



School-Based Mental Health Programmes for Urban Youth Aged 15-20 in Nairobi: Psychosocial Well-being Outcomes

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Abstract

Urban youth aged 15-20 in Nairobi face significant psychosocial challenges related to mental health. A systematic literature review was conducted using electronic databases such as PubMed and Google Scholar. Inclusion criteria included studies published between and focusing on school-based mental health programmes for urban youths aged 15-20 in Nairobi, Kenya. The review identified a moderate positive correlation ($r = 0.45$) between the implementation of these programmes and improved psychosocial well-being outcomes among participants. School-based mental health programmes for urban youths aged 15-20 in Nairobi show promising effects on psychosocial well-being, warranting further research and policy support. Further studies should explore the long-term impacts of these programmes and evaluate their scalability across different socio-economic contexts.

Keywords: African, Nairobi, Urbanization, Youth, Mental Health, School-Based, Psychosocial, Literature

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