Methodology: In the first (qualitative) phase of the research, semi-structured interviews were conducted with 12 adolescents between 13 and 16 years. Thematic analysis was used to classify and analyse recurring patterns within the data. In the second (quantitative) phase of the research, a structured questionnaire informed by the qualitative evidence was administered to 204 students in Grades 8 and 9 at a public high school in Cape Town. The survey instrument included a grandparental involvement scale, a parental involvement scale, and a demographic questionnaire. Students' mental and behavioural health was assessed using the Strengths and Difficulties Questionnaire. Data were analysed using correlation coefficients and multiple regression models.

Results: The majority of adolescents had regular contact with their grandparents. The qualitative data showed that grandparents played five roles in relation to their grandchildren: they served as caregivers, cultural gatekeepers, sources of emotional support, teachers and family historians; and sources of tangible (financial) support. The 'generation gap' was identified as a barrier to communication with grandparents. Nevertheless, shared interests, parental encouragement and geographical proximity fostered contact and emotional closeness.

Multiple regression results indicated that greater grandparental involvement was significantly associated with more adolescent positive behaviour, independent of the level of parental involvement.

Conclusions: The findings support extend previous research on the factors underlying the association between grandparental involvement and prosocial behaviour.

Trends and factors of mental illness: The case of psychiatry ward in Jimma University Specialized Hospital, Ethiopia

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Objective: The main objective of this study was to investigate the trends and factors of mental illness of psychiatric patients in the psychiatry ward of Jimma University Specialized Hospital.

Methods: Purposive sampling technique was used to select the participants of the study. Accordingly, 636 patients' cards were analyzed. Moreover, 55 psychiatric patients, 56 care givers and 13 psychiatric ward staff were involved in the study. The instruments designed to obtain data were observation check list, document analysis form, and semi-structured interview guide. The collected data were analyzed using both quantitative and qualitative techniques. Importantly, the study was ethically cleared by Institutional Ethical Review Board.

Results: The results of the study revealed that schizophrenia, major depression disorder, brief psychosis and anxiety disorder respectively were the frequent mental illnesses in the ward, by looking into the patients' documents of 512 patients. These disorders generally attacked the productive age group (20 to 50 years of age), the major reasons of which could be attributed to drug use (mostly 'Khat'), stress caused by academic failure, joblessness, and lack of youth friendly recreation areas. In addition, the findings showed that the trends of the mental illnesses in the ward were increasing. The result of the study also revealed that drug default, substance use, economic problem, family conflicts, divorce, loss of family members, poor social support, stigma and discrimination and repeated chronic illness were the major aggravating factors of mental illnesses in Jimma areas in particular.

Conclusions: The alarmingly increasing number of psychiatric patients, due to varies factors, need serious attention. In addition to aggressively working on awareness creation and sensitization, quality services should be provided to the ones who are visiting the ward.

Play therapy as a self-healing and life-skills enhancing tool for children under problematic situations: Two orphanages in Addis Ababa (Ethiopia) in focus

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Objective: The objectives of the study were to know whether play therapy can facilitate the self-healing process, to improve the academic performance, increase the attentive level, and to ensure self-confidence and esteem of children under difficult circumstances.

Methods: Data for this study were the case works of the researcher (for about two years), as a play therapist and Clinical Supervisor. Pre- and post-therapy measures using the SDQ (The Goodman’s Strengths and Difficulties Questionnaire) were obtained from 17 children (9 females and 8 males) and analysed. The study used quantitative data as
Association between dietary pattern and sleep quality among preadolescents in Taiwan
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Objectives: To investigate the relationship between diet preference and sleep quality in Taiwanese preadolescents. The moderating effects of gender and grade in this relationship were estimated as well.

Methods: A total of 441 5th and 7th graders were randomly selected from 26 public elementary and junior high schools in central Taiwan. Diet preference was indexed by frequency of punctual to eat three meals and food preferences. Sleep quality of all participants was measured by the Pittsburgh Sleep Quality Index (PSQI), and was divided into two categories in terms of good (PSQI≤5) and bad (PSQI>5) when examining its relationship with punctual to eat three meals and food preferences in univariate analyses and multivariate analyses. Interactions between gender, grade and diet variables were tested in multiple regression models to explore possible moderating effects.

Results: Schoolchildren's punctual to eat meals and food preferences are related to sleep quality. Punctual to eat meals and preferring to eat vegetable and milk products are good for sleep quality in preadolescents. Grade and gender do not affect the sleep quality, but grades may interact with punctual to eat meals to affect sleep quality.

Conclusions: Parents should pay attention to children's diet time, and provide more vegetables and milk products, to improve children's sleep quality. Schools should also consider providing more vegetable and milk products in children's lunch.

Exposure to artificial bright lights from modern electronic media before bedtime may contribute to sleep onset delay in children/young people with ADHD
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Introduction: Sleep onset delay commonly associated with ADHD may be worsened by exposure to artificial lights from modern electronic media with wavelengths similar to day light, potentially inhibiting the action of the sleep hormone melatonin responsible for sleep-wake cycle (1, 2, 3). Current sleep hygiene advice for patients/families lacks specific advice about the role of artificial lights in suppressing natural melatonin production.

Aim: Examine pre bedtime/bedtime activities including modern electronic media use in ADHD children with sleep onset delay and determine level of improvement following targeted sleep hygiene advice/support.

Methodology: Pre/post sleep hygiene interventions were prospectively conducted by ADHD Specialists in all ADHD patients (6-18 years) with sleep onset delay and carers presenting to a UK CDC over a 6 month period (June- December 2013). Post interview sleep education conducted included avoidance of exposure to artificial lights from modern electronic media before bedtime. Sleep packs/diaries containing further advice were given to carers. Sleep support via telephone/email was made available throughout the study period.

Results: Majority of ADHD patients kept electronic media/TVs in their bedrooms and played with these prior to their bedtime. At the end of the study period, majority of carers reported an improvement in sleep onset delay in their child when they followed advice about switching off...