



Impact Evaluation of School-based Mental Health Programmes in East Africa's Rift Valley Region: A Meta-Analysis

Abderrahmane El Ksiksi¹

¹ Department of Internal Medicine, Chouaïb Doukkali University, El Jadida

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Correspondence: aksiksi@outlook.com

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Author notes

Abderrahmane El Ksiksi is affiliated with Department of Internal Medicine, Chouaïb Doukkali University, El Jadida and focuses on Medicine research in Africa.

Abstract

School-based mental health programmes have been implemented in East Africa's Rift Valley region to address adolescent mental health issues. However, the efficacy of these programmes varies widely and requires systematic evaluation. A comprehensive literature search was conducted using databases such as PubMed and PsycINFO. Studies meeting specific criteria were included, and their data on programme effectiveness were synthesized using statistical models to assess overall effect sizes. The synthesis of 25 studies indicated a moderate positive impact ($d = 0.61$) with significant heterogeneity among programmes, suggesting that variability in implementation is crucial for outcomes. While the meta-analysis suggests a beneficial effect of school-based mental health programmes, there remains substantial variation in their effectiveness across different settings and contexts. Future research should focus on identifying factors contributing to programme success and developing scalable strategies to enhance impact. Meta-Analysis, School-Based Mental Health Programmes, Adolescents, East Africa, Rift Valley

Keywords: *Sub-Saharan, randomized controlled trial, meta-regression, qualitative synthesis, adolescent mental health, outcome evaluation, systematic review*

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