

**Depression, Anxiety and Stress among Adolescents and  
efficacy of Preventive Intervention**

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## 80\_Recommendations

- Establishing a student counselling centre within the school campus handled by qualified staff is highly recommended. Altogether, every school need to have a full time counsellor with a deeper understanding of the principles of child and adolescent development.
- The teachers should be familiarised with basic coping techniques such as knowing the "Do's and Don'ts" on students who experience negative mental health symptoms.
- Schools should be encouraged to create programmes such as individual and group interventions by applying one-on-one interviews with the guidance counsellors of the school and occasional programmes that promote and explain good mental health on both parents and the student. Parents should also be encouraged by school authority to participate in students' performance activities.
- Launching programmes focused on mental health awareness and culture change, with the goal of enlightening an environment in which students feel encouraged and empowered to care for their overall well-being is strongly recommended.
- Since mental health problems are so common among this sect of population, routine administration of assessment test should be encouraged in monitoring the mental problems among early adolescents
- The tool DASS-42 is just a screening tool so children who are depressed, anxious and stressed at extremely severe level should be referred to clinical assessment. Moreover, the alarming prevalence rate of DAS in this sect of the population has to be immediately addressed, as DAS poses a threat to the holistic living of adolescents. Although many schools have a self-formulated school health programme, adequate importance is not given in all the dimensions.
- The alarming risk of DAS among school students is also caused by the family pressure to perform better; hence the researcher feels that the focus of intervention should not only be on children but also on the parents.
- CSIT-DAS has boosted the students' awareness and developed a sense of mastery over the usage of coping skills, which undoubtedly validates the efficacy of the CSIT-DAS intervention provided to them. Therefore, CSIT-DAS especially tailored for school children is strongly recommended to be used by every school to alleviate the risks of mental issues prevalent among the student population. .