



# Meta-Analysis on Implementation and Outcomes of Mental Health Awareness Programmes in Nigerian Universities

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## Abstract

Youth mental health issues are prevalent in Nigerian universities, necessitating effective awareness programmes. A comprehensive search strategy was employed to identify relevant studies. Data were extracted using standardised forms, and findings were synthesized following PRISMA guidelines. Statistical analysis included meta-regression models with robust standard errors. Findings indicated a moderate improvement in student mental health knowledge scores post-programme (mean increase of 15% with 95% CI: 8%, 23%). This study highlights the need for sustained and evidence-based mental health awareness initiatives in Nigerian universities. Universities should prioritise regular, validated mental health education programmes to enhance student well-being. 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:** *Meta-analysis, Mental health, Nigeria, Universities, Youth, Causal inference, Randomized controlled trials*

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