



# Participation Rates and Clinical Outcomes in School-Based Mental Health Programmes for High-Risk Adolescents in South African Schools: An Intervention Study

Thando Dlamini<sup>1,2</sup>, Mampho Khumalo<sup>3</sup>, Nomsa Sithole<sup>4,5</sup>, Sipho Masego<sup>6</sup>

<sup>1</sup> Department of Public Health, University of Pretoria

<sup>2</sup> Department of Surgery, Council for Scientific and Industrial Research (CSIR)

<sup>3</sup> Department of Public Health, Human Sciences Research Council (HSRC)

<sup>4</sup> Department of Epidemiology, African Institute for Mathematical Sciences (AIMS) South Africa

<sup>5</sup> Department of Surgery, Human Sciences Research Council (HSRC)

<sup>6</sup> University of Pretoria

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**Correspondence:** [tldamini@yahoo.com](mailto:tldamini@yahoo.com)

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## Author notes

*Thando Dlamini is affiliated with Department of Public Health, University of Pretoria and focuses on Medicine research in Africa.*

*Mampho Khumalo is affiliated with Department of Public Health, Human Sciences Research Council (HSRC) and focuses on Medicine research in Africa.*

*Nomsa Sithole is affiliated with Department of Epidemiology, African Institute for Mathematical Sciences (AIMS) South Africa and focuses on Medicine research in Africa.*

*Sipho Masego is affiliated with University of Pretoria and focuses on Medicine research in Africa.*

## Abstract

School-based mental health programmes have been proposed as a strategy to address high-risk adolescents in South African schools, aiming to improve participation rates and clinical outcomes. A mixed-methods approach including surveys, interviews, and observational data collection was employed. The study utilised a pre-post design with baseline and follow-up assessments to measure changes over time. Participation rates were significantly higher ( $p = 0.02$ ) in schools implementing the intervention compared to control groups, while there was no significant difference observed in clinical outcomes. The findings suggest that school-based mental health interventions can effectively increase participation but may not necessarily lead to clinically significant improvements. Further research should focus on understanding the mechanisms underlying higher participation rates and exploring ways to enhance clinical effectiveness of these programmes.

**Keywords:** *African Geography, High-Risk Adolescents, School-Based Interventions, Mental Health Programmes, Dropout Rates, Community Engagement, Randomized Controlled Trials*

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