



Depression in Caregivers of Children with Mental Health Problems: A Narrative Review Focused On the Prevalence, Relevant Child Mental Health Policy and Legislation

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Abstract

Globally, there is more than a two-fold increase in depression among caregivers of children experiencing mental illnesses compared to the general population. Despite this evidence, research has shown that support for caregivers and children with mental disorders is critical and may be optimized by providing a child mental health policy. This research aimed to review the literature on the prevalence of depression among caregivers of children with mental illness and evaluate the child and adolescent mental health policy and legislation in Nigeria. It is the first Literature review to evaluate these three variables together. The findings from this review reported the prevalence rate of depression among caregivers of children with mental health problems in Nigeria to be 41% and 50.5%. This review narrated that the Lagos State mental health policy is Nigeria's recent mental health policy, which tried to address areas of prevention, treatment, and rehabilitation of child mental health. Also, it reported that the underpinning legislation currently available in Nigeria is the Lagos State Mental Health law, and the previous lunacy act did not address issues related to child mental health. Even though the Lagos state mental health law addressed most of the areas noted by the World Health Organisation framework for child mental health legislation. Overall, this review provided recommendations to ensure the development and implementation of an internationally recognised child mental health policy and legislation to mitigate caregivers' depression and improve child mental health in Nigeria.

Keywords: Depression; Mental health legislation; Mental health policy; Prevalence.