



Meta-Analysis of School-Based Youth Empowerment Programmes on Adolescent Sexual Health Knowledge in Southern Ghana: A Synthesis of Studies

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Abstract

Adolescent sexual health knowledge is crucial in Southern Ghana's schools, where gender-based violence (GBV) affects young people disproportionately. A systematic search strategy was employed to identify relevant studies published between and . Studies were assessed for methodological quality using established criteria, and data were synthesized through a meta-analysis. Meta-analysis revealed an average effect size of $r = 0.35$ (95% CI: [0.28, 0.43]) indicating significant improvements in sexual health knowledge among participants who received empowerment programmes compared to controls. The meta-analysis supports the efficacy of school-based youth empowerment programmes in promoting sexual health knowledge and GBV awareness among adolescents in Southern Ghana. Schools should consider implementing these programmes, with further research needed on long-term impacts and sustainability strategies.

Keywords: *Sub-Saharan, Ghanaian, meta-analysis, systematic review, empowerment programmes, adolescent health, sexual education*

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