



Mental Health First Aid Training and Urban Youth Depression Rates in Ethiopia: Quantitative Outcomes and Long-Term Cost-Effectiveness Analysis

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Abstract

Mental health issues among urban youth in Ethiopia are a growing concern, necessitating evidence-based interventions to address depression rates. A mixed-method approach was employed, including surveys, interviews, and economic modelling. Data from 50 public schools in Addis Ababa were analysed using Ordinary Least Squares (OLS). MHFA training led to a statistically significant reduction of depression rates by 20% over two years ($p < 0.01$), with an estimated cost-effectiveness ratio of 30 per quality – adjusted life year (QALY) saved. MHFA programmes demonstrate promise in lowering urban youth depression rates. The regression model is $\text{logit}(\pi) = \beta_0 + \beta_1 X_1 + \dots + \beta_k X_k$, and uncertainty reported using confidence-interval based inference.

Keywords: *African geography, urbanization impact, mental health services, cost-effectiveness analysis, evidence-based interventions, qualitative research methods, longitudinal studies*

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