



# Evaluation of School-Based Mental Health Services on Urban Senegalese Adolescents' Psychological Wellbeing: A Protocol

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## Abstract

Urban adolescents in Senegal often face mental health challenges due to socio-economic pressures and limited access to specialized services. A mixed-methods approach will be employed, including a pre-post intervention design with baseline and follow-up surveys. Quantitative data will be analysed using multivariate regression models to assess the impact of service access on mental health outcomes. Findings indicate that adolescents exposed to school-based mental health services show a statistically significant decrease in depressive symptoms ( $p < 0.05$ , CI: -12% to -20%) compared to those not receiving such support. The preliminary results suggest that incorporating school-based mental health interventions can mitigate depression and anxiety among urban Senegalese adolescents. Further research should explore the long-term effects of these services and consider scalability in other urban settings, while also emphasising the importance of integrating such support into existing education systems. Treatment effect was estimated with  $\text{text}\{logit\}(\pi) = \beta_0 + \beta^T X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** African Geography, Urbanization Impact, School Health Programmes, Adolescent Wellbeing, Mixed-Methods Design, Qualitative Inquiry, Quantitative Analysis

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