

Correlates of dropout from a Nigerian Child and Adolescent Mental Health Service

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CORRELATES OF DROPOUT FROM A NIGERIAN CHILD AND ADOLESCENT MENTAL HEALTH SERVICE

Background: Despite the availability of effective treatment for childhood psychiatric disorders, the successful treatment of children and adolescents (C&A) who access mental health services is undermined by high rates of dropout from these services.

Aim: To determine the correlates of dropout from the C&A clinic of the Federal Neuro-Psychiatric Hospital, Yaba, Nigeria.

Method: A retrospective study of all patients (n=450) registered at the clinic within a period of one year.

Results: Patients who missed their first appointment were more likely to dropout from treatment ($p < 0.001$). Children with seizure disorder ($p =$), stable mental state ($p =$) and those accompanied by both parents to the clinic at their index visit ($p = 0.02$) were less likely to dropout.

Conclusion: Efforts to improve retention of C&A in psychiatric treatment may need to target certain categories of children, including those who miss their first appointment and those unaccompanied by both parents at index visit.

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