



Enhancing Mental Health Well-being Among Urban Youth in Port Harcourt Through Six-Month Support Services Integration

Nnenna Emeziel^{1,2}, Uche Obiozor³, Favour Ogbonna^{2,4}, Chinedu Ofoe⁴

¹ Department of Pediatrics, University of Lagos

² Nigerian Institute of Advanced Legal Studies (NIALS)

³ Department of Surgery, University of Lagos

⁴ Nigerian Institute of Social and Economic Research (NISER)

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Correspondence: nemeziel@outlook.com

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Author notes

Nnenna Emeziel is affiliated with Department of Pediatrics, University of Lagos and focuses on Medicine research in Africa.

Uche Obiozor is affiliated with Department of Surgery, University of Lagos and focuses on Medicine research in Africa.

Favour Ogbonna is affiliated with Nigerian Institute of Advanced Legal Studies (NIALS) and focuses on Medicine research in Africa.

Chinedu Ofoe is affiliated with Nigerian Institute of Social and Economic Research (NISER) and focuses on Medicine research in Africa.

Abstract

Urban youth in Port Harcourt often face unique challenges related to mental health due to environmental stressors and social pressures. A quasi-experimental design was employed with a pre-post measurement on a sample of 150 adolescents. Participants were randomly assigned to either an intervention group (receiving support services) or a control group (no additional support). Significant improvements in self-reported mental health scores were observed, with a mean increase from 25% at baseline to 40% after the six-month period. The intervention proved effective in improving adolescent well-being, indicating the potential of structured support services for urban youth. Future studies should expand the study population and explore long-term effects of such interventions. Adolescents, Urban Youth, Mental Health Support Services, Port Harcourt, Nigeria 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: *Urbanization, Mental Health, Youth Psychiatry, Community Intervention, Psychoeducation, Stress Management, Adolescent Development*

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