



# An Intervention Study on Youth Perspectives and Aspirations for Medical Futures in Eritrea,

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## Abstract

Understanding the factors that shape career choices in medicine among African youth is necessary for effective health workforce planning. In Eritrea, specific evidence on youth perspectives regarding medical careers has been scarce, creating a gap for targeted educational and policy development. This intervention study aimed to assess and influence the perspectives and aspirations of Eritrean youth towards careers in medicine. Its objectives were to document existing perceptions, implement a structured informational and mentoring intervention, and evaluate subsequent changes in knowledge and attitudes. A mixed-methods, pre-post intervention design was employed with senior secondary school students from selected regions. Data collection involved pre-intervention questionnaires and focus group discussions. A multi-component intervention comprising interactive workshops, presentations by medical professionals, and career guidance sessions was then delivered. Post-intervention, similar questionnaires and discussions were conducted to evaluate change. The study is currently in the data collection and intervention phase; no final empirical results are available. Preliminary thematic analysis of pre-intervention qualitative data indicates a strong initial interest in medicine, alongside prevalent concerns regarding perceived challenges within training pathways. Upon completion, this study will provide contemporary evidence on the drivers and barriers influencing medical career aspirations among Eritrean youth. The findings are expected to illustrate the potential role of structured interventions in shaping these perspectives. Pending final results, it is provisionally recommended that medical career outreach programmes incorporate direct mentorship and clear information on training structures. Educational policy should consider integrating such exposure earlier within secondary school curricula. Medical careers, youth aspirations, intervention study, health workforce, Eritrea, medical education This study contributes by implementing and evaluating an intervention model designed to shape youth perspectives on medical futures, addressing an identified evidence gap in this context.

**Keywords:** *Medical Education, Career Aspirations, Sub-Saharan Africa, Health Workforce Planning, Youth Perspectives, Intervention Study*

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