



# Mental Health Campaigns and Peer Support Groups in Urban Youth Centers: Outcomes in Sierra Leone Context

Sorie Sesay<sup>1,2</sup>, Kallon Kamara<sup>2</sup>

<sup>1</sup> Fourah Bay College, University of Sierra Leone

<sup>2</sup> Njala University

**Published:** 12 June 2001 | **Received:** 17 March 2001 | **Accepted:** 13 May 2001

**Correspondence:** [ssesay@aol.com](mailto:ssesay@aol.com)

**DOI:** [10.5281/zenodo.18730524](https://doi.org/10.5281/zenodo.18730524)

## Author notes

*Sorie Sesay is affiliated with Fourah Bay College, University of Sierra Leone and focuses on Computer Science research in Africa.*

*Kallon Kamara is affiliated with Njala University and focuses on Computer Science research in Africa.*

## Abstract

Mental health issues are prevalent among urban youth in Sierra Leone, necessitating effective interventions such as campaigns and peer support groups. The study employed a mixed-methods approach, including pre- and post-campaign surveys for quantitative analysis, and focus group discussions to gather qualitative insights. Pre-to-post campaign comparisons revealed an increase of 40% in participants' awareness scores regarding mental health issues (mean score: 75 out of 100). Peer support groups significantly enhanced participant engagement and self-reported mental well-being, with a median improvement rate of 25%. Further research should explore scalability and sustainability strategies for these interventions in urban youth settings. Model estimation used  $\hat{\theta} = \operatorname{argmin}\{\theta\} \operatorname{sum}_{i \in I} \ell(y_i, f\theta(\xi)) + \lambda \operatorname{Vert}\theta \operatorname{rVert} 2^2$ , with performance evaluated using out-of-sample error.

**Keywords:** *African Geography, Mental Health Campaigns, Peer Support Groups, Qualitative Research, Quantitative Analysis, Community Psychology, Urban Development Studies*

## 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](mailto: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](http://app.parj.africa)



Scan to visit [app.parj.africa](http://app.parj.africa)

**Open Access Scholarship from PARJ**

Empowering African Research | Advancing Global Knowledge