

**SOCIALIST REPUBLIC OF VIETNAM**

**Independence – Freedom – Happiness**

**A SUMMARY OF NEW CONTRIBUTION OF THE DISSERTATION**

**Name of dissertation: “A study on mental health of secondary school students in Hanoi and treatment outcomes using behavioral intervention in 2015 – 2020”**

**Specialty:** Social Hygiene and Medical Organization

**Code:** 62.72.01.64

**Full name of candidate:** Vu Thi Loan

**Supervisors:**

1. Prof. Le Thanh Hai
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2. Prof. Luong Xuan Hien
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**Institution:** Thai Binh University of Medicine and Pharmacy

**CONTRIBUTION OF THE DISSERTATION**

In the context that students are facing with more challenges and pressure from school environment, the study has provided a set of basic data on current condition of students' mental health. The study has identified some related factors of emotional disorders, behavioural disorders, Attention deficit hyperactivity disorder (ADHD), peer relationship, affected difficulties, self-injury and suicidal thought using multivariate regression analysis. Some factors related to suicidal thought include: female gender, sleep disorders, behavioural disorders, smoking, alcohol intake and bullying. These results suggest that parents and schools need to coordinate and care for their children in terms of using stimulants, life pressure and school violence; unusual emotional behaviors need to be early detected to ensure mental health as well as prevent accompanying mental disorders.

The study used uncontrolled clinical trial method with comparison before and after intervention to evaluate the effectiveness of behavioral interventions for ADHD children using daily report cards. The result showed a clear reduction by 87,7% after 36 months of intervention. The familiar and easy method of the intervention helps parents to implement and follow – up easily. Therefore, it can be included that the study contributes to improve mental health for students and promote the life quality of families and society.

*Thai Binh, ..... November 2023*

**Supervisor**

**PhD Candidate**

**Lương Xuân Hiến**

**Vũ Thị Loan**