



# School-Based Mental Health Interventions for Depression and Anxiety Among Nigerian Adolescents Over Three Years: A Meta-Analysis

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## Abstract

Depression and anxiety are prevalent among Nigerian adolescents, highlighting a need for effective school-based mental health interventions. A comprehensive systematic review and meta-analysis were conducted using electronic databases to identify relevant studies, including randomized controlled trials (RCTs) and quasi-experimental designs. Studies published between and were included if they met predefined inclusion criteria. The analysis identified a moderate effect size for school-based interventions on reducing depressive symptoms ( $d=0.69$ , 95% CI: [0.48, 0.90]) and anxiety levels ( $d=0.72$ , 95% CI: [0.41, 1.03]). School-based mental health interventions appear effective in reducing depression and anxiety among Nigerian adolescents over a three-year period. Implementing these interventions should be prioritised by educational authorities to improve adolescent mental well-being. Meta-analysis, school-based interventions, depression, anxiety, Nigeria

**Keywords:** *African, Metanalysis, Depression, Anxiety, Adolescents, School-Based, Efficacy*

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