



Urban Adolescent Mental Health Support Groups and Depression Reduction in Nairobi Urban Areas, 2006

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Abstract

This study investigates the effectiveness of adolescent mental health support groups in reducing depression symptoms among urban youth in Nairobi, Kenya. A mixed-methods approach was employed, including surveys and focus group discussions. Data were analysed using descriptive statistics and thematic analysis. Urban adolescent participants reported a significant reduction in depression scores ($p < 0.05$) after participating in support groups over six months. Support groups appear to be effective in improving mental health among urban youth, particularly for reducing depressive symptoms. Further research should explore the long-term effects and sustainability of these programmes. adolescents, urban areas, depression, support groups, Nairobi Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: African, Urbanization, Qualitative, Quantitative, Intervention, Youth, Depression

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