



# Youth Mental Health Awareness Programmes and Self-Esteem Development in Nigerian Secondary Schools: An Intervention Study

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## Abstract

Youth in Nigerian secondary schools face significant mental health challenges, which can affect their self-esteem and overall well-being. A quasi-experimental study design was employed, with a pre-test/post-test analysis to assess changes in self-esteem scores before and after participating in the intervention programme. The post-intervention self-esteem scores showed an average increase of 15% compared to baseline levels, indicating that the programmes were effective in enhancing self-worth among participants. Youth mental health awareness programmes significantly improved self-esteem in Nigerian secondary school students, suggesting their role in addressing this critical issue. Schools and policymakers should integrate these evidence-based interventions into existing curricula to support the mental health of young people. Self-Esteem, Mental Health, Youth Programmes, Secondary Schools, Nigeria Treatment effect was estimated with  $\text{text}\{ \text{logit} \}(\pi) = \beta_0 + \beta_1 X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *African, Quasi-experimental, Mental Health, Self-Esteem, Intervention, Adolescents, SchoolContext*

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