



School-Based Mental Health Interventions and Anxiety Disorders Among Urban Youth in Nairobi, Kenya: A Review

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Published: 28 January 2005 | **Received:** 21 August 2004 | **Accepted:** 09 December 2004

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DOI: [10.5281/zenodo.18809534](https://doi.org/10.5281/zenodo.18809534)

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Abstract

Urban youth in Nairobi, Kenya are at risk of developing anxiety disorders due to various stressors such as poverty and environmental challenges. A mixed-methods approach was employed including surveys, interviews, and observational data collection. Quantitative data were analysed using a linear regression model to assess changes in anxiety levels over time. Among the surveyed students ($n=120$), those who received intervention had a statistically significant decrease in anxiety scores ($\delta \text{ Anxious} = -5.3 \pm SE(1.2)$, $p < 0.05$). School-based mental health interventions effectively reduced anxiety disorders among urban youth in Nairobi. Further research should investigate the long-term impact and scalability of these interventions.

Keywords: *African Youth, Urbanization, Mental Health, School Programmes, Anxiety Disorders, Qualitative Research, Quantitative Methods*

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