



Peer Support Programmes in Kampala: An Analysis of Urban Youth Mental Health Initiatives in Uganda

Nancy Nabirye^{1,2}, Stanley Bbobi³, James Okello²

¹ Medical Research Council (MRC)/UVRI and LSHTM Uganda Research Unit

² Makerere University Business School (MUBS)

³ Department of Surgery, Makerere University Business School (MUBS)

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Correspondence: nnabirye@outlook.com

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Author notes

Nancy Nabirye is affiliated with Medical Research Council (MRC)/UVRI and LSHTM Uganda Research Unit and focuses on Medicine research in Africa.

Stanley Bbobi is affiliated with Department of Surgery, Makerere University Business School (MUBS) and focuses on Medicine research in Africa.

James Okello is affiliated with Makerere University Business School (MUBS) and focuses on Medicine research in Africa.

Abstract

Urban youth mental health in Kampala, Uganda has seen a growing need for support services due to increasing stressors such as poverty and educational pressures. A content analysis approach was used to assess programme implementation, participant feedback, and outcomes over two years. Peer support groups reported a significant improvement in participants' self-esteem (mean increase by 20%) and social cohesion within the community (85% positive themes identified). Peer support programmes have shown promise in enhancing mental health among urban youth in Kampala, with notable improvements in emotional well-being. Further research should explore scalability of these interventions across different socio-economic settings and evaluate long-term impacts. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African Urbanization, Peer Group Dynamics, Community Psychology, Mental Health Services, Social Support Networks, Qualitative Research, Youth Empowerment Programmes*

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