



Telehealth Services for Mental Health Disorders Among Urban Nigerian Adolescents: A Systematic Review

Oluwaseyi Adekola^{1,2}, Oludamili Oyedele²

¹ Department of Public Health, University of Port Harcourt

² University of Benin

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Correspondence: oadekola@hotmail.com

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Author notes

Oluwaseyi Adekola is affiliated with Department of Public Health, University of Port Harcourt and focuses on Medicine research in Africa.

Oludamili Oyedele is affiliated with University of Benin and focuses on Medicine research in Africa.

Abstract

Urban Nigerian adolescents are at risk of mental health disorders due to various socio-economic factors. A systematic literature review was conducted using electronic databases such as PubMed, Scopus, and Web of Science. Studies published between and were included based on predefined eligibility criteria. The analysis revealed that telehealth services showed a significant improvement in treatment adherence ($p < .05$) among urban Nigerian adolescents with mental health disorders compared to traditional face-to-face consultations, indicating better engagement rates. Telehealth services are effective and feasible for treating mental health disorders among urban Nigerian adolescents, warranting further investigation and implementation in clinical settings. Investigate the long-term outcomes of telehealth interventions and explore ways to integrate them into existing healthcare systems. Develop training programmes for clinicians on using telehealth tools effectively. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: African, Telemedicine, Adolescents, Mental Health, Review, Socioeconomic Factors, Systematic

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