

# A CROSS-SECTIONAL STUDY OF POSITIVE MENTAL HEALTH AND RISK TO DEPRESSION OF BOARDING STUDENTS IN RURAL CHINA

A STUDY THAT AIMED TO DETERMINE THE MENTAL HEALTH STATUS AND PREVALENCE OF DEPRESSION, AS WELL AS FACTORS ASSOCIATED WITH SUCH SYMPTOMS, AMONG SECONDARY SCHOOL STUDENTS IN YONG PING

## BACKGROUND



YONG PING, AS A COUNTY INSIDE THE DALI CITY OF THE YUNNAN PROVINCE, IS ONE OF THE MINORITY ETHNIC CONCENTRATION PLACES WHICH FIRSTLY UNDERGO THE EDUCATION REFORM IN CHINA.



AS THE RESULT, BOARDING SCHOOL BECAME THE MAJOR TYPE OF SCHOOLING AMONG THE COUNTY. STILL, SUCH SCHOOLING SYSTEM MAY GIVE RISE TO A WIDE RANGE OF PROBLEM, INCLUDING THE MENTAL HEALTH PROBLEM.



INDEED, ADOLESCENCE WERE PRONE TO MENTAL ILLNESS :

**MORE THAN 30 MILLION**

CHINESE CHILDREN AND ADOLESCENTS HAVE BEHAVIORAL AND EMOTIONAL PROBLEMS, OF WHICH MORE THAN A HALF REMAIN UNTREATED.



INDEED, QUITE A LOT OF RESEARCH HAVE BEEN DONE AND FOCUS ON THE EFFECT OF BOARDING TOWARDS ADOLESCENCES.

STILL, MOST OF THEM FOCUS ON HOW DIFFERENT MEDIATOR WOULD AFFECT THE MENTAL WELLBEING OF STUDENTS AND THERE IS NO EXISTING DATA ON THEIR POSITIVE MENTAL HEALTH.



ALSO, FEW STUDIES DONE IN CHINA HAD FOCUSED ON THE EFFECT OF BOARDING TOWARDS THE PREVALENCE OF SPECIFIC KIND OF MENTAL ILLNESS.



IN THE MEANTIME, NO CONSENSUS HAD BEEN MADE REGARDING WHETHER BOARDING WOULD LEAD TO POOR MENTAL HEALTH.



## METHOD



CROSS SECTIONAL STUDY



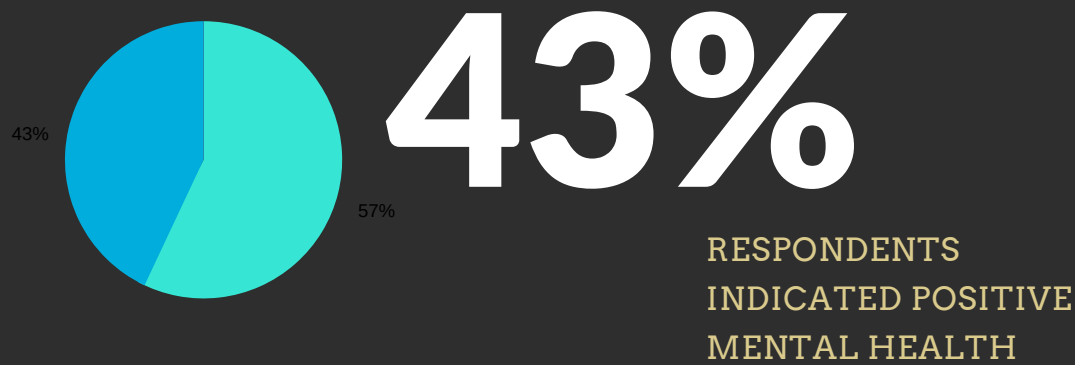
STUDENTS FROM A LOCAL SECONDARY SCHOOL WHO WERE  $\geq 12$  YEARS, WERE ABLE TO UNDERSTAND THE CONSENT, PROVIDE AN INFORMED CONSENT AND COMPREHEND THE QUESTIONNAIRE



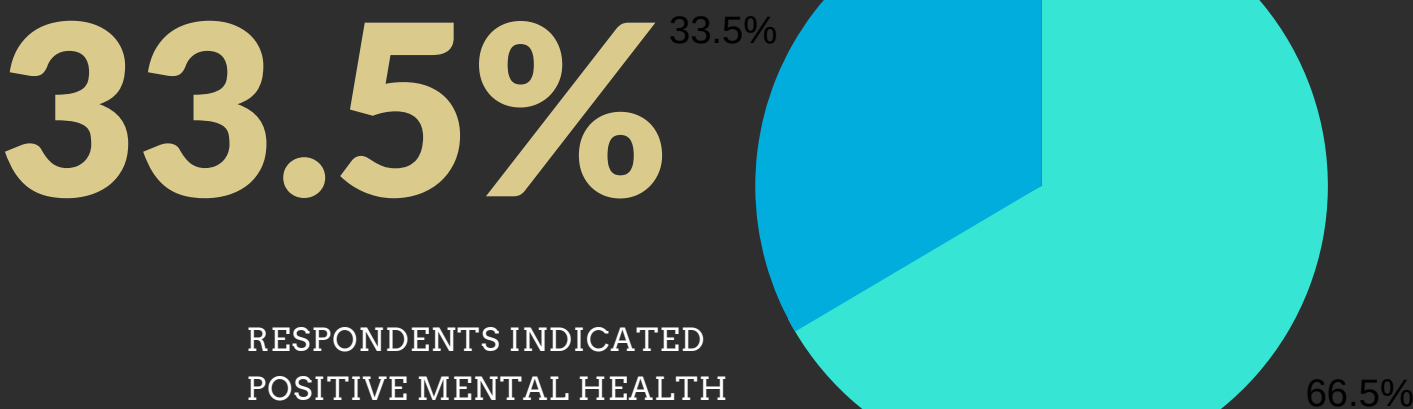
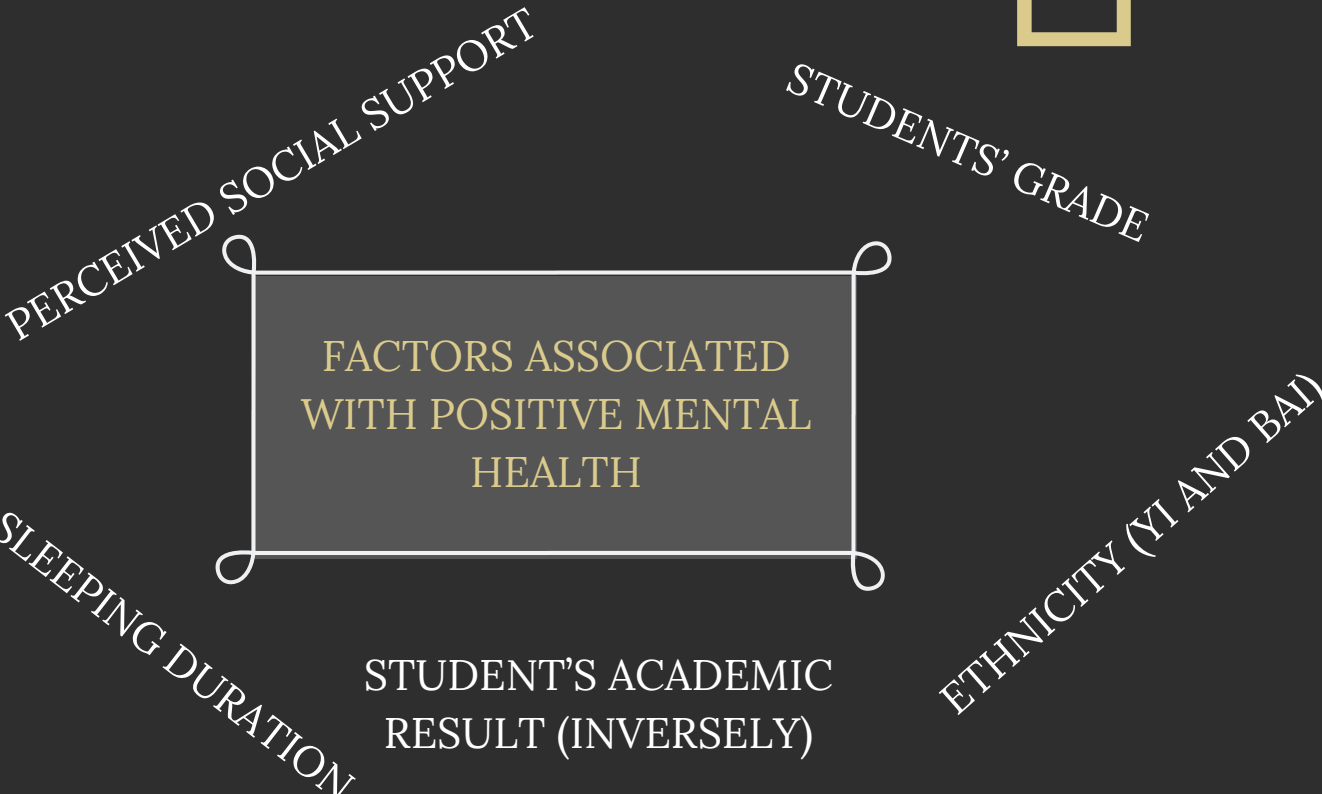
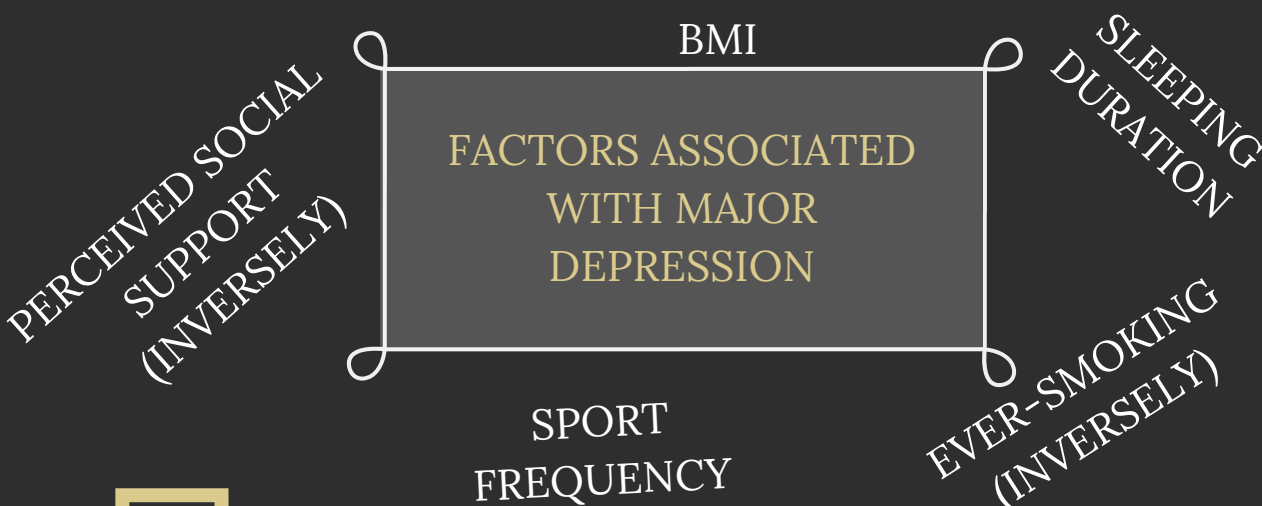
SOCIODEMOGRAPHIC QUESTIONNAIRE  
+  
MHC-SF (positive mental health)  
+  
PHQ-9 (depressive symptoms)  
+  
MSPSS-C (perceived social support)



SPSS 25  
• MULTIVARIATE LOGISTIC REGRESSIONS TO EXPLORE THE FACTORS THAT WERE RELATED TO POSITIVE MENTAL HEALTH AND DEPRESSION RISK RESPECTIVELY  
• CHI SQUARE TEST TO ANALYSE THE DIFFERENCE IN BOARDING STUDENTS AND NON-BOARDING STUDENTS



**RELATIONSHIP BETWEEN BOARDING AND POSITIVE MENTAL HEALTH/MAJOR DEPRESSION**



CONCLUSION

1.



UNLIKE MOST OTHER STUDIES DONE IN OTHER COUNTRIES, OUR STUDY STRONGLY SUGGESTS THAT THERE WAS NO RELATIONSHIP BETWEEN PREVALENCE OF POSITIVE MENTAL HEALTH / DEPRESSION AND STUDENT'S BOARDING STATUS IN CHINA.

2.

THE PREVALENCE OF POSITIVE MENTAL HEALTH AND MAJOR DEPRESSION WERE BOTH FOUND TO BE HIGH COMPARING TO FOREIGN COUNTRIES.



3.



IN ADDITION, A NUMBER OF SIGNIFICANT FACTORS ASSOCIATED WITH INCREASED DEPRESSION RISK IN RURAL CHINESE SECONDARY SCHOOL STUDENTS.

