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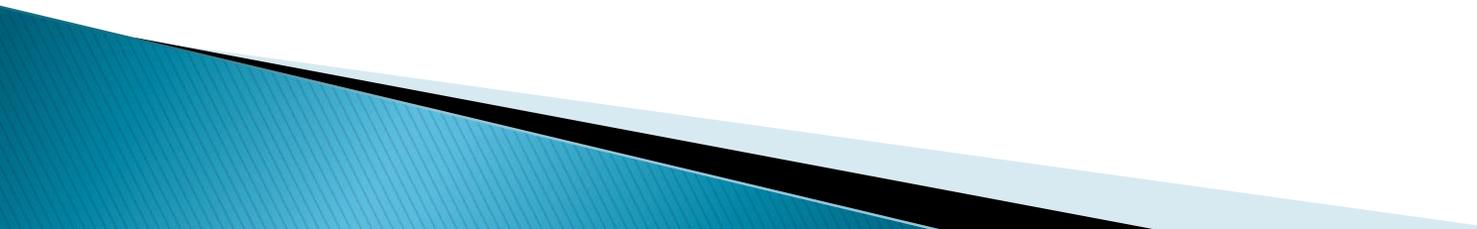
Efficacy of a comprehensive intervention package on psychological parameters among anaemic adolescent girls



Efficacy of CIP on psychological parameters among anaemic adolescent girls

Presented By
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Introduction

- ▶ Anaemia and iron deficiencies reduce individual's well being and cause fatigue and lethargy.
 - ▶ Failure to reduce anaemia put millions of adolescent girls and women to impaired health and quality of life, resulting in impaired development and learning, impaired economic productivity and development.
 - ▶ Successful reduction in the prevalence of anaemia will improve scholastic performance, cognitive development, and physical work productivity and improve quality of life.
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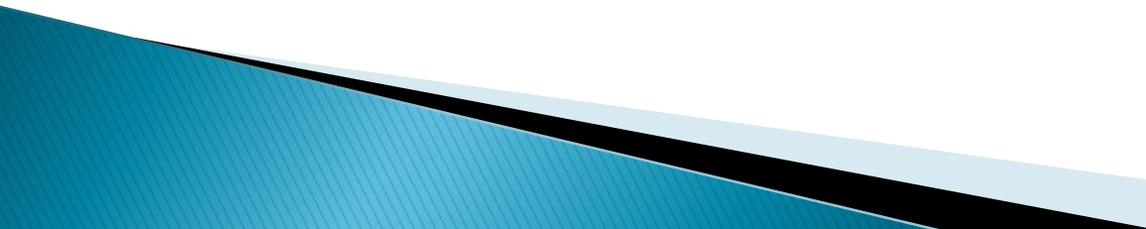
Purpose

- ▶ To evaluate the effect of comprehensive intervention package (CIP) strategies on psychological parameters (cognitive function, physical work capacity and quality of life) among anaemic adolescent girls.

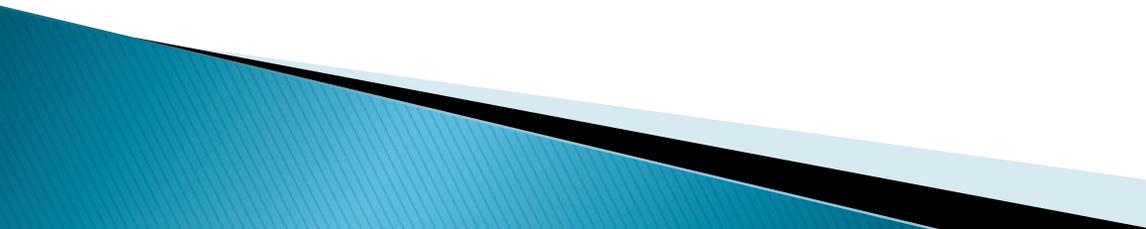
Materials and methods

- ▶ **Participants:** The participants for the study were 162 adolescent girls aged 13 - 16 years and attained menarche and also enrolled in Weekly Iron Folic Acid Supplementation in the Government Schools.
- ▶ Sample were selected randomly and allocated equally to control (81) and experimental (81) group.
- ▶ Informed consent from the parents and oral consent from the participants were obtained. This study was approved by the Institutional Ethics Committee (Number 011/11/2013/IEC/SU dated 15-11-2013).

Methodology:

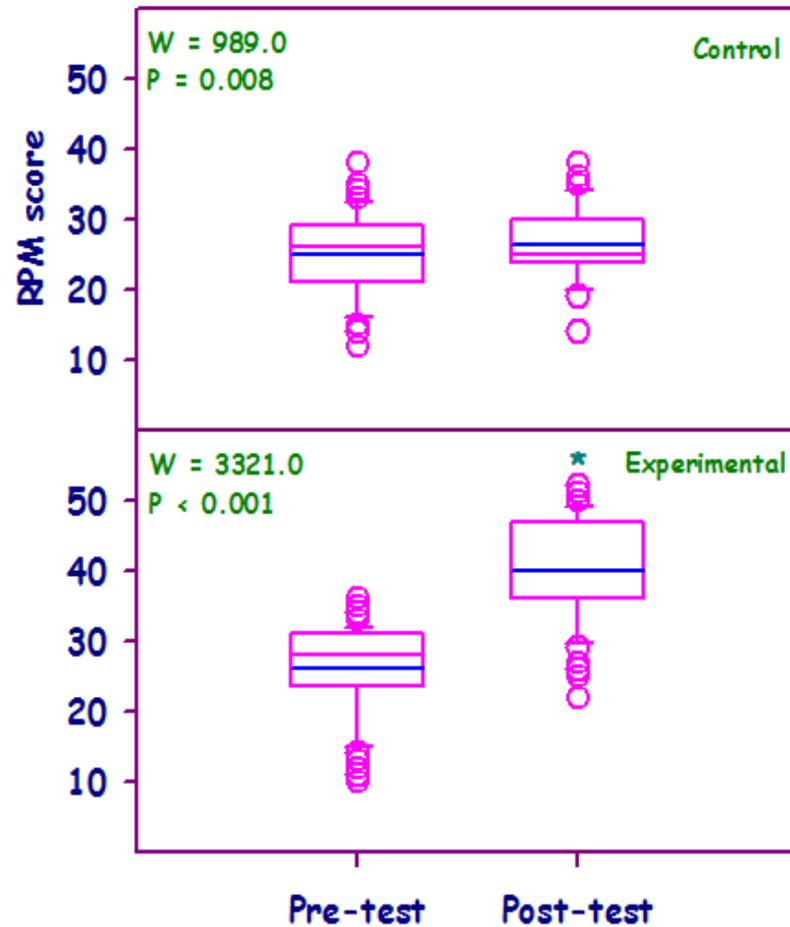
- ▶ The **pre test** data were collected by using the following tests.
 - ▶ Cognitive function was assessed by using Ravens Progressive Matrices test.
 - ▶ Physical work capacity was assessed with modified Harvard Step test. Total number of steps climbed and post exercise pulse rate were calculated.
 - ▶ Quality of life was measured by administering Tamil (regional language) translated questionnaire.
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Comprehensive intervention package

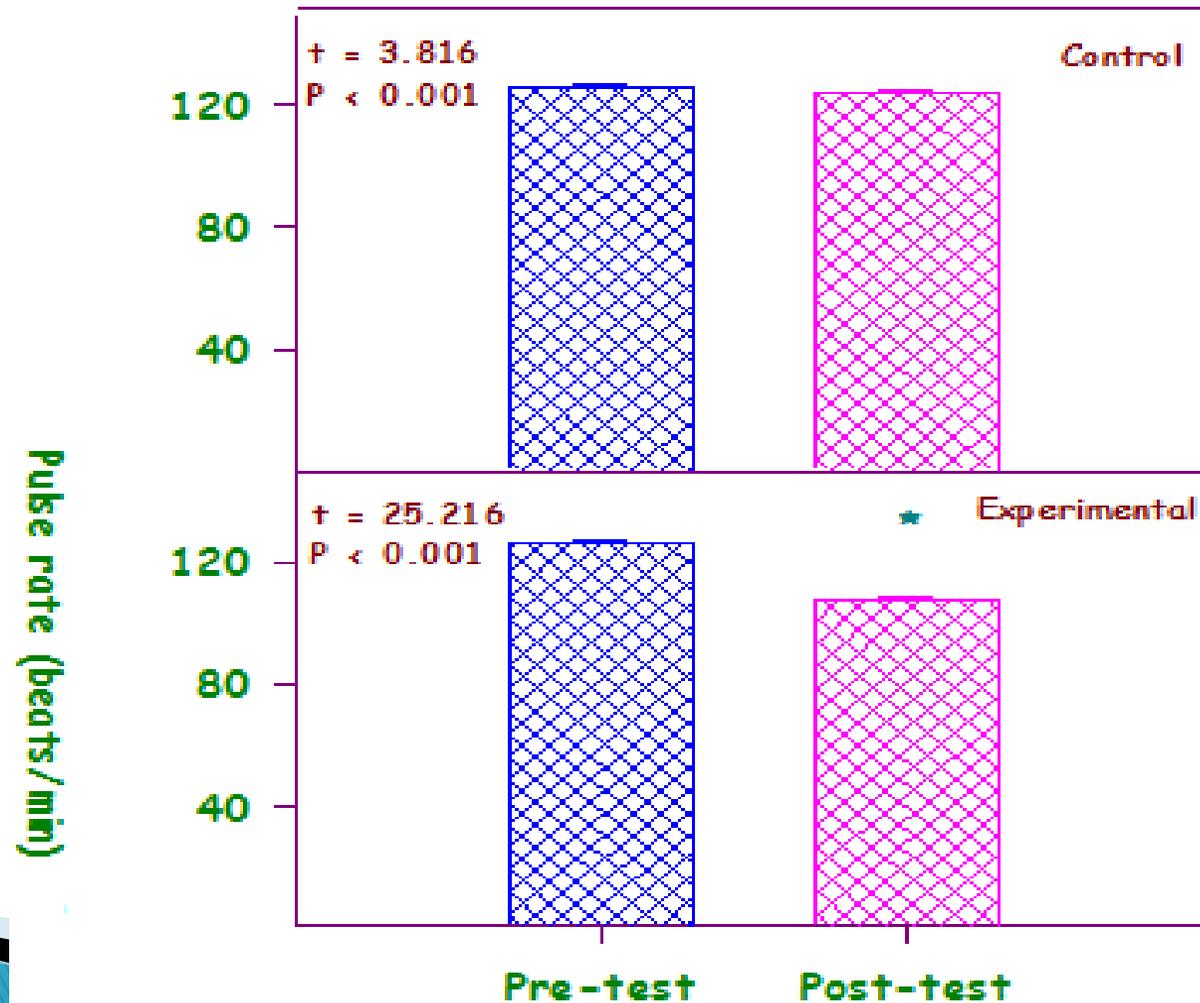
- ▶ **Experimental group** participants were provided with comprehensive intervention package for a period of three months.
 - ▶ Tab. Albendazole 400 mg was given to all the participants.
 - ▶ Iron and Folic Acid Supplementation was provided weekly once.
 - ▶ 50 g of nutrition supplement mix was provided every day for five days in a week for one month.
 - ▶ Nutrition education and general hygienic measures were to all the participants.
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- ▶ **Control group** participants were provided with weekly once with Iron and Folic Acid Supplementation as per routine recommended procedure.
 - ▶ The **post test** was conducted after **three months** by using the same tools used for pre test.
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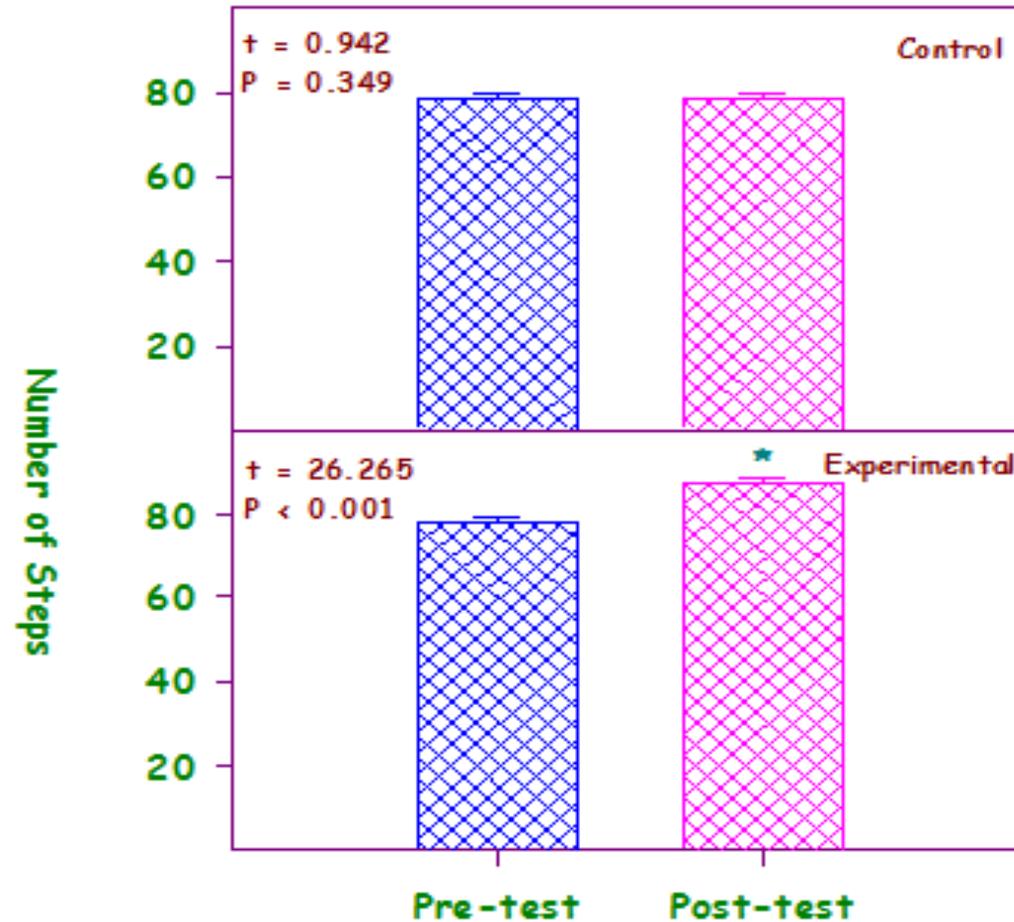
Result 1. Box diagram showing RPM score of control and experimental groups



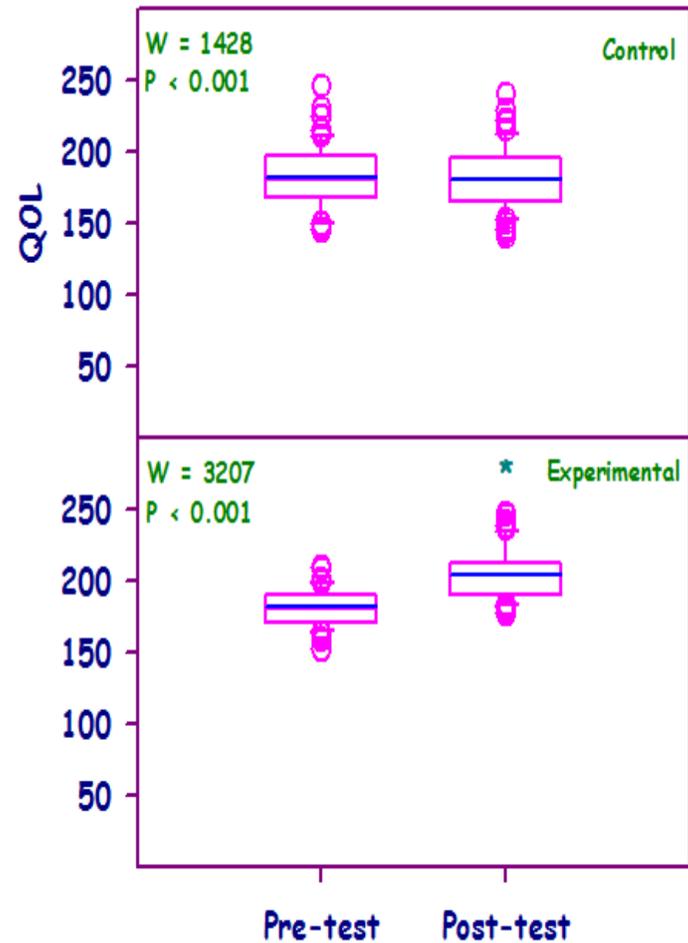
Result 2. Bar diagram showing pulse rate of control and experimental groups (Step test)



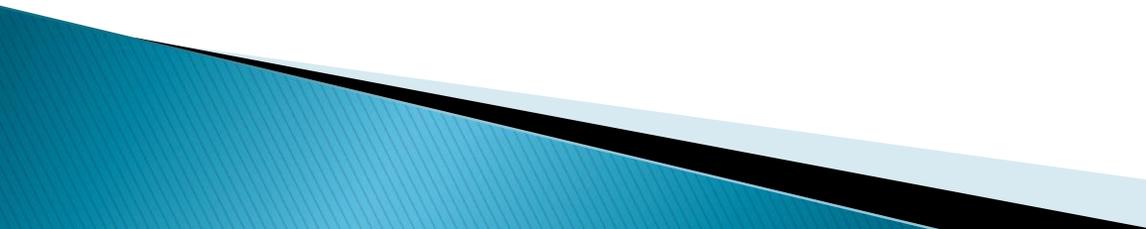
Result 2.1. Bar diagram showing number of steps climbed of control and experimental groups (Step test)



3. Box diagram showing quality of life of control and experimental groups



Conclusion

- ▶ The present study finding revealed that there was a highly significant improvement in cognitive function, physical work capacity and quality of life after the intervention of comprehensive intervention among anaemic adolescent girls.
 - ▶ Hence it is evident that comprehensive intervention to be continued in the vulnerable population been effective in reducing the prevalence of anaemia and improving the iron status.
 - ▶ The deleterious functional effects of anaemia could be managed correctly by comprehensive intervention strategy.
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Thank You

