

PREVALENCE OF COMMON MENTAL DISORDERS AMONG ADOLESCENTS  
IN SELECTED ORPHANAGES IN KENYA

by

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APPROVAL

PREVALENCE OF COMMON MENTAL DISORDERS AMONG ADOLESCENTS  
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COUNTY, KENYA

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In accordance with Daystar University policies, this thesis is accepted in partial  
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## DECLARATION

PREVALENCE OF COMMON MENTAL DISORDERS AMONG ADOLESCENTS IN  
SELECTED ORPHANAGES IN KIAMBAA SUB-COUNTY, KIAMBU COUNTY, KENYA

I declare that this thesis is my original work and has not been submitted to any other college or university for academic credit.

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## TABLE OF CONTENTS

<u>APPROVAL</u> .....	ii
<u>DECLARATION</u> .....	iv
<u>ACKNOWLEDGEMENTS</u> .....	v
<u>TABLE OF CONTENTS</u> .....	vi
<u>LIST OF TABLES</u> .....	viii
<u>LIST OF FIGURES</u> .....	ix
<u>LIST OF ABBREVIATIONS AND ACRONYMS</u> .....	x
<u>ABSTRACT</u> .....	xi
<u>CHAPTER ONE</u> .....	1
<u>INTRODUCTION AND BACKGROUND TO THE STUDY</u> .....	1
<u>Introduction</u> .....	1
<u>Background to the Study</u> .....	1
<u>Statement of the Problem</u> .....	9
<u>Purpose of the Study</u> .....	10
<u>Objectives of the Study</u> .....	10
<u>Research Questions</u> .....	11
<u>Justification for the Study</u> .....	11
<u>Significance of the Study</u> .....	14
<u>Assumptions of the Study</u> .....	15
<u>Scope of the Study</u> .....	15
<u>Limitations and Delimitations of the Study</u> .....	16
<u>Definition of Terms</u> .....	16
<u>Summary</u> .....	18
<u>CHAPTER TWO</u> .....	20
<u>LITERATURE REVIEW</u> .....	20
<u>Introduction</u> .....	20
<u>Theoretical Framework</u> .....	20
<u>General Literature Review</u> .....	25
<u>Empirical Literature Review</u> .....	34
<u>Conceptual Framework</u> .....	37
<u>Discussion of the Conceptual Framework</u> .....	37
<u>Summary</u> .....	38
<u>CHAPTER THREE</u> .....	39
<u>RESEARCH METHODOLOGY</u> .....	39
<u>Introduction</u> .....	39
<u>Research Design</u> .....	39
<u>Target Population</u> .....	40
<u>Study Population</u> .....	41
<u>Sample Size</u> .....	42
<u>Sampling Techniques</u> .....	43
<u>Data Collection Instruments</u> .....	44
<u>Data Collection Procedures</u> .....	48
<u>Pretesting</u> .....	49
<u>Data Analysis Plan</u> .....	50

<a href="#">Ethical Considerations</a> .....	51
<a href="#">Summary</a> .....	52
<a href="#">CHAPTER FOUR</a> .....	53
<a href="#">DATA PRESENTATION, ANALYSIS AND INTERPRETATION</a> .....	53
<a href="#">Introduction</a> .....	53
<a href="#">Data Analysis and Interpretation</a> .....	53
<a href="#">Summary of Key Findings</a> .....	67
<a href="#">Summary</a> .....	69
<a href="#">CHAPTER FIVE</a> .....	70
<a href="#">DISCUSSIONS, CONCLUSIONS, AND RECOMMENDATIONS</a> .....	70
<a href="#">Introduction</a> .....	70
<a href="#">Discussions of Key Findings</a> .....	70
<a href="#">Conclusion</a> .....	80
<a href="#">Recommendations</a> .....	81
<a href="#">Recommendations for Further Research</a> .....	82
<a href="#">REFERENCES</a> .....	83
<a href="#">APPENDICES</a> .....	92
<a href="#">Appendix A: Questionnaire for Adolescents</a> .....	92
<a href="#">Appendix B: Questionnaire for Caregivers/Social Workers of the Orphanages</a> .....	95
<a href="#">Appendix C: Interview Guide</a> .....	98
<a href="#">Appendix D: Screen for Child Anxiety Related Disorders (SCARED) (to be Filled Out by the CHILD)</a> .....	100
<a href="#">Appendix E: Child Depression Inventory (CDI)</a> .....	103
<a href="#">Appendix F: The Child PTSD Symptom Scale For DSM-V (CPSS-V)</a> .....	106
<a href="#">Appendix G: Letter of Request</a> .....	110
<a href="#">Appendix H: Cover Letter</a> .....	111
<a href="#">Appendix I: Consent Form</a> .....	112
<a href="#">Appendix J: Ethical Clearance</a> .....	113
<a href="#">Appendix K: Research Permit</a> .....	114
<a href="#">Appendix L: Annex</a> .....	115
<a href="#">Appendix M: Similarity Index Report</a> .....	116

## LIST OF TABLES

<u>Table 2.1: Attachment Patterns</u> .....	22
<u>Table 3.1: List of the Targeted Orphanages in Kiambaa Sub-county</u> .....	39
<u>Table 3.2: Sample Size</u> .....	41
<u>Table 3.3: Sample Size of Study Respondents from the Study Population</u> .....	41
<u>Table 3.4: CPSS Scoring and Interpretation</u> .....	45
<u>Table 4.1: Response Rate</u> .....	51
<u>Table 4.2: Demographic Characteristics of the Adolescents</u> .....	52
<u>Table 4.3: Demographic Characteristics of the Social Workers/Care Givers</u> .....	53
<u>Table 4.4: Screen for Child Anxiety-related Disorders</u> .....	54
<u>Table 4.5: The CDI</u> .....	55
<u>Table 4.6: The Child PTSD Symptom Scale for DSM-V (CPSS-V)</u> .....	56
<u>Table 4.7: Counsellor Availability at the Orphanage</u> .....	57
<u>Table 4.8: Frequency of Group/Personal Therapy Sessions</u> .....	59
<u>Table 4.9: Frequency of Group/Personal Therapy Sessions</u> .....	60
<u>Table 4.10: Preparedness of Orphanages in Providing Mental Health Support to Adolescents</u> .....	61
<u>Table 4.11: Preparedness of Orphanages in Providing Mental Health Support to Adolescents</u> .....	63



## LIST OF FIGURES

<i><a href="#">Figure 2.1: The Ecological Systems Theory Developed by Urie Bronfenbrenner</a></i> .....	21
<i><a href="#">Figure 2.2: Five Thematic Areas of Child Development</a></i> .....	29
<i><a href="#">Figure 2.3: Conceptual Framework</a></i> .....	35
<i><a href="#">Figure 4.1: Instances when Counselling was Received</a></i> .....	58
<i><a href="#">Figure 4.2: Instances when Counselling was Provided</a></i> .....	60

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## LIST OF ABBREVIATIONS AND ACRONYMS

CCIs	Charitable Children's Institutions
CDI	Children's Depression Inventory
CPSS	Child PTSD Symptom Scale
DSM-V	Diagnostic and Statistical Manual of Mental Disorders-V
MDD	Major Depressive Disorder
PTSD	Post-Traumatic Stress Disorder
SCARED	Screen for Child Anxiety Related Disorders
UNICEF	United Nations Children's Fund

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## ABSTRACT

This study sought to examine the prevalence of common mental disorders among adolescents in selected orphanages in Kiambaa Sub-county, Kiambu County, Kenya. The study objectives were to establish the prevalence of common mental disorders, examine the role played by the orphanages to support adolescents with common mental disorders, and investigate the level of preparedness of orphanages in providing mental health support to adolescents. The study was based on the attachment theory and the ecological systems theory. A descriptive survey was used in the study and the sample size included 133 respondents. Data was collected using questionnaires, interviews, and focused group discussions, and was later coded and analyzed using the Statistical Product and Service Solutions (SPSS) and Microsoft Excel. From the study findings, the prevalence of common mental disorders was quite high. Anxiety disorder was highly prevalent among adolescents with a score of 83%, depression stood at a total score of 89%, indicating severe symptoms of depression, and PTSD had a high total score of 5 out of 7, revealing great functional impairment of the adolescents in the orphanages. The role played by the orphanages to support adolescents with common mental disorders was weak due to a lack of qualified and well-trained personnel and caregiver burnout. The level of preparedness of orphanages in providing mental health support to adolescents was also very low. The study concludes that it is extremely important for caregivers to go through mental health capacity-building training frequently, management to plan for and seek to have a mental health professional to support caregivers, and better counselling session follow-up for adolescents to deal with trauma and psychological distress. The study recommends the national and county governments support orphanages in the provision of mental health support by employing psychologists who can support social workers and caregivers.

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