



Malnutrition and Cognitive Development in Early Childhood: A Comparative Study in Lesotho

Khotso Mokheanelemi^{1,2}, Motsete Rantaoa¹

¹ National University of Lesotho

² Department of Research, National University of Lesotho

Published: 07 June 2010 | **Received:** 07 January 2010 | **Accepted:** 16 April 2010

Correspondence: kmokheanelemi@hotmail.com

DOI: [10.5281/zenodo.18903902](https://doi.org/10.5281/zenodo.18903902)

Author notes

Khotso Mokheanelemi is affiliated with National University of Lesotho and focuses on Psychology research in Africa.

Motsete Rantaoa is affiliated with National University of Lesotho and focuses on Psychology research in Africa.

Abstract

Malnutrition in early childhood is a significant public health issue affecting cognitive development worldwide. Lesotho, an African country with high rates of malnutrition and underdevelopment, offers unique insights into this phenomenon. Participants were recruited from urban and rural areas, stratified by socio-economic status (SES). A standardised assessment tool was used to measure cognition, including language skills, memory, and problem-solving abilities. Nutritional status was assessed through anthropometric measurements and dietary surveys. Children with moderate malnutrition showed a significant decline in verbal fluency scores compared to those without malnutrition, indicating impaired cognitive flexibility. The findings suggest that early intervention programmes targeting nutritional support are essential for mitigating the negative impacts of malnutrition on cognitive development in Lesotho. Public health initiatives should prioritise community-based nutrition education and supplementation programmes to improve children's cognitive outcomes.

Keywords: *Cognitive Development, Malnutrition, Early Childhood, Lesotho, Geographic Studies, Anthropometry, Nutritional Status*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge