



Participation Rates and Behavioural Changes in Adolescent Girls' Clubs' Mental Health Awareness Programmes Over Twelve Months in Tanzania,

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Abstract

This study examines the effectiveness of mental health awareness programmes in adolescent girls' clubs across Tanzania, focusing on participation rates and observed behavioural changes over a twelve-month period. The study employed a mixed-methods approach involving surveys, observations, and qualitative interviews. Data was collected from adolescent girls' clubs across Tanzania and analysed using statistical software for participation rates while thematic analysis was used to interpret behavioural change themes. Over the twelve-month period, there was an increase in average monthly participation rate by 15%, with a notable theme of improved self-care routines among participants who engaged more frequently in mental health activities. The study concludes that while initial engagement rates were modest, sustained participation and behavioural changes suggest long-term potential for these programmes. Based on the findings, recommendations include expanding club outreach to underserved areas, integrating peer support networks, and conducting follow-up evaluations to track longer-term impacts.

Keywords: *African Contexts, Adolescent Development, Community Engagement, Mental Health Interventions, Qualitative Research Methods, Social Support Networks, Cultural Adaptation*

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