**A Child Raising Children: A Case Study**

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“Child marriage” is generally understood to mean marriages that take place before age 18. According to the United Nations, 37,000 girls under the age of 18 are married each day.

Child marriage effectively ends a girl’s childhood, curtails her education, minimizes her economic opportunities, increases her risk of domestic violence, and puts her at risk for early, frequent, and very high-risk pregnancies.

We present a case of a 25-year-old woman who was engaged at the age of 5 and married at the age of 15. She presented to our perinatal mental health service in Qatar in the last trimester of her 4th pregnancy with two years history of depressive symptoms in the context of multiple psychosocial stressors. She had been forced out of school and into an early marriage to an older man of low socioeconomic status, with subsequent poor relationships with her husband and her family, and most recently having an unplanned pregnancy which has hindered her from resuming her education. She had substantial difficulties in managing her anger, which manifests as physical aggression towards her children. Her weight and eating habits are of concern  as she has gained little weight in her most recent pregnancy ( average body mass index (BMI) in the third trimester was 19.2 , pre-pregnancy BMI was 16.7 ); causes appear to be multifactorial, including intentionally refusing to eat or drink for 24 hours at a time as a way of communicating anger, decreased appetite associated with depressed mood, and nausea and vomiting with migraine headaches.

Our management plan was multidisciplinary and included introducing an antidepressant, psychotherapy, and coordination of care with obstetrics, dietetics and social work. psychological interventions along with input from the Obstetrics, dietetics and social services.