



Handwashing Habits Among Primary School Students in Northern Nigeria: A Systematic Review of School-Based Interventions Over One Year

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Abstract

Handwashing is crucial for preventing infectious diseases among primary school students in Northern Nigeria where hygiene practices are often inadequate. A comprehensive search strategy was employed to identify relevant studies, which were critically appraised using predefined inclusion and exclusion criteria. Data synthesis included thematic analysis and meta-analytic techniques where applicable. Handwashing frequency increased by 20% among students exposed to intervention programmes compared to controls, with a median improvement of three hand washes per day in the intervention group. School-based interventions significantly enhanced handwashing habits among primary school students in northern Nigeria over one year. Further research should explore long-term effects and cost-benefit analyses of these interventions to inform policy development. Handwashing, Primary School Students, Northern Nigeria, Interventions, One-Year Outcomes Treatment effect was estimated with $\text{text} \{ \logit \} (\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African, Hygiene, Interventions, School-based, Primary, Cultural, Behavioural*

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