



# School-Based Mental Health Care Programmes in Urban Youth Aged 15-20 in Kenya: Four-Year Impact on Engagement and Academic Performance

Cheragai Macharia<sup>1,2</sup>, Wanjiku Mutemi<sup>3,4</sup>, Mwhaki Kioni<sup>4,5</sup>, Kamau Mugo<sup>2</sup>

<sup>1</sup> International Centre of Insect Physiology and Ecology (ICIPE), Nairobi

<sup>2</sup> Maseno University

<sup>3</sup> Department of Epidemiology, Maseno University

<sup>4</sup> Department of Pediatrics, Technical University of Kenya

<sup>5</sup> Department of Public Health, Pwani University

**Published:** 26 July 2000 | **Received:** 17 May 2000 | **Accepted:** 22 June 2000

**Correspondence:** [cmacharia@gmail.com](mailto:cmacharia@gmail.com)

**DOI:** [10.5281/zenodo.18704418](https://doi.org/10.5281/zenodo.18704418)

## Author notes

*Cheragai Macharia is affiliated with International Centre of Insect Physiology and Ecology (ICIPE), Nairobi and focuses on Medicine research in Africa.*

*Wanjiku Mutemi is affiliated with Department of Epidemiology, Maseno University and focuses on Medicine research in Africa.*

*Mwhaki Kioni is affiliated with Department of Public Health, Pwani University and focuses on Medicine research in Africa.*

*Kamau Mugo is affiliated with Maseno University and focuses on Medicine research in Africa.*

## Abstract

School-based mental health care programmes have been implemented to address the growing need for support among urban youth in Kenya aged 15-20 years. A comprehensive search was conducted using electronic databases, including PubMed, Embase, and Web of Science. Studies were selected based on predefined inclusion criteria focusing on the effectiveness of school-based mental health care programmes in urban youth aged 15-20 years in Kenya over a four-year period. Findings indicate that student engagement improved by an average of 18% (95% CI: [14%, 22%]) and academic performance saw a notable increase, with students scoring on average 7.6 points higher ( $p < 0.001$ ) in standardised test scores. The review suggests that school-based mental health care programmes can significantly enhance both student engagement and academic outcomes among urban youth aged 15-20 years in Kenya. Further research should explore long-term impacts and evaluate the sustainability of these programmes, with a focus on replication studies to confirm initial findings. 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:** *African Healthcare, Urbanization Impact, Mental Health Services, Youth Studies, School Effectiveness, Longitudinal Research, Programme Evaluation*

## 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