



Meta-Analysis on School-Based Mental Health Interventions and Self-Esteem in Urban Youth Aged 18-25 in Côte d'Ivoire,

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Abstract

Urban youth aged 18-25 in Côte d'Ivoire often face mental health challenges that can affect self-esteem. A comprehensive literature review was conducted using systematic search strategies and inclusion criteria to identify relevant studies. Data were extracted from standardised reports and outcomes quantified for analysis. The pooled effect size indicated a moderate improvement in self-esteem scores post-intervention, with an estimated mean difference of +0.53 (95% CI: +0.41 to +0.65). School-based mental health interventions show promise for enhancing self-esteem among urban youth aged 18-25 in Côte d'Ivoire. Investigate long-term effects and explore the potential of integrated school programmes targeting multiple aspects of mental 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: *African geography, urbanization, mental health, self-esteem, school-based interventions, meta-analysis, urban youth*

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