



# Training Programmes for Mental Health First Responders in Nigerian Urban Markets: Community Acceptability Study

Chidera Obasi<sup>1</sup>

<sup>1</sup> Department of Pediatrics, University of Calabar

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**Correspondence:** [cobasi@gmail.com](mailto:cobasi@gmail.com)

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## Author notes

*Chidera Obasi is affiliated with Department of Pediatrics, University of Calabar and focuses on Medicine research in Africa.*

## Abstract

Mental health disorders are prevalent in Nigerian urban markets, necessitating effective first responder training to enhance community support. A mixed-methods approach was employed, including quantitative surveys ( $N=300$ )  $\wedge$  qualitative focus groups ( $n=20$ ),  $\wedge$  gather data on community perceptions  $\wedge$  feedback regarding the training. Community acceptability studies revealed that over 85% of participants expressed satisfaction with the content and delivery methods of the training programmes, indicating a strong willingness for further engagement in mental health first aid roles. The findings highlight the importance of culturally tailored training programmes to address specific community needs and improve overall acceptance among urban populations. Communities should be actively involved in programme design and evaluation processes to ensure relevance, while ongoing support and resources are crucial for sustained commitment.

**Keywords:** *Sub-Saharan, urbanization, stigma, resilience, intervention, phenomenology, qualitative*

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