



School-Based Mental Health Interventions for Urban Youth in Accra, Ghana: Trauma Recovery and Behaviour Change Techniques

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Abstract

Urban youth in Accra, Ghana face significant mental health challenges due to environmental stressors such as poverty and violence. A randomized controlled trial was conducted with 150 participants, randomly assigned into intervention ($n=75$) *vs* control groups. The intervention included ten weekly sessions delivered by trained facilitators. Participants showed a significant reduction in symptoms of post-traumatic stress disorder (PTSD), with a mean decrease of 42% in PTSD severity scores compared to baseline, and an overall improvement rate of 60%. However, further research is needed for sustainability and scalability. The intervention demonstrated potential benefits reducing mental health issues among urban youth but requires additional studies to confirm its effectiveness. Further evaluation and implementation in diverse settings are recommended to validate the findings.

Keywords: *Geographic, Africa, Intervention, Schools, MentalHealth, Trauma, Recovery*

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