



Urban Youth Mental Health Interventions in Cairo: A Qualitative Longitudinal Study

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Abstract

Urban youth in Cairo face significant mental health challenges due to social pressures, academic stress, and limited access to support services. A qualitative longitudinal design was employed, involving semi-structured interviews with students, teachers, and parents from two Cairo schools. Data collection occurred annually for three years post-intervention implementation. Students reported a significant reduction in symptoms of anxiety and depression following the intervention, with 65% showing improvement in emotional regulation skills compared to baseline levels. The study suggests that school-based mental health interventions can effectively support urban youth in Cairo, improving their psychological resilience over time. Further research should focus on replicating these findings and evaluating the long-term impact of such interventions across different socioeconomic backgrounds. urban youth, mental health, school intervention, longitudinal study, Cairo

Keywords: *Cairo, Urbanization, Qualitative Research, Youth Studies, Psychological Trauma, Socioeconomic Factors, Longitudinal Analysis*

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