



Mobile Phone Usage in Mental Health Support Among Urban Teenagers in Lagos, Nigeria: Adoption Outcomes and Community Engagement

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Abstract

Mobile phone usage is increasingly prevalent among urban teenagers in Lagos, Nigeria, for various purposes including entertainment and communication. However, its role in mental health support has received limited attention. A mixed-methods approach was employed, including surveys and focus group discussions. Data were analysed using descriptive statistics and thematic analysis. The survey revealed that approximately 75% of respondents used mobile phones for mental health support, primarily to connect with peers who shared similar experiences (theme). Mobile phone usage in mental health support has been well-received by urban teenagers in Lagos. Community engagement was effective when facilitated through peer-led initiatives. Further research should focus on the long-term impact of mobile phone-based interventions and explore integration with other community resources. Treatment effect was estimated with $\text{text}\{ \text{logit} \}(\pi) = \beta_0 + \beta_1 X_p$, and uncertainty reported using confidence-interval based inference.

Keywords: *African Mobile Phone Use, Adolescent Mental Health, Telepsychiatry, Social Media Impact, Community Mobilization*

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