



School-Based Psychological Services for Depression Screening Among Urban Adolescents in Democratic Republic of Congo: A Pre-Post Intervention Effectiveness Evaluation

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Abstract

Depression screening among urban adolescents in Democratic Republic of Congo (DRC) is underexplored, with limited access to psychological services. A pre-post design was used, including a baseline survey followed by an intervention involving trained teachers conducting mental health screenings in schools across DRC's urban areas. Data collection encompassed self-report questionnaires assessing depressive symptoms and socio-demographic information. Among the screened adolescents ($n=300$), 15% reported significant depressive symptoms, with a notable improvement post-intervention as indicated by validated scales. School-based psychological services effectively facilitated depression screening among urban adolescents in DRC. Future research should focus on sustainability and expansion of these services. Expanding training programmes for teachers to ensure ongoing provision of mental health support, alongside policy advocacy for integrated mental health care systems. Depression screening, Urban adolescents, School-based interventions, Democratic Republic of Congo

Keywords: *Democratic Republic of Congo, adolescent mental health, school-based interventions, depression screening, psychometrics, randomized controlled trials, qualitative research methodologies*

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