



School-Based Mental Health Programmes for Early Detection and Treatment of Anxiety Disorders in Nigerian Primary School Children: A Survey Study

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Abstract

School-based mental health programmes are increasingly recognised for their potential in early detection and treatment of anxiety disorders among primary school children. A survey research design was employed to gather data from teachers and parents regarding their perceptions of mental health support within schools. The questionnaire included questions about programme implementation, student behaviour indicators, and parental engagement. The survey revealed a moderate level of anxiety disorders among primary school children (35% reported symptoms), with significant discrepancies in early detection rates between urban and rural areas (40% vs. 25%). While the programmes showed promise, there is room for improvement, particularly in terms of addressing disparities in resource availability across different regions. Further research should focus on increasing access to mental health resources in underserved communities and exploring innovative methods for early detection.

Keywords: *African, Geography, Methodology, Theory, EarlyDetection, MentalHealth, PrimaryEducation*

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