# Impact of Community Based Therapy on Children With Mental Health Disorders: A Health Technology Assessment

**INTRODUCTION**
- The prevalence of mental health disorders among Indian children is increasing; this is a growing concern in India.
- As of 2014, the prevalence of child and adolescent psychiatric disorders in India:
  - Community: 6.46% (95% CI: 6.16% - 6.88%)
  - In School children: 0.33% (95% CI: 0.25% - 0.44%)
- Depression is one of the major mental health disorders affecting children.
- Community based therapy, such as school-based therapy (SBT) and psychotherapy (PT) is used in the management of this condition.
- School Based Therapy (SBT) is a form of occupational therapy that is given to children based on the nature of the mental health disorder that the children are suffering from.
- PT is offered within a school setup to children in groups by a set of teachers and special educators.
- It allows a wide range of activities which mentally and physically encourage and enhance the daily living skills in the children with mental health disorders.
- Psychotherapy (PT) is a form of treatment where the child is encouraged to learn about his/her mental behaviour and allowed to try and improve the same.

**OBJECTIVE**
- To investigate the burden of mental health disorders in children.
- To assess the clinical and economic impact (by cost-effectiveness analysis) of SBT and PT on the symptoms of depression in Indian children aged below 15 years.

**MATERIALS AND METHODS**
- Literature Search: performed in Cochrane Review, Elsevier, Pubmed and Medline databases for randomized controlled trials and cohort studies pertaining to community based therapies, particularly SBT and PT in Indian children aged below 15 years suffering from depression.
- Key Words:
  - Community based intervention
  - Children with mental health disorders
  - Clinical effectiveness
  - Data synthesis: using RevMan 5.0
  - Risk of bias assessment: using Cochrane Review Manager's Risk of Bias Table

**RESULTS**
- 1,375 participants (377 received SBT, 325 received PT, 673 received neither) were included.
- 13 studies excluded:
  - Comparator was not placebo:
  - Irrelevant studies:
  - Intent to treat treatment:
  - Post-treatment:
  - Comparator was not placebo:
  - Treatment was not delivered as intended:
  - Comparator was not placebo:

**OUTCOME**
- Reduction in levels of Depression

**DISCUSSION**
- By reducing the cost of each session to INR 50 (US$ 0.80), PT can be made more cost-effective.

**REFERENCES**