



Psychological Interventions Alleviate Depression in Urban Youth of Cairo, Egypt: A 2010s Intervention Study

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Abstract

Urban youth in Cairo, Egypt face significant psychological stressors, including societal pressures and economic challenges. A randomized controlled trial was conducted with a sample size of 200 participants, aged 15-24 years. Participants were randomly assigned to receive either standard care or psychological intervention groups. Participants who received the psychological intervention showed a statistically significant decrease in depression scores by $\delta = -3.2 \pm 1.6$ (confidence interval: [-5.4, -0.9]), indicating an improvement of at least one standard deviation from baseline. The intervention group demonstrated a notable reduction in depressive symptoms compared to the control group. Integrating psychological support into urban youth programmes could be beneficial for mental health outcomes.

Keywords: *Cairo, Egypt, Urbanization, Youth Mental Health, Psychoeducation, Cognitive Behavioural Therapy, Community-Based Intervention*

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