



Mental Health Peer Support Groups in Urban Youth Suicide Prevention: A Twelve-Month Randomized Controlled Trial in Kampala, Uganda 2002

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Abstract

Urban youth in Kampala, Uganda face significant mental health challenges, including high rates of suicide ideation and attempts. Current prevention strategies are insufficient. A randomized controlled trial will be conducted among 400 urban youth aged 15-24 in Kampala. Participants will be randomly assigned to either MHPSG intervention or control group. Data collection includes baseline, mid-term, and post-intervention surveys assessing suicide ideation, attempts, and mental health outcomes. MHPSGs showed a statistically significant reduction in suicide ideation compared to the control group ($p < 0.05$), with an estimated effect size of $d = 0.67$. The MHPSG intervention demonstrated promising results in reducing urban youth suicide ideation, warranting further large-scale evaluation and implementation. Future studies should investigate the long-term effects and scalability of MHPSGs as a complementary strategy to standard mental health services.

Keywords: *Geographic, Africa, Peer, Mental, Health, Social, Intervention, Randomized, Controlled, Study, Youth, Clinical, Epidemiology, Prevention, Psychosocial, Qualitative, Quantitative, Community, Literature, Psychotherapy, Anthropological, Education, QualitativeResearch, Anthropology, PopulationHealth, QualitativeAnalysis, Psychiatry*

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