



# Psychological Support Programmes in Urban Nigerian Schools: An Effectiveness Study on Adolescent Depression Levels and Dropout Rate Reductions Over Three Years

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## Abstract

Adolescent depression is a significant mental health issue in urban Nigerian schools, leading to high dropout rates. Current support programmes are often insufficient or poorly implemented. A comparative study using pre- and post-intervention assessments, including surveys and interviews. Data from 10 randomly selected schools were analysed for depression levels and dropout rates. The psychological support programmes led to a statistically significant reduction of 25% in depressive symptoms among adolescents compared to baseline, with no significant change in the control group. Dropout rates decreased by 30%, although this varied by school type (public vs. private). Psychological support programmes show promise in mitigating adolescent depression and reducing dropout rates, though implementation must be tailored to different educational settings. Schools should adopt evidence-based psychological interventions alongside existing resources and ensure consistent monitoring and evaluation of these programmes over time. adolescent depression, urban Nigeria, dropout reduction, psychological support programmes

**Keywords:** *African contexts, adolescent mental health, dropout rates, qualitative methods, randomized controlled trials, stigma reduction, therapeutic interventions*

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