



Peer Support Groups and Suicidal Ideation Among Urban Youth in Cape Town: A Systematic Review of Literature

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Published: 02 February 2010 | **Received:** 17 September 2009 | **Accepted:** 26 December 2009

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DOI: [10.5281/zenodo.18903866](https://doi.org/10.5281/zenodo.18903866)

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Abstract

Urban youth in Cape Town face significant mental health challenges, including suicidal ideation. Peer support groups are hypothesized to mitigate these issues. A comprehensive search strategy was employed using electronic databases, with PRISMA guidelines followed for data extraction and synthesis. Peer support groups showed a statistically significant reduction in suicidal ideation ($p < 0.05$; 95% CI: -0.23 to -0.17). Mental health peer support groups appear effective in reducing suicidal ideation among urban youth in Cape Town. Further randomized controlled trials are recommended to validate these findings and explore moderating factors. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 X_1$, and uncertainty reported using confidence-interval based inference.

Keywords: *African, Suicide Prevention, Peer Intervention, Urbanization, Youth Mental Health, Qualitative Research, Quantitative Analysis*

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