



# Training Programme Evaluation on Depression Prevention in Ghanaian Schools: A School-Based Mental Health Services Initiative in Libya 2011

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## Abstract

This study evaluates a training programme designed to prevent depression among youth in Ghanaian schools within Libya's school-based mental health services initiative. A mixed-methods approach was employed, integrating pre- and post-training surveys ( $N = 120$ ) and focus group discussions. Changes in both knowledge and attitudes towards mental health. Educators reported a significant increase in their confidence levels regarding depression prevention strategies, with over 85% indicating they felt more capable of addressing student mental health issues after training. Focus groups highlighted themes such as improved communication and support networks among students and teachers. The training programme demonstrated promising outcomes in enhancing educators' knowledge and skills for preventing depression among youth. Further research is recommended to validate these findings. Future studies should explore the long-term impact of the training on both educators' practices and student mental health outcomes, as well as potential scalability across other regions.

**Keywords:** *Ghana, Libya, Mixed-Methods, Depressive Disorders, Mental Health Services, School-Based Interventions, Community Engagement*

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