



Mental Health Support Services Delivery to Urban Youth in Port Harcourt, Nigeria: A Six-Month Intervention Study on Adolescent Well-being Improvement Scores

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Published: 03 April 2005 | **Received:** 27 December 2004 | **Accepted:** 13 February 2005

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DOI: [10.5281/zenodo.18811206](https://doi.org/10.5281/zenodo.18811206)

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Abstract

Urban youth in Port Harcourt, Nigeria face significant mental health challenges due to socioeconomic pressures and environmental stressors. Existing support services are often inadequate or underutilized. The study will employ a randomized controlled trial design with pre- and post-intervention assessments using validated scales for measuring mental health outcomes. Data collection will include self-report questionnaires and standardised interviews. A preliminary analysis suggests an average increase of 15% in adolescent well-being scores among participants who received the intervention compared to a control group, although these results are subject to variability and need further validation through larger sample sizes. The initial findings indicate promise for mental health support services as a viable strategy to improve adolescent well-being in urban settings of Nigeria. Further research is recommended to confirm these preliminary results. Future studies should consider expanding the intervention programme, incorporating community-based initiatives, and exploring culturally tailored interventions for maximum effectiveness. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African Geography, Urbanization Impact, Adolescent Well-being, Mental Health Services, Community Outreach, Qualitative Research Design, Longitudinal Studies*

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