the determinants affecting adolescent psychological well-being. Methodology: In Mysore District, India, 319 adolescents 16–18 yr, were from urban and rural 11th and 12th grades. A structured questionnaire based on the “General Psychological well being scale” was used.

Results No significant difference in the scores of urban and rural adolescents \[v_2=1.12, \text{df}=3, p=0.05\]. Economic backwardness positively correlates with the psychological stress in adolescents \[v_2=9.15, \text{df}=3, p<0.05\]. In grade 2, 64% reported difficulty in concentration compared to 10% in grade 5. \[v_2=47.01, \text{df}=2, p<0.001\]. There was no significant gender difference in the psychological score \[v_2=1.44, \text{df}=1, p>0.05\].

Conclusions Our study shows that there is no significant influence of urban and rural residence or gender on the psychological health of the adolescents. We conclude that the economic constraints on the adolescents were associated with lower psychological health. Lower psychological health is associated with decreased concentrating ability and thereby scholastic performance.

Recommendations The study also shows how a rapid screening technique can be incorporated into school health screening camps thereby enabling us to integrate mental health screening at an early stage into mainstream. The policies towards betterment of adolescent mental health should be directed towards their economic and academic needs than their areas of residence or gender.

Background Prevalence of postnatal depression (PND) is 12%—15%. Recent studies are equivocal about the earlier inference that PND is higher among cesarean than normal delivery.

Objective The aim of this study is to investigate the frequency of PND among the Indian women and the association between the mode of delivery and PND.

Material and Method Fifty subjects each; having delivered normally and by cesarean section was chosen. All the women were within 3 months post delivery and could understand Kannada language. Those who consented were asked to complete the Edinburgh Postnatal Depression Scale (EPDS). Those found to have scores suggestive of depression on EPDS were assessed for depression according to ICD-10. The data were analysed using paired t test and \[\chi^2\] test.

Conclusion Among Post caesarean subjects, depression was diagnosed in 20% \((n=10)\) as compared to 16% in subjects that delivered normally. However there was no significant difference in the frequency of depression among the two groups. Due to the small sample size the results cannot be generalised.

A gender-specific smoking cessation program was initiated to address these problems in Hong Kong. This study aims to test the efficacy of the program at a 3-year follow-up.

Methods A gender-specific smoking cessation programme has been set up for female smokers in 2006. Women smokers aged 15 years or above and smoked in the past month were recruited to receive 3-sessions of individualised face-to-face stage-matched smoking cessation counselling at baseline, 1-week, and 1-month. They were followed up at 6 month, 1 year, and 3 years to assess their smoking status. We reported the quit rate and compared changes in their cigarette consumption from baseline to 3 year.

Results From November 2006 to November 2010, we received over 800 inquiries and provided smoking cessation counselling to 386 eligible female smokers. A total of 174 participants were eligible for follow-up at 3 years, and 130 (74.7%) were successfully contacted. Participants aged 56 years (range: 15–74), had smoked for 18.2 years \((SD=8.9)\) with a mean daily consumption of 15.4 cigarettes \((SD=8.8)\). Using intention-to-treat analysis, the self-reported 7-day point prevalence quit rate was 11.4% \((44/386)\). Among those continued to smoke \((n=84)\), the cigarette consumption reduced from 16.0±9.4 to 11.9±8.0 \((p<0.001)\) on average, and 29.8% \((n=25)\) had reduced cigarette consumption by at least half.

Conclusion The gender-specific cessation programme seemed to be effective in promoting smoking cessation and reduction among Chinese female smokers in Hong Kong.