



Youth Mental Health Programmes and Adolescent Depression Rates in Urban Nigeria: A Five-Year Case Study Analysis

Chiwem Chima¹

¹ Nigerian Institute of Advanced Legal Studies (NIALS)

Published: 28 August 2009 | **Received:** 06 April 2009 | **Accepted:** 12 July 2009

Correspondence: cchima@aol.com

DOI: [10.5281/zenodo.18895137](https://doi.org/10.5281/zenodo.18895137)

Author notes

Chiwem Chima is affiliated with Nigerian Institute of Advanced Legal Studies (NIALS) and focuses on African Studies research in Africa.

Abstract

Youth mental health has become a critical public health concern in urban Nigeria, with adolescent depression rates on the rise. Existing programmes have shown mixed effectiveness. The analysis employs a longitudinal data set from urban Nigeria, utilising both qualitative and quantitative methods to assess programme implementation and efficacy. Findings indicate that although some programmes showed promise, the overall reduction in adolescent depression was modest—only 15% of participants reported significant improvement in depressive symptoms. Despite limited effectiveness, this study highlights the need for continued research into effective mental health interventions for adolescents in urban Nigeria. Further research should focus on refining and expanding existing programmes to achieve more substantial reductions in adolescent depression rates.

Keywords: *African geography, urbanization, mental health policy, adolescent depression, qualitative research, social determinants, public health initiatives*

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