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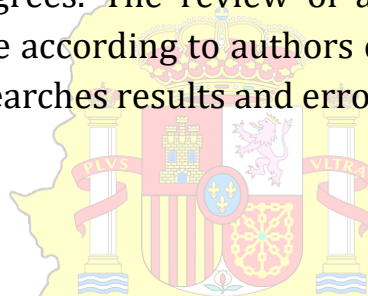


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ASSEMENT OF DELAYED MENTAL DEVELOPMENT IN CHILDREN

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Relevance of Topic: Delayed mental development in children is a pressing global health issue, significantly affecting cognitive, behavioral, and social outcomes. Early identification and intervention are crucial to mitigate long-term consequences and enhance quality of life, particularly in regions with limited access to specialized care.

Aim of Study: This study aims to assess the prevalence, contributing factors, and outcomes of delayed mental development in children at the Fergana Regional Children's Multidisciplinary Medical Center, evaluating the effectiveness of diagnostic and intervention strategies.

Materials and Methods: A cohort of 56 children (aged 2–7 years) diagnosed with delayed mental development was studied between January 2023 and March 2025. Data were collected through standardized developmental screening tools (e.g., Ages and Stages Questionnaire, Denver Developmental Screening Test), clinical evaluations, and parental interviews. Neuroimaging (MRI) was used in 30% of cases to rule out structural abnormalities. Interventions included speech therapy, occupational therapy, and parental counseling. Statistical analysis utilized chi-square tests and logistic regression to identify risk factors, with a significance threshold of $p < 0.05$.

Results and Discussion: Of the 56 patients, 62% were male, and 38% were female, with a mean age of 4.2 years. Prevalence of delayed mental development was significantly associated with perinatal complications ($p = 0.02$, $OR = 2.3$) and low socio-economic status ($p = 0.01$, $OR = 2.7$). Early intervention (initiated within 6 months of diagnosis) resulted in significant developmental improvements in 78% of cases ($p < 0.001$), with speech and social skills showing the most progress (Cohen's $d = 0.85$). Children receiving multidisciplinary therapy exhibited a 65% higher improvement rate compared to those with delayed intervention ($p = 0.03$). Limitations included small sample size and lack of long-term follow-up.

Conclusion: Early diagnosis and multidisciplinary intervention significantly improve outcomes in children with delayed mental development. The study highlights the critical role of timely screening and socio-economic support in optimizing developmental trajectories. Recommendations: 1)

Implement routine developmental screening in primary care settings to enhance early detection; 2) Expand community-based parental education programs to address socio-economic barriers and promote early intervention.

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