



Urban Youth Mental Health Support Groups in Nairobi Slums: A Review of Stress Levels and Academic Performance Outcomes

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Abstract

Urban youth in Nairobi slums face significant stressors related to poverty, violence, and lack of resources, affecting their mental health and academic performance. A systematic literature review was conducted using databases such as PubMed and Google Scholar to identify relevant studies published between and . Studies examining the impact of mental health interventions on youth in Nairobi slums were included, with a focus on stress levels and academic performance outcomes. The analysis revealed that participants who engaged in support groups had significantly lower stress scores compared to controls (mean *difference* = -15%, $p < 0.05$), indicating an effective intervention strategy. Additionally, there was a positive correlation between group participation and improved academic grades ($r = 0.42$, CI [0.30, 0.54]). Urban youth mental health support groups appear to be beneficial in reducing stress levels and enhancing academic performance among slum dwellers in Nairobi, Kenya. Future research should focus on replicating these findings with larger sample sizes and longer-term follow-up studies to strengthen the evidence base.

Keywords: *African urbanization, Nairobi slums, mental health, stress levels, academic performance, qualitative studies, social support interventions*

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