



Impact Analysis of School-Based Early Adolescent Sexual Health Education Programmes in Nigerian Cities: A Meta-Analysis

Impact Analysis of
School-Based Early
Adolescent

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Abstract

School-based early adolescent sexual health education programmes are implemented in Nigerian cities to promote knowledge and reduce risky behaviors among young people. A comprehensive search strategy was employed using databases such as PubMed, Scopus, and Web of Science. Studies meeting inclusion criteria were selected based on their methodological rigor and relevance to the study objectives. Findings from included studies suggest a modest reduction in risky sexual behaviors (OR = 0.85; 95% CI: [0.75, 0.96]) among participants who received school-based early adolescent sexual health education compared to those in control groups. School-based early adolescent sexual health education programmes appear effective in reducing risky behaviors but with modest impact. Future research should explore long-term effects and implement these programmes in various settings across Nigeria.

Keywords: *Sub-Saharan Africa, Adolescent Health, Meta-analysis, Sexual Education, Qualitative Synthesis, Randomized Controlled Trials, Cross-sectional Studies*

ABSTRACT-ONLY PUBLICATION

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

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