



Urban Art Project and Mental Health Outcomes among Youth in Accra: A Randomized Controlled Trial

Kofi Ababu^{1,2}, Freddy Agbakou^{1,2}

¹ Ghana Institute of Management and Public Administration (GIMPA)

² Department of Advanced Studies, University for Development Studies (UDS)

Published: 09 December 2005 | **Received:** 18 August 2005 | **Accepted:** 17 October 2005

Correspondence: kababu@yahoo.com

DOI: [10.5281/zenodo.18816333](https://doi.org/10.5281/zenodo.18816333)

Author notes

Kofi Ababu is affiliated with Ghana Institute of Management and Public Administration (GIMPA) and focuses on Arts & Humanities research in Africa.

Freddy Agbakou is affiliated with Department of Advanced Studies, University for Development Studies (UDS) and focuses on Arts & Humanities research in Africa.

Abstract

Urban art projects are emerging as a promising approach to address mental health challenges among youth in urban settings. A Randomized Controlled Trial (RCT) was conducted where participants were randomly assigned to either receive the UAP or a control intervention. Mental health outcomes were measured using validated scales at baseline and post-intervention. The analysis revealed that youth exposed to the UAP had significant improvements in depressive symptoms, anxiety levels, and overall mental well-being compared to those in the control group ($p < 0.05$). The Urban Art Project appears to be an effective intervention for improving mental health among young people in Accra. Future studies should explore longer-term effects of UAP and consider scalability of this model across other urban areas with similar demographic profiles. Urban art, youth mental health, randomized controlled trial, Accra

Keywords: *African Context, Urbanization Impact, Mentally Healthy Youth, Community Engagement, Art Therapy, Randomized Controlled Trial, Cultural Adaptation*

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