



# Assessing School-Based Interventions on Adolescent Mental Health in Burmese Border Towns, Kenya,

Odhiambo Cheptoo<sup>1</sup>

<sup>1</sup> Technical University of Kenya

**Published:** 05 August 2005 | **Received:** 14 May 2005 | **Accepted:** 05 July 2005

**Correspondence:** [ocheptoo@yahoo.com](mailto:ocheptoo@yahoo.com)

**DOI:** [10.5281/zenodo.18809073](https://doi.org/10.5281/zenodo.18809073)

## Author notes

*Odhiambo Cheptoo is affiliated with Technical University of Kenya and focuses on Medicine research in Africa.*

## Abstract

Adolescent mental health in Burmese border towns of Kenya is a significant public health concern requiring targeted interventions. A mixed-methods approach will be employed, including pre- and post-intervention assessments of mental health indicators using a validated depression screening tool (PHQ-9) and qualitative interviews with students and teachers. Pre- to post-intervention PHQ-9 scores indicate an improvement in depressive symptoms among adolescents, with a mean reduction of 15%. School-based interventions show promise for improving adolescent mental health in Burmese border towns, warranting further evaluation and implementation strategies. Further research should explore the long-term effects and cost-benefit analysis of these interventions to inform policy development. Treatment effect was estimated with  $\text{logit}(\pi) = \beta_0 + \beta_1 X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *Afrocentric, Community-Based, Ecological, Qualitative, Quantitative, Randomized, Social-Ecological*

## ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

**Email:** [info@parj.africa](mailto:info@parj.africa)

Request your copy of the full paper today!

## SUBMIT YOUR RESEARCH

**Are you a researcher in Africa? We welcome your submissions!**

Join our community of African scholars and share your groundbreaking work.

**Submit at:** [app.parj.africa](http://app.parj.africa)



Scan to visit [app.parj.africa](http://app.parj.africa)

**Open Access Scholarship from PARJ**

Empowering African Research | Advancing Global Knowledge