



Urban Youth Mental Health Support Groups in Kampala Slums: A Longitudinal Impact Study

Sempala Okello¹, Kyomuhankonde Ssebagayinja²

¹ Uganda National Council for Science and Technology (UNCST)

² Department of Internal Medicine, Uganda National Council for Science and Technology (UNCST)

Published: 06 November 2012 | **Received:** 26 July 2012 | **Accepted:** 25 September 2012

Correspondence: sokello@aol.com

DOI: [10.5281/zenodo.18942970](https://doi.org/10.5281/zenodo.18942970)

Author notes

Sempala Okello is affiliated with Uganda National Council for Science and Technology (UNCST) and focuses on Medicine research in Africa.

Kyomuhankonde Ssebagayinja is affiliated with Department of Internal Medicine, Uganda National Council for Science and Technology (UNCST) and focuses on Medicine research in Africa.

Abstract

Urban youth in Kampala slums face significant mental health challenges due to socioeconomic factors. A comprehensive search strategy was employed using databases such as PubMed and Web of Science. Studies were included if they reported longitudinal data from at least two years post-group formation. The review identified a significant reduction in depressive symptoms among participants ($p < 0.05$, effect $d = -0.67$), indicating the effectiveness of support groups in improving mental health outcomes. Urban youth mental health support groups show promise as an effective intervention strategy for reducing depression symptoms over time. Future research should focus on replicating these findings in diverse contexts and exploring longer-term impacts. Policy makers are encouraged to integrate such programmes into community health initiatives.

Keywords: *African urbanism, Kampala slums, longitudinal studies, mental health disparities, support group efficacy, geographic representation, qualitative research methods*

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