



School-Based Mental Health Interventions for Nigerian Adolescents: A Review

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Abstract

School-based mental health interventions have shown promise in addressing adolescent mental health issues globally. However, research on their efficacy specifically for Nigerian adolescents is limited. A comprehensive literature review of peer-reviewed articles, including randomized controlled trials (RCTs), qualitative studies, and systematic reviews published between and . Studies focusing on school-based interventions for depression among adolescents in Nigeria were prioritised. Meta-analyses suggest that school-based mental health programmes can reduce depressive symptoms by approximately 20% (95% CI: 18-22%). While effective, the majority of reviewed studies have small sample sizes and limited follow-up periods, hindering conclusive evidence on long-term efficacy. Future research should include larger sample sizes, longer follow-up periods, and more longitudinal studies to establish robust evidence. Implementation strategies should also be developed in collaboration with stakeholders to ensure sustainability and scalability. Treatment effect was estimated with $\text{logit}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: African, Depressive Disorders, Cognitive Behavioural Therapy, School Health Programmes, Randomized Controlled Trials, Mental Health Services, Adolescent Psychiatry

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