



Cohort Analysis of Social Support Networks and Mental Health Among Urban Youth in Nairobi Slums,

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Abstract

Urban youth in Nairobi slums face significant social challenges that impact their mental health outcomes. A cross-sectional survey design was employed to collect data from participants aged 18-25 years living in Nairobi slums. Data were analysed using descriptive statistics and correlation analyses. The study found that social support networks, particularly those involving extended family members, had a significant positive impact on mental health outcomes among the cohort over time. This research underscores the importance of strengthening social support networks as an intervention strategy for improving mental health in urban youth living in Nairobi slums. Programmes aimed at enhancing social cohesion and promoting supportive family structures should be prioritised to mitigate mental health issues among young people in Nairobi slums.

Keywords: *Cohort Analysis, Urban Youth, Nairobi, Social Support Networks, Mental Health, Slums, Africa*

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