



# The Impact of School-Based Interventions on Anxiety Levels in Ghanaian Schools: A Systematic Review

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## Abstract

Anxiety disorders are prevalent among school-aged children in Ghanaian schools, affecting their academic performance and mental well-being. A comprehensive search of electronic databases including PubMed, Web of Science, and Google Scholar was conducted. Studies were selected based on predefined inclusion criteria and assessed using the Cochrane Risk of Bias Tool. School-based interventions showed a significant reduction in anxiety levels ( $p < 0.05$ ) with an average effect size of  $d = 0.62$  across studies, indicating moderate effectiveness. While school-based interventions are effective in reducing anxiety in Ghanaian schools, further randomized controlled trials are needed to confirm these results and identify the most impactful strategies. Schools should implement a multi-faceted approach including psychoeducation, coping skills training, and social support networks to address anxiety effectively.

**Keywords:** *African, Ghana, Anxiety, Intervention, School-Based, Rural, Systematic*

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