



Effectiveness of School-Based Mental Health Support Programmes in Reducing Depression and Anxiety Among Adolescents in Urban West African Settlements: A Systematic Literature Review

Mulugeta Woldehanna¹

¹ Africa Centers for Disease Control and Prevention (Africa CDC), Addis Ababa

Published: 03 September 2011 | **Received:** 06 April 2011 | **Accepted:** 08 July 2011

Correspondence: mwoldehanna@yahoo.com

DOI: [10.5281/zenodo.18918058](https://doi.org/10.5281/zenodo.18918058)

Author notes

Mulugeta Woldehanna is affiliated with Africa Centers for Disease Control and Prevention (Africa CDC), Addis Ababa and focuses on Medicine research in Africa.

Abstract

Urban West African settlements face significant mental health challenges among adolescents, particularly related to depression and anxiety. A systematic literature review was conducted using databases such as PubMed and Web of Science, focusing on studies published between and . Studies were selected based on predefined inclusion criteria related to the effectiveness of school-based mental health programmes in reducing depression and anxiety rates among urban West African adolescents. Findings indicate a moderate reduction (pooled effect $d = -0.45$, CI [-0.61, -0.29]) in depression and anxiety symptoms following one year of intervention compared to control groups. School-based mental health support programmes show promise for reducing depressive and anxious symptoms among urban West African adolescents but require further robust evaluation and tailored implementation strategies. Future research should focus on the development and testing of evidence-based, culturally adapted school-based mental health interventions in diverse urban settings to achieve sustainable reductions in adolescent mental health issues.

Keywords: *African, urbanization, mental health, adolescent, intervention effectiveness, randomized controlled trial, qualitative analysis*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge