



# Mobile Health Counseling in Zambian Universities: Evaluation of Depression Services Post-Treatment Follow-Up

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## Abstract

Mobile health counseling services have been introduced to address mental health issues among university students in Zambia's urban areas. The study employed a mixed-methods approach, including pre- and post-treatment assessments with structured interviews to measure changes in depressive symptoms. Participants were randomly assigned to receive either immediate or delayed mobile health counseling interventions. Participants who received immediate mobile health counseling showed a statistically significant reduction in depressive symptoms ( $p < 0.05$ ) compared to those receiving the delayed intervention, indicating a clear benefit of timely access to these services. The results suggest that mobile health counseling can be an effective tool for managing depression among university students in Zambian urban settings and highlight the importance of immediate access to such services. Future studies should explore the scalability of mobile health counseling models in different educational contexts, while continuous evaluation is essential to refine service delivery mechanisms. 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 Geography, Depression Screening, Mobile Health, Qualitative Research, Quantitative Analysis, Urban Population, Follow-Up Study*

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