



Peer Facilitation in Adolescent Mental Health Support Groups within Nairobi Slums: A Mixed Methods Study,

Wangeci Muthomi¹, Kibet Cheron¹

¹ Department of Research, Maseno University

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Correspondence: wmuthomi@aol.com

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Author notes

Wangeci Muthomi is affiliated with Department of Research, Maseno University and focuses on Arts & Humanities research in Africa.

Kibet Cheron is affiliated with Department of Research, Maseno University and focuses on Arts & Humanities research in Africa.

Abstract

Adolescents in Nairobi slums face unique challenges related to mental health due to socio-economic pressures and limited access to support services. The study employed a mixed methods approach combining qualitative interviews with focus groups (n = 15) and quantitative surveys (n = 200), conducted over two years in Nairobi slums. Peer facilitation significantly enhanced group cohesion and participant engagement, with themes of mutual support and problem-solving emerging from qualitative data. Peer-facilitated support groups provided a safe space for adolescents to discuss mental health issues and develop coping strategies. Further research should explore the long-term impact and scalability of peer facilitation models in similar contexts, with potential roll-out plans for implementation.

Keywords: Kenya, Nairobi, Slums, Qualitative Inquiry, Quantitative Research, Mixed Methods, Community Engagement

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