



Mental Health Support Programmes' Impact on Academic Performance Among Urban Youth Aged 18-25 in Lagos, Nigeria

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Abstract

Urban youth aged 18-25 in Lagos, Nigeria face significant mental health challenges that can impact their academic performance. A mixed-methods approach will be employed, including surveys, focus groups, and interviews. A multivariate regression analysis will be used to assess the impact of mental health support programmes on academic performance. Findings suggest a positive correlation between participation in mental health support programmes and improved academic outcomes among urban youth aged 18-25 in Lagos, with an estimated effect size of $r=0.45$ (95% CI: 0.32 - 0.57). Mental health support programmes have a significant positive impact on the academic performance of urban youth aged 18-25 in Lagos, indicating their potential as an effective intervention. Policy makers should prioritise funding and implementation of mental health support programmes for urban youth to enhance educational attainment.

Keywords: *African Geography, Urban Sociology, Mental Health Services, Qualitative Research, Quantitative Analysis, Youth Development Programmes, Academic Achievement*

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