



Impact Evaluation of Community-Dedicated Mental Health Workshops on Adolescent Anxiety and Depression Symptoms in Cairo, Egypt

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Abstract

Adolescent mental health in urban settings is a growing concern globally, with Egypt's Cairo region facing specific challenges. A randomized controlled trial design was employed, with baseline and post-intervention assessments conducted through validated standardised questionnaires to measure anxiety and depression levels. Workshops led by community organizations significantly reduced anxiety and depression symptoms compared to a control group ($p < 0.05$), with a decrease of 15% in mean scores for both conditions post-intervention. Community-led mental health workshops were effective in mitigating anxiety and depression among urban adolescents, contributing to improved mental well-being. Further studies should explore the sustainability and scalability of these community initiatives across diverse settings. Adolescents, Mental Health Workshops, Anxiety, Depression, Cairo Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: Cairo, Egypt, Sub-Saharan Africa, Randomized Controlled Trial, Mental Health Workshops, Anxiety Disorders, Depression, Adolescents

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