



Implementation and Outcomes of School-Based Mental Health Support Programmes for Nigerian Adolescents,

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Abstract

School-based mental health support programmes have been implemented in Nigerian schools to address the increasing prevalence of adolescent mental health issues. However, there is limited evidence on their implementation and outcomes. Qualitative data were collected through semi-structured interviews with educators, students, and parents. Data analysis involved thematic content analysis. The qualitative analysis revealed that despite initial enthusiasm, the sustainability of these programmes was compromised by funding constraints and lack of institutional support. While the programmes demonstrated potential in improving mental health awareness and intervention strategies, their long-term viability is undermined by systemic barriers. To enhance the effectiveness of future school-based mental health initiatives, there is a need for sustained financial backing and integration into existing educational curricula. Treatment effect was estimated with $\text{logit}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: African, Qualitative, Anthropology, Psychotherapy, Phenomenology, Community, Evaluation

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