



School-Based Mental Health Support Services and Academic Performance in Urban Nigerian Communities: A Mixed Methods Investigation

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Abstract

Urban Nigerian communities face significant mental health challenges among students, affecting their academic performance. This mixed methods study combines qualitative interviews with quantitative data analysis to explore the effectiveness of these services. School-based mental health programmes showed a significant improvement ($p < 0.05$) in students' grades and reduced absenteeism by 20% compared to controls. The findings suggest that comprehensive mental health support can enhance academic performance in urban Nigerian schools. Implementing sustained, evidence-based mental health programmes is recommended for improving educational outcomes.

Keywords: *African Geography, Mixed Methods, Quantitative Analysis, Qualitative Research, Mental Health Services, Student Outcomes, Urban Education*

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