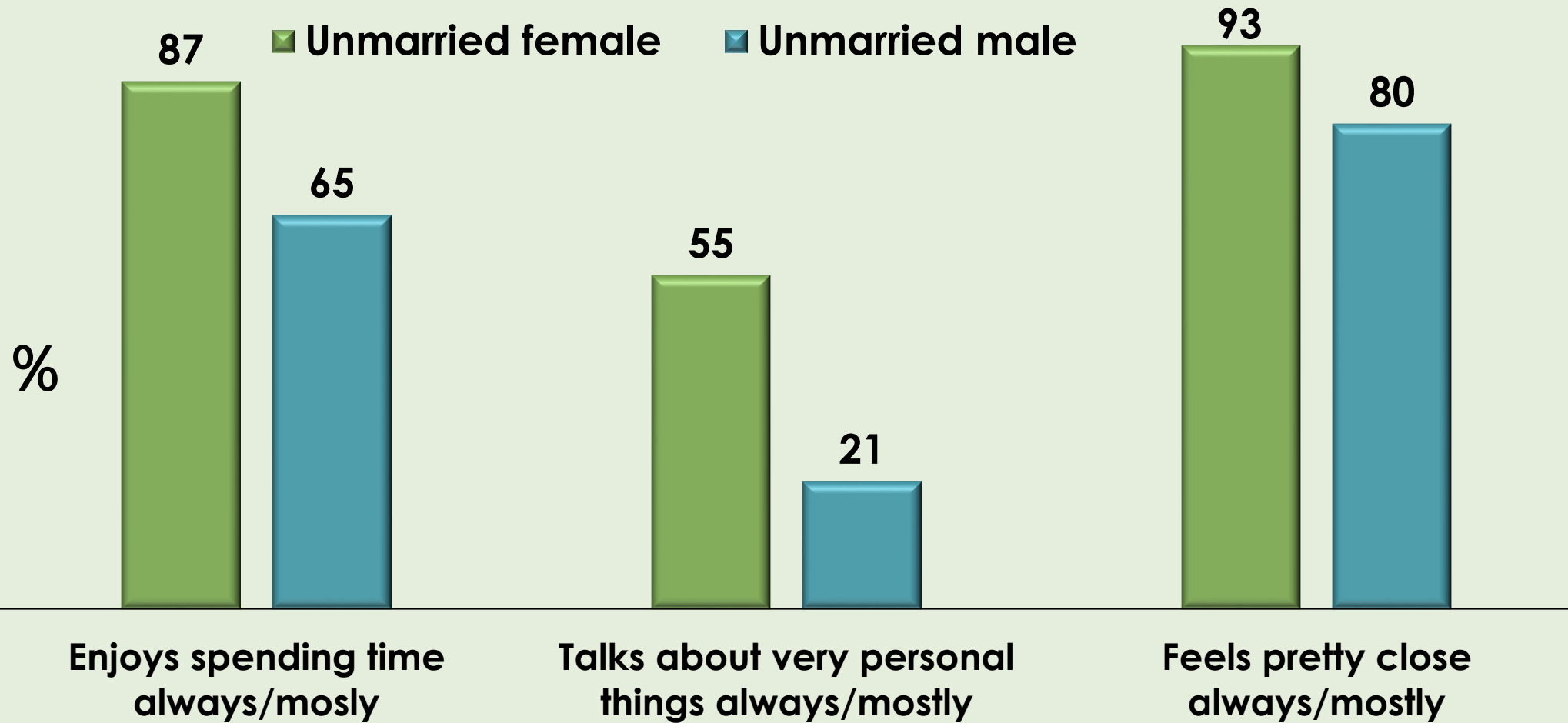
Connected with husbands: Currently married adolescents age 15-19



Connected with mother-in-law: Married females age 15-19 who live with mother-in-law

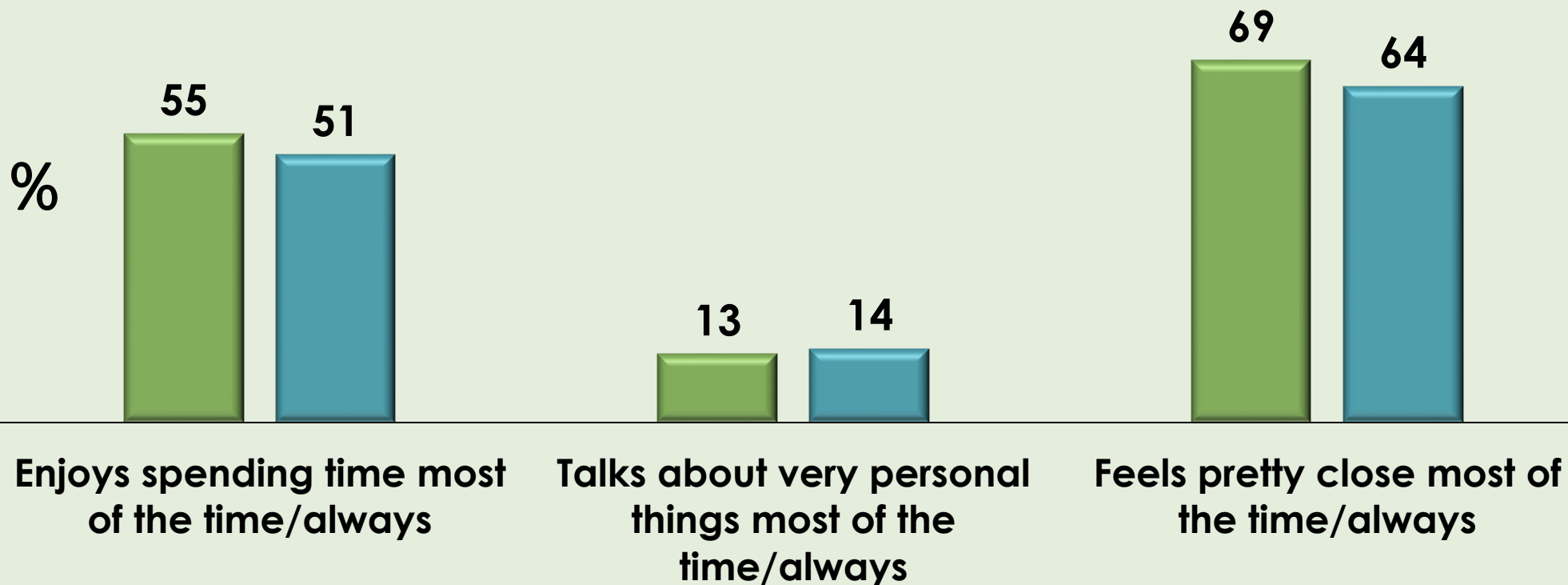


Connected with mother: Unmarried adolescents age 15-19



Connected with father: Unmarried adolescents age 15-19

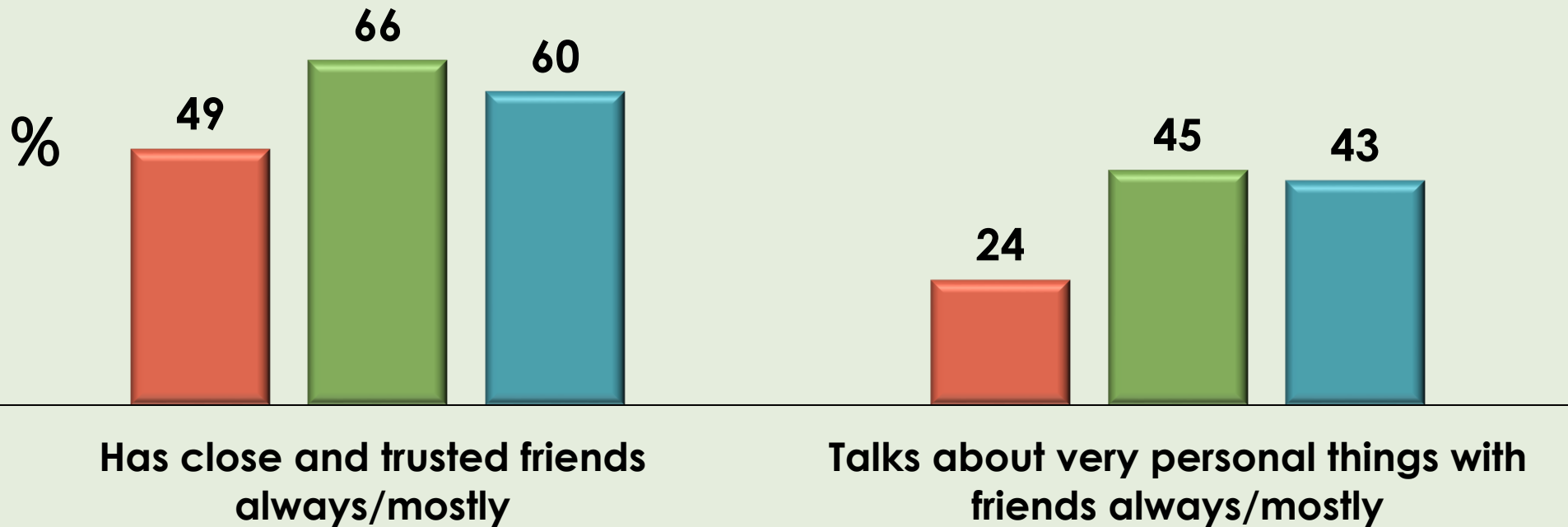
■ Unmarried female ■ Unmarried male



Connected with friends: Adolescents age 15-19



■ Ever married female ■ Unmarried female ■ Unmarried male



Summary

Connectedness with husband:

- Two-thirds of the married females are connected with their husbands by the measure that they enjoy spending time with their husbands always or most of the time. However, a lesser proportion (57%) said they discuss very personal matters with their husbands.

Connectedness with mother-in-law:

- Almost three-fourths of ever-married female adolescents who live with their mother-in-law reported feeling pretty close to and/or enjoying spending time with them. A much lesser proportion – about one third discusses very personal matters with their mother-in-law.

Summary

Connectedness with mother:

- A very high proportion – 87% of unmarried girls stated that they enjoy spending time with their mother always/most of the time; among boys this proportion was 65%.
- Over half of the girls discuss very personal matters with their mothers but only one fourth of the boys do so.
- Overall, unmarried girls appear to be more connected with mothers than unmarried boys.

Summary

Connectedness with father:

- Around half of the unmarried adolescents said they enjoy spending time with their fathers.
- Only a small proportion of unmarried adolescents discuss personal matters with their fathers (13-14%).
- Overall, the percent of adolescents who feel connected with their fathers is almost the same for girls and boys.
- Unmarried adolescents, both boys and girls, appear to be more connected with their mothers than with fathers.

Connectedness with friends:

- Unmarried adolescents are more likely to have trusted friends and discuss personal matters with friends than married girls of the same age.



Bangladesh Adolescent Health and Wellbeing Survey 2019-20

Mental Health



Mental health

This section was administered to half of the sampled respondents

Topics



Depressive disorder



**Depressive disorder and
connectedness with family/friends**

How depression was measured?

Patient Health Questionnaire (PHQ)-9 modified for adolescents known as PHQ-A

In Last Two Weeks

1. Feeling down, depressed or hopeless?
2. Little interest or pleasure in doing things?
3. Had trouble falling asleep, staying asleep, or sleeping too much?
4. Had poor appetite, weight loss, or overeating?
5. Felt tired, or had little energy?
6. Felt bad about yourself – or felt that you are a failure?
7. Trouble concentrating on usual activities?
8. Felt as if you have become more silent or restless?
9. Thoughts that you would be better off dead, or have hurt yourself in some way?



Responses

- Not at all
- Some days
- Most days
- Almost everyday

Mental health: analysis

Responses to 9 questions on mental health and its scoring

Responses	Score
Not at all	0
Some days	1
Most days	2
Almost everyday	3

Based on this scoring, from all 9 questions the total score would range from 0-27.

Assessment criteria

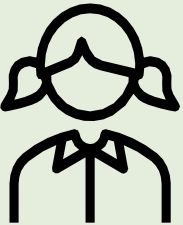
PHQ-A Score	Depressive disorder
0 – 4	No Depression
5 – 9	Minor Depressive Disorder
10 – 27	Major Depressive Disorder

Prevalence of Major Depressive Disorder: Adolescents age 15-19



15%

Ever Married Female



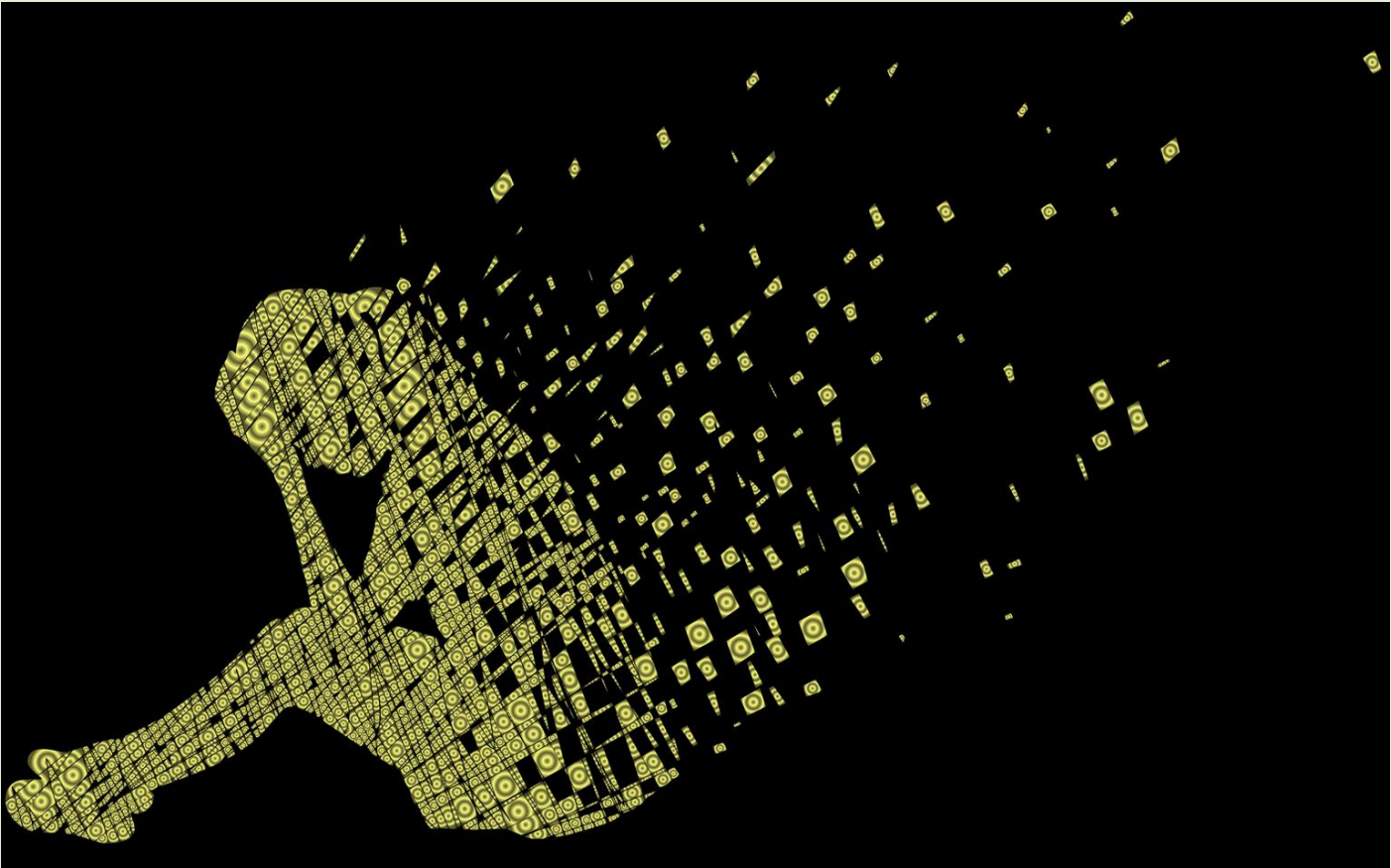
11%

Unmarried Female

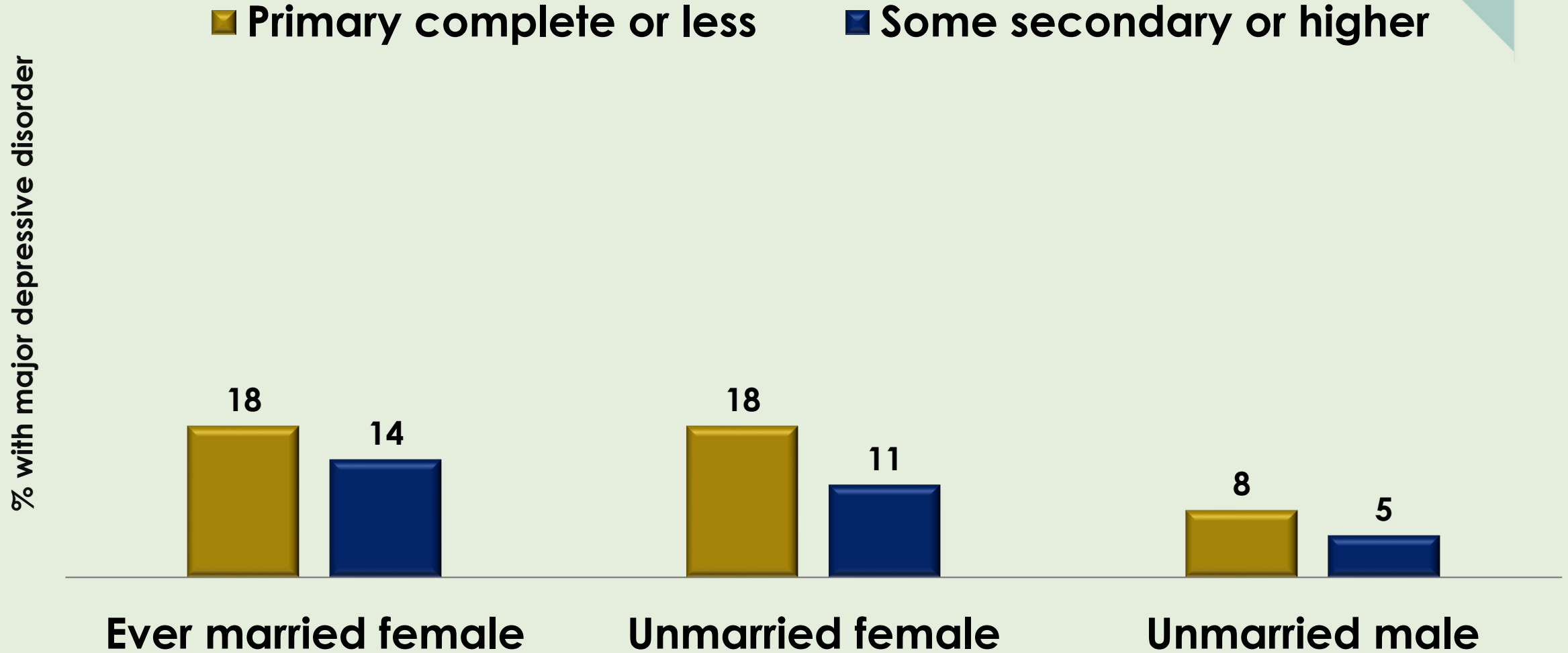


5%

Unmarried Male



Prevalence of Major Depressive Disorder by educational attainment: adolescents age 15-19



Connectedness and Depressive Disorder

Indicator used to assess connectedness with family

- **Enjoys spending time with specific family member**

Indicator used to assess connectedness with friends

- **Has close and trusted friends**
- **Talks openly with friends about very personal things**

If the responses to the above questions are :

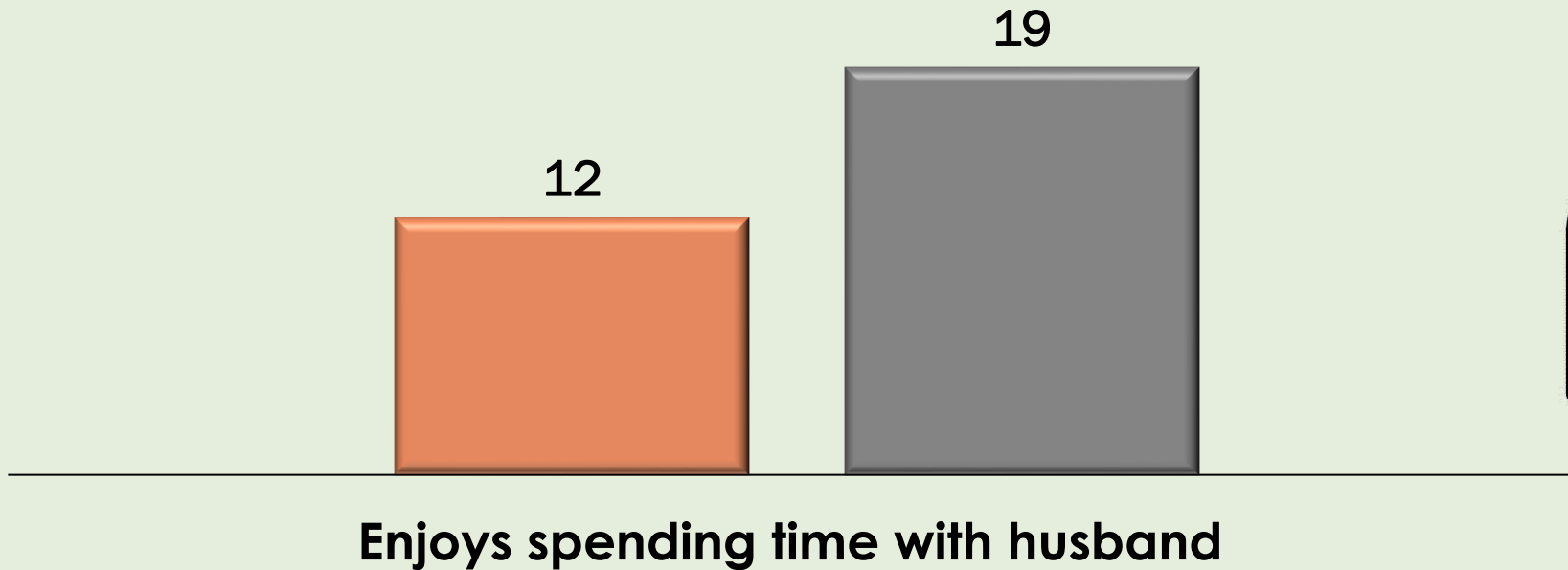
Always or most of the time = Connected to specific family member/friends

Never or sometimes = Not connected to specific family member/friends

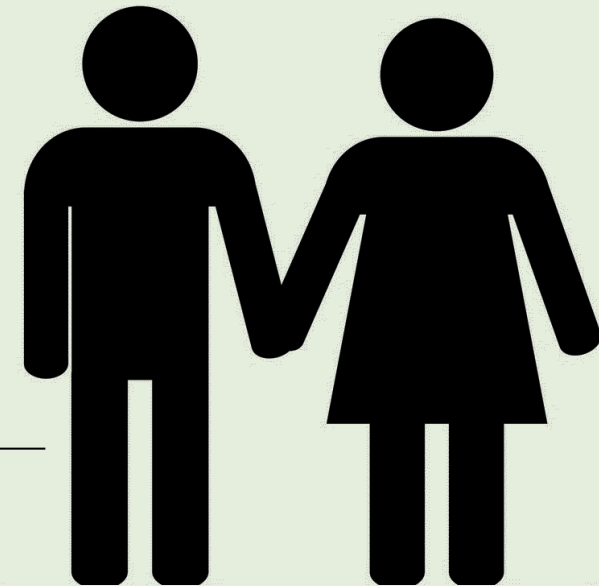
Major depressive disorder and connectedness with husbands: Currently married adolescents age 15-19

% with major depressive disorder

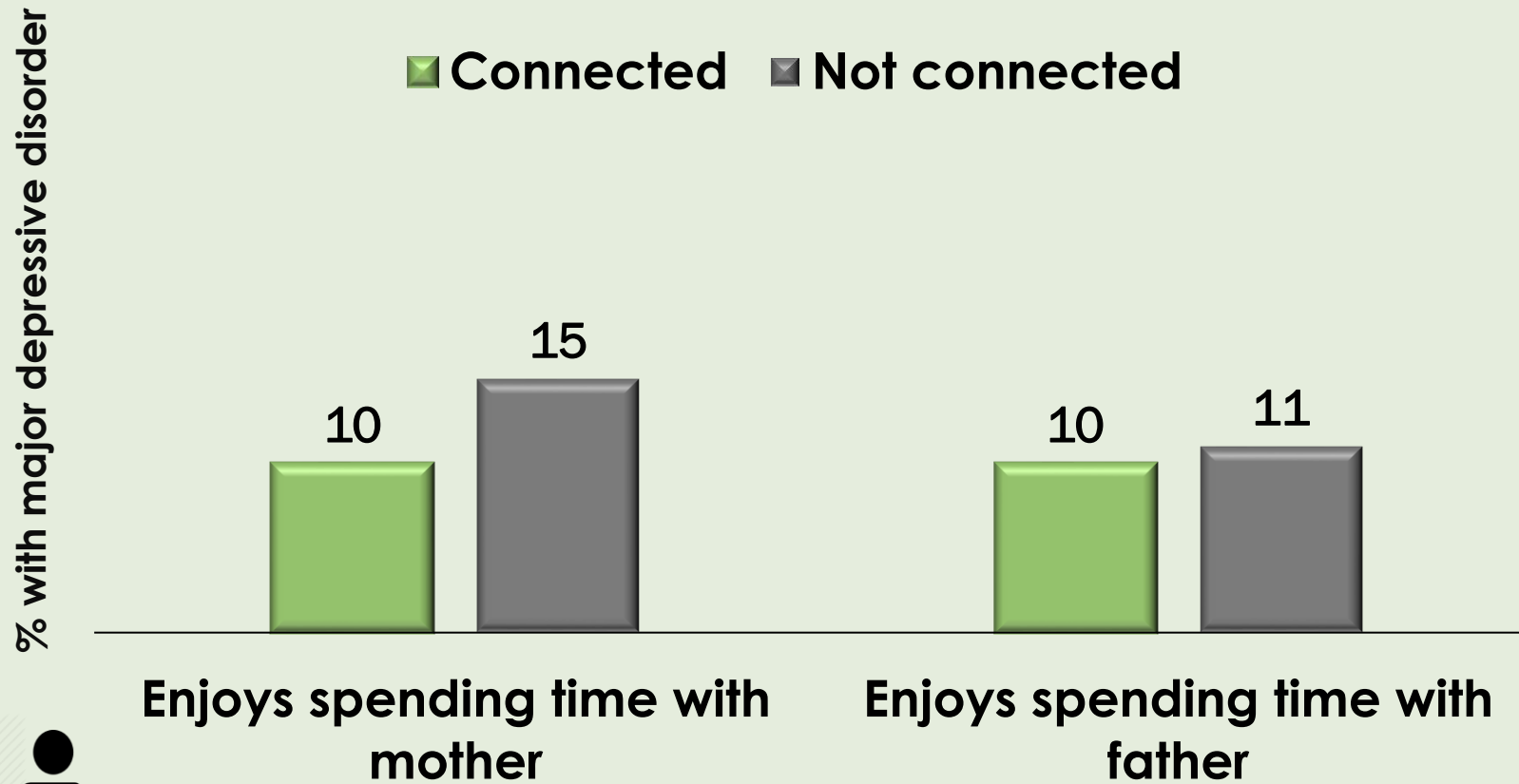
■ Connected ■ Not connected



Prevalence of depression is lower among those who are connected with their husbands.



Major depressive disorder and connectedness with mother/father: Unmarried females age 15-19

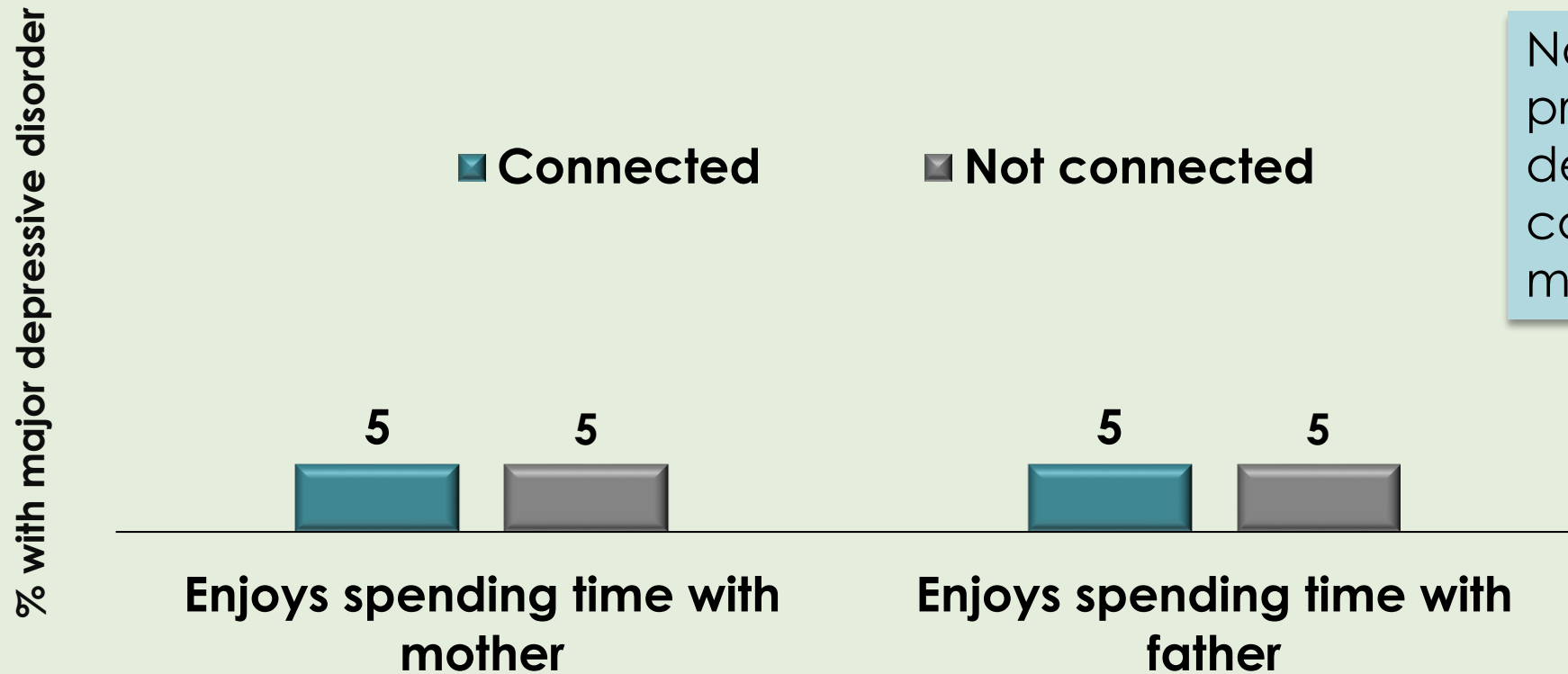


Prevalence of depression is lower among those who are connected with their mother.

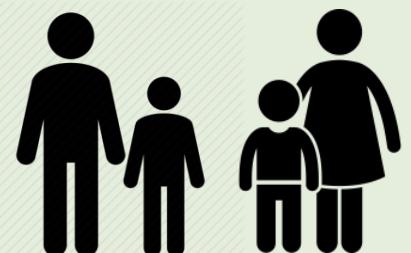
No association between prevalence of depression and connectedness with fathers.



Major depressive disorder and connectedness with mother/father: Unmarried males age 15-19



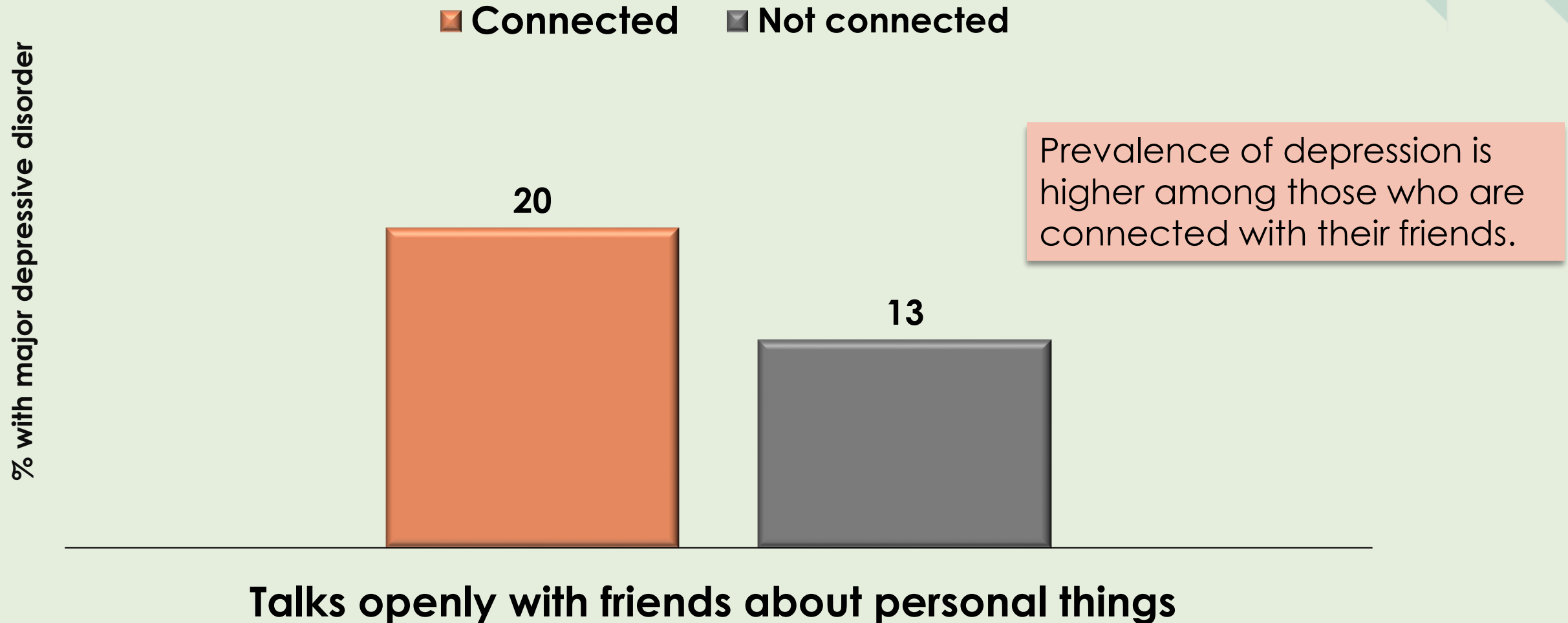
No association between prevalence of depression and connectedness with mothers or fathers.



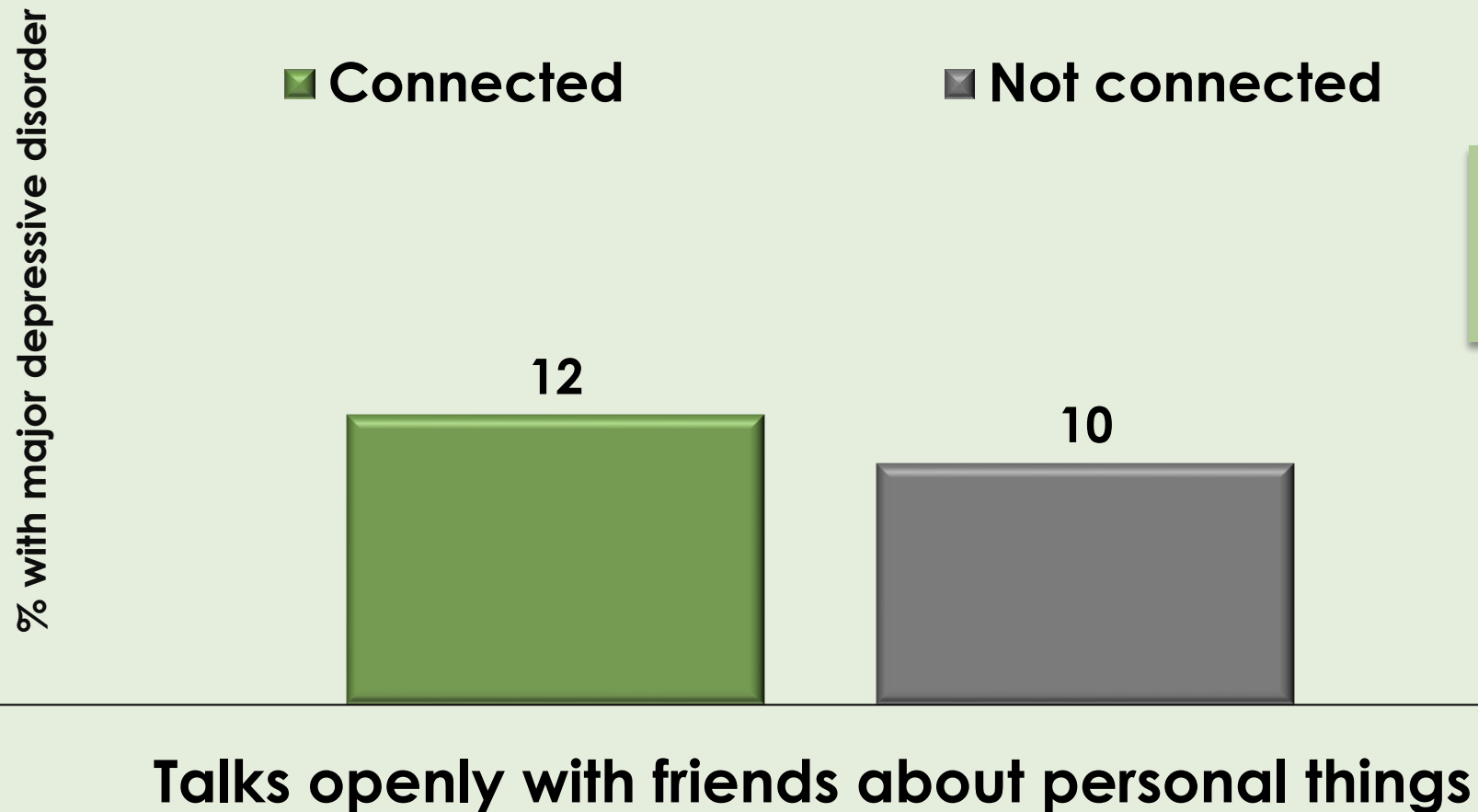
Depression by connectedness with friends



Major depressive disorder and connectedness with friends: Ever married females age 15-19

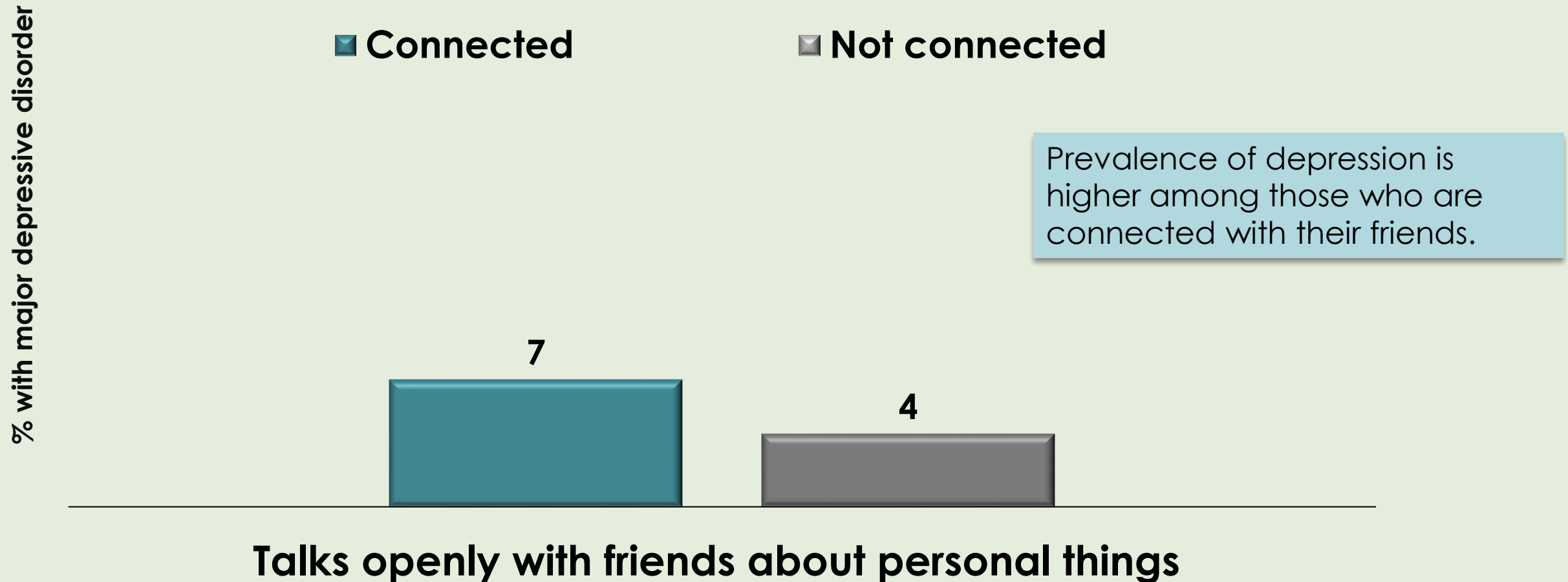


Major depressive disorder and connectedness with friends: Unmarried females age 15-19



Prevalence of depression is higher among those who are connected with their friends.

Major depressive disorder and connectedness with friends: Unmarried males age 15-19



Prevalence of major depressive disorder

- 1 in 7 married female adolescents and 1 in 10 unmarried females age 15-19 have major depressive disorder. Girls are 2 to 3 times more likely to have major depressive disorder than boys.
- For all three adolescent groups, ever married females, unmarried females and males, the likelihood of having major depressive disorder is lower among adolescents with higher educational attainment.

Summary

Major depressive disorder and connectedness with family

- Married adolescents who are connected with their husbands have lower prevalence of major depressive disorder than those who are not connected.
- Unmarried girls who are more connected with their mothers are less likely to have major depressive disorder compared to those who are less connected. Prevalence of depression varies very little by level of connectedness with father.
- Unmarried boy's connectedness with mother/father has no association with prevalence of depression.

Summary

Major Depressive disorder and connectedness with friends

- Adolescents who are connected with friends seem to have higher prevalence of major depressive disorder.
- This pattern is particularly notable among ever-married adolescents.

Thank You!

