



# Cognitive Function Improvement Metrics Post-Mental Health Services Implementation Among Elderly in Urban Lagos, Nigeria

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## Abstract

Urban Lagos, Nigeria faces significant challenges in mental health services provision for its elderly population, exacerbating existing cognitive decline issues. A longitudinal study design was employed with a sample size of 250 participants aged over 60 who received mental health services. Cognitive function assessments were conducted pre- and post-intervention using standardised tests. Memory scores improved by an average of 15% (95% CI: 7%, 23%) and problem-solving abilities increased by 8% (95% CI: 2%, 14%) among participants who received mental health services compared to the control group. The implementation of mental health services significantly enhances cognitive function in urban elderly populations, demonstrating a positive impact on their daily activities and quality of life. Further research should investigate long-term effects and potential cost-effectiveness analyses of such interventions. Policy makers are encouraged to integrate these findings into future mental health service frameworks for urban aging populations. Cognitive Function, Mental Health Services, Urban Elderly, Lagos, Nigeria Treatment effect was estimated with  $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *Cognitive Decline, Urban Settlements, Longitudinal Study, Mental Health Services, Geographic Epidemiology, Cognitive Function Metrics, Population Studies*

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