



# Mental Health Support Groups Among Adolescents in Nairobi Slums: A Comparative Study

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**Published:** 09 April 2007 | **Received:** 14 February 2007 | **Accepted:** 24 March 2007

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**DOI:** [10.5281/zenodo.18843018](https://doi.org/10.5281/zenodo.18843018)

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## Abstract

Adolescents in Nairobi slums face significant social and economic challenges that can negatively impact their mental health. The study employed a mixed-methods approach involving surveys, focus group discussions, and interviews with adolescents participating in various support groups. Data were analysed using thematic analysis to identify common themes and patterns across the different groups. Support groups facilitated by community leaders showed higher participation rates among female adolescents compared to those led by professional psychologists, indicating a potential preference for culturally relevant leadership structures. The findings suggest that tailored support group facilitation methods can significantly enhance adolescent mental health outcomes in Nairobi's slum communities. Future research should explore the long-term effects of these support groups and consider implementing community-led initiatives to ensure sustainability. Adolescents, Mental Health Support Groups, Nairobi Slums, Community Leadership

**Keywords:** African Geography, Adolescent Psychology, Qualitative Research, Quantitative Analysis, Support Groups, Community Engagement, Social Determinants

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