



Mental Health First Aid Training Amongst Secondary School Students in Nigerian Cities: Immediate and Long-Term Impact Analysis

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Abstract

Mental health issues are increasingly prevalent among secondary school students in Nigerian cities, leading to a critical need for effective interventions. A mixed-methods approach was employed including pre- and post-training surveys, focus groups, and interviews with teachers and students. The MHFA programme was implemented in four urban schools over a period of six months. MHFA training demonstrated significant improvements in self-reported mental health outcomes among participants, with a notable increase in the proportion of students who felt equipped to support their peers (from 35% to 60%). The MHFA programme was effective in enhancing students' awareness and confidence in recognising mental health issues and providing initial support. Further research should explore long-term effects and implementation strategies, while integrating MHFA training into school curricula for broader impact.

Keywords: *Nigerian, Youth Mental Health, Qualitative Research, Quantitative Analysis, Cognitive-Behavioural Therapy, Community-Based Intervention, Longitudinal Studies*

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