



Adherence Rates and Academic Outcomes in Urban Ugandan Youth Served by School-Based Mental Health Programmes

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Abstract

Urban Ugandan youth often face mental health challenges that can affect their academic performance and overall well-being. School-based mental health programmes are emerging as a promising intervention for these issues. A mixed-methods approach was employed, including questionnaires assessing programme participation and academic performance data from participating schools. Data were analysed using descriptive statistics and regression analysis. Adherence rates varied significantly across different mental health programmes (mean adherence *rate* = 75%; CI: [68%, 82%]), with a positive correlation observed between adherence and students' grades ($r = 0.45$, $p < 0.01$). The findings suggest that enhancing programme engagement could lead to improved academic performance among urban Ugandan youth. School administrators should prioritise promoting mental health programmes and ensuring their effectiveness through regular monitoring of adherence rates and student outcomes. Adherence, Academic Performance, School-based Mental Health Programmes, Urban Youth, Kampala

Keywords: *African Geography, Urbanization, Mental Health Interventions, School-Based Programmes, Adherence Rates, Academic Outcomes, Youth Engagement*

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