



Mentoring Programmes for Rural Senegalese Women in Nigeria: Assessing Health Knowledge Gains and Long-Term Sustainability

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Abstract

Rural Senegalese women in Nigeria require enhanced health knowledge to improve their well-being and that of their communities. The study employed a mixed-methods approach including surveys, interviews, and observational data collection to measure changes in health literacy over time. Survey results showed an average increase of 45% in participants' health knowledge scores at the six-month follow-up compared to baseline. Long-term programme sustainability was significantly higher ($p < 0.01$) among those who received ongoing support versus initial training only. Mentoring programmes appear effective for enhancing rural Senegalese women's health literacy, with sustained benefits over time. Continued mentorship and community engagement are crucial for long-term programme success and impact. Rural women, mentoring, health knowledge, sustainability, mixed-methods Treatment effect was estimated with $\text{text}\{logit\}(\pi) = \beta_0 + \beta^T p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African, Senegalese, Rural, Community Health Worker, Mentoring, Evaluation, Sustainability*

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