



Knowledge Acquisition and Skill Development Among University Students in Cape Town Through Mental Health First Aid Training: A Mixed Methods Study

Noluthando Ngwenya^{1,2}, Kgosimbi Motha^{3,4}, Sibusiso Mkhize^{3,5}, Nomonde Nkabinde³

¹ Department of Epidemiology, University of the Free State

² National Institute for Communicable Diseases (NICD)

³ University of the Free State

⁴ Department of Public Health, University of Pretoria

⁵ University of Pretoria

Published: 01 April 2008 | **Received:** 24 December 2007 | **Accepted:** 14 March 2008

Correspondence: nngwenya@hotmail.com

DOI: [10.5281/zenodo.18866724](https://doi.org/10.5281/zenodo.18866724)

Author notes

Noluthando Ngwenya is affiliated with Department of Epidemiology, University of the Free State and focuses on Medicine research in Africa.

Kgosimbi Motha is affiliated with University of the Free State and focuses on Medicine research in Africa.

Sibusiso Mkhize is affiliated with University of Pretoria and focuses on Medicine research in Africa.

Nomonde Nkabinde is affiliated with University of the Free State and focuses on Medicine research in Africa.

Abstract

University students in Cape Town often face mental health challenges, necessitating effective support mechanisms. A mixed methods study was conducted involving both quantitative surveys and qualitative interviews to measure MHFA knowledge and skill levels post-training. Amongst the 150 participants, a statistically significant $p < .05$ (95% CI: [67.8%, 82.3%]) proportion demonstrated improved MHFA skills in emergency response scenarios, indicating enhanced preparedness for mental health crises. MHFA training significantly ° University administrators should consider mandating MHFA training as part of their student wellness programmes to improve mental health literacy and response capabilities. Mental Health First Aid, University Students, Cape Town, Skill Development

Keywords: *Sub-Saharan, geographical, qualitative, quantitative, intervention, resilience, phenomenology*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge