



Evaluating Urban Youth Mental Health Support Programmes in Lagos, Nigeria: Social Skills Development Outcomes

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Published: 24 November 2000 | **Received:** 07 July 2000 | **Accepted:** 13 October 2000

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DOI: [10.5281/zenodo.18717875](https://doi.org/10.5281/zenodo.18717875)

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Abstract

Urban youth in Lagos, Nigeria face significant mental health challenges, with school-based support programmes emerging as a critical intervention. A mixed-methods approach was employed, including pre- and post-programme assessments, focus group discussions with participants, and interviews with educators and programme coordinators. Participants showed a significant improvement in social skills following the intervention, particularly in communication and teamwork abilities ($n=120$). The evaluation revealed that while programmes are effective, there is room for enhancing engagement strategies and integrating peer support groups. Programmes should incorporate more interactive activities and encourage peer involvement to foster a sense of community among participants.

Keywords: *African geography, urban sociology, qualitative methods, mental health intervention, social skills development, youth empowerment, cross-cultural psychology*

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