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Evaluation of an intervention programme on child mental health activities.

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Phase I of the present study was carried out to detect the prevalence of developmental delays in children in the 0-5 years age group and behavioral disorder in children of 2-3 year age group and to assess the relevant associated biological and socio economical characteristics. Strengthening of existing service for children with developmental delays and behavioral disorders is recommended. Strengthening of preventive measures would be more rational and effective in this approach. Improvement of family planning practices and effective immunization programme are recommended. Educating mother and even father on correct child rearing practices, positive child -parent relationship, quality surrogate parenting and avoidance of family stress would be most effective. However, strengthening of female education programmes have to be recommended as a high priority. Phase II of the present study was conducted as an experimental study in four selected medical officer of health areas in the deputy provincial director of health services division, Colombo. This was designed to study the effect of an educational intervention programme in improving the activities implemented to promote mental health in children of 0-5 years at primary health care level. Health education was a feasible and rational approach as an intervention.