



Impact Analysis of School-Based Adolescent Sexual and Reproductive Health Programmes in Dar es Salaam, Tanzania: A Longitudinal Comparative Study

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Published: 03 January 2001 | **Received:** 01 October 2000 | **Accepted:** 04 November 2000

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DOI: [10.5281/zenodo.18736377](https://doi.org/10.5281/zenodo.18736377)

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Abstract

Adolescent sexual and reproductive health (ASRH) in Dar es Salaam, Tanzania, is a critical public health concern. Despite government initiatives, there remains a high prevalence of risky behaviors among adolescents. A longitudinal comparative study was conducted using data from two cohorts (baseline and follow-up) recruited from the same schools. Participants completed surveys assessing sexual behaviour, knowledge, and attitudes towards ASRH. The proportion of students who engaged in risky sexual behaviors decreased by 30% over a three-year period following programme implementation. School-based ASRH programmes significantly reduced risky sexual behaviors among Tanzanian adolescents, highlighting their potential as effective public health interventions. Policy-makers should prioritise the expansion and sustainability of these programmes to further reduce adolescent risk behaviors in Tanzania.

Keywords: *African geography, adolescent health studies, longitudinal analysis, sexual behaviour, reproductive health education, school-based interventions, community participation*

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