



African Contextual Framework for School-Based Mental Health Interventions Addressing Anxiety Disorders in Nigerian Adolescents

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Abstract

Anxiety disorders are prevalent among Nigerian adolescents, yet few evidence-based interventions have been implemented in school settings. Theoretical synthesis based on existing literature, qualitative interviews with educators and psychologists, and review of relevant international guidelines. This framework aims to improve mental health outcomes in Nigerian adolescents by integrating evidence-based practices with local context. Implementers should tailor the recommendations to specific schools based on their cultural contexts and available resources.

Keywords: *African, Multicultural, Cognitive-Behavioural, Qualitative, Empirical, Cultural-Specific, Community Engagement*

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