



School-Based Mental Health Support Programmes in Sudanese Refugee Settlements: A Six-Month Impact Study

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Abstract

Sudanese refugee settlements in East Africa face significant mental health challenges among adolescents due to trauma, displacement, and limited resources. A quasi-experimental design was employed with schools randomly assigned to either intervention or control groups. Data collection included self-report questionnaires and teacher observations. The intervention group showed a statistically significant improvement in mental health scores ($p < 0.05$, $\delta Z = 2.3 \pm 1.4$) compared to the control group, indicating a moderate effect size. School-based mental health support programmes demonstrated promising outcomes for adolescent refugees, warranting further implementation and evaluation. Future research should explore scalability and cost-effectiveness of these interventions in different contexts.

Keywords: *African Geography, Refugee Studies, Mental Health Interventions, Adolescent Psychology, School-Based Programmes, Quasi-Experimental Design, Trauma Therapy*

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