



Impact Evaluation of School-Based Mental Health Programmes for Adolescents in Nairobi Slums: A Comparative Study

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Abstract

This study examines the effectiveness of school-based mental health programmes for adolescents in Nairobi slums, focusing on their impact over a three-year period. Participants were recruited from three schools in Nairobi slums, with two schools receiving a comprehensive mental health intervention (model A) and one serving as the control group. Data collection involved pre- and post-intervention assessments using validated psychological scales. Significant improvements in anxiety levels were observed in students who participated in model A programmes compared to controls, indicating that tailored interventions can positively impact adolescent mental health in these challenging environments. The findings suggest that structured school-based mental health programmes have the potential to improve mental health outcomes for adolescents in Nairobi slums. Future research should explore scalability and sustainability of such initiatives. Schools and local authorities are encouraged to integrate comprehensive mental health support into their curricula, with a focus on evidence-based interventions like those used in model A.

Keywords: *African contexts, Adolescence psychology, Comparative analysis, Mental health, Qualitative methods, School-based interventions, Youth studies*

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