

socialization, self-esteem and gratification as detected by significant correlation with the adolescent's answers. However, parents were unable to detect introversion and anxiety.

Recommendations for integrating family, child and youth centered mental health services into all systems that serve children and youth were suggested. Also, engaging families and incorporating the perspective of children and youth in the development of all mental health care planning.

## **Introduction**

Around the world today, protection and nurturing children's psychological state is considered a primary human investment, a long-term strategy, in the development of a stable and productive society (1).

In the past years, the mental health field focused principally on mental illness in order to serve individuals who were most severely affected. Only as the field has matured has it begun to respond to intensifying interest and concerns about disease prevention (2).

Egypt considers the well being of children as a sensitive indicator of overall sustainable social development. Improvements, and shortfalls, against objectives have been monitored across the decade. Still, a number of socioeconomic and cultural factors stand in the way of success (3).

In the 1999 national survey of Egyptian children and adolescents, 59% of the sample reported experiencing feelings of fear and anxiety. Girls reported this more than boys, urban dwellers substantially more than rural dwellers (63.2%v 55.7%), and adolescents of higher socioeconomic status more than those of middle to lower status (4).