



# School-Based Mental Health Programmes' Impact on Anxiety Disorders Among High School Students in Nairobi: A Mixed Methods Study

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## Abstract

Anxiety disorders are prevalent among high school students in Nairobi, Kenya, with significant negative impacts on academic performance and mental health. A mixed methods design was employed, incorporating both quantitative survey data collection and qualitative semi-structured interviews to comprehensively assess programme impact. The survey revealed a statistically significant reduction ( $p < 0.05$ ) in overall anxiety levels among participants following the intervention compared to pre-intervention scores. School-based mental health programmes show promise in mitigating anxiety disorders among high school students in Nairobi, with substantial improvements reported post-programme implementation. Further research should explore long-term effects and scalability of these interventions across different socio-economic backgrounds.

**Keywords:** *African, Nairobi, Qualitative, Quantitative, Mixed Methods, Ethnography, Psychometrics*

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