



# Mental Health Programmes in Nairobi High Schools: An Analysis of Anxiety Disorder Reduction Impact

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## Abstract

Anxiety disorders are prevalent among high school students in Nairobi, Kenya, highlighting a need for effective mental health programmes. A qualitative study involving semi-structured interviews with students and teachers from selected Nairobi high schools to assess programme effectiveness and student experiences. Findings indicate that a specific programme led to significant reductions in anxiety scores, with over 40% of participants reporting an improvement in their mental health status after participation. The study underscores the potential of school-based interventions in addressing anxiety disorders among high school students and recommends scaling up successful programmes. Recommendation for policymakers to integrate comprehensive mental health education into school curriculums and support implementation of evidence-based programmes. Anxiety Disorders, High School Students, Mental Health Programmes, Nairobi Schools

**Keywords:** *African Geography, Qualitative Research, Phenomenology, Psychoanalytic Theory, Empirical Study, Social Constructivism, Ethnography*

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