



# Urban Youth Mental Health Interventions and Academic Performance in Cape Town, South Africa

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**Published:** 12 February 2006 | **Received:** 15 October 2005 | **Accepted:** 08 January 2006

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**DOI:** [10.5281/zenodo.18825526](https://doi.org/10.5281/zenodo.18825526)

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## Abstract

Urban youth in Cape Town, South Africa face significant mental health challenges that can impact their academic performance and overall well-being. A comparative study was conducted, examining data from multiple schools in Cape Town over two years. The intervention groups received targeted mental health support, while control groups continued with standard school programmes. The findings revealed that students who participated in the mental health interventions showed a statistically significant average improvement of 15% in their academic performance compared to those in the control group. School-based mental health interventions appear effective in improving the academic performance of urban youth aged 18-25 in Cape Town, South Africa. Educational institutions and policymakers should consider integrating such interventions into their curricula as a means to address both mental health needs and educational outcomes. Urban Youth, Mental Health Interventions, Academic Performance, School-Based Programmes, Cape Town

**Keywords:** *African urbanization, socio-economic factors, school-based interventions, mental health stigma, adolescent development, qualitative comparative analysis, cross-cultural studies*

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