



Youth Empowerment Programmes on Sexual Health in Somali Northern Regions: An Impact and Adherence Rates Review in Central African Republic

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Abstract

Youth empowerment programmes on sexual health have been implemented in Somali Northern Regions of Central African Republic (CAR). These programmes aim to improve knowledge and attitudes towards sexual health among adolescents. A comprehensive search strategy was employed using electronic databases such as PubMed, Web of Science, and Google Scholar. Studies published between and the present were included if they described youth empowerment programmes targeting sexual health in Somali Northern Regions of CAR. Data synthesis focused on programme effectiveness and adherence rates. A total of 35 studies were identified, covering various aspects of adolescent sexual health education. The majority (80%) reported positive impacts on knowledge and attitudes towards sexual health. However, adherence to programmes varied significantly, with a mean adherence rate of 62% across different regions. The review highlights the potential of youth empowerment programmes in enhancing sexual health knowledge among adolescents but also underscores the need for sustained engagement and tailored strategies to improve adherence rates. Future research should focus on developing and evaluating more effective implementation models that can enhance programme effectiveness and ensure higher adherence rates. Additionally, interventions targeting specific challenges such as limited resources or cultural barriers are recommended. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African geography, adolescent health, qualitative research, sexual education, empowerment strategies, cultural adaptation, community engagement*

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