



School-Based Mental Health Interventions in Kenyan Cities: A Comparative Analysis of Adolescent Outcomes

Cheruyot Ochola¹

¹ Moi University

Published: 01 February 2002 | **Received:** 18 September 2001 | **Accepted:** 10 January 2002

Correspondence: cochola@outlook.com

DOI: [10.5281/zenodo.18748910](https://doi.org/10.5281/zenodo.18748910)

Author notes

Cheruyot Ochola is affiliated with Moi University and focuses on Medicine research in Africa.

Abstract

School-based mental health interventions have shown promise in improving adolescent well-being globally. In Kenya's urban centers, where access to mental healthcare is limited, such programmes can be particularly impactful. Participants were recruited from ten randomly selected secondary schools. Pre- and post-intervention surveys assessed mental health status using validated scales. Data analysis employed multivariate regression to explore the impact of the programme over time. A significant increase in self-reported coping strategies ($p < 0.01$) was observed among participants, indicating a positive shift towards more adaptive responses to stress and emotional challenges. The school-based mental health intervention demonstrated promising outcomes, particularly in enhancing adolescents' ability to cope with stress. Further research should explore the long-term effects of such interventions and their scalability across diverse urban populations. adolescents, Kenyan cities, mental health, coping strategies, school-based programmes Treatment effect was estimated with $\text{logit}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African, Interventions, MentalHealth, Urbanization, Adolescents, RandomizedControlled, Epidemiology*

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

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



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge