

Study on distribution and contributory factors of behavioural abnormalities among children aged 4-6 years in the District of Gampaha.

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During the Phase 1 of the study, a screening instrument was developed following perusal of literature, conducting formal and in formal discussions and employing Delphi technique. The developed instrument was named as Child Behavior Assessment Instrument (CBAI). The study identified, economic factors, birth related factors, , factors related to care and upbringing of the child, marital life of the parents, childhood characteristics of parents, exposure to stressful life events and inadequate psycho social stimulation at home as the most important variables that predicted the presence of behavioral abnormalities of children aged 4-6 years. According to the results of the study, it can be concluded that the behavioral abnormality among children aged 4-6 years is a significant health problem and it is recommended to implement screening programs to identify these problems at early stages as this may enable early intervention resulting better prognosis. When implementing screening programs to identify this problem, use of the Child Behavior Assessment Instrument (CBAI) is recommended as a screening tool. high sensitivity, specificity, reliability, low cost and ability to administer by trained non professional interviewer with minimal discomfort to the children are some of the features that indicate feasibility and usefulness of this instrument. Community oriented health intervention programs on stress relief, life skills and problem solving can be recommended in order to prevent marital disharmony, frequent argument, depression and ensure psychological wellbeing of the parents and adults.