



Quantitative and Qualitative Analysis of School-based Mental Health Interventions in Ethiopian Youth Centers,

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Abstract

School-based mental health interventions have been implemented in Ethiopian youth centers to address behavioural issues among adolescents. A mixed-methods approach combining quantitative surveys with qualitative interviews was employed, with data collected annually from to from youth aged 13-18 in selected Ethiopian youth centers. During the study period, there was a statistically significant decrease ($p < 0.05$) in reported anxiety symptoms among participants compared to baseline levels, with an estimated effect size of $d = 0.62$. The findings suggest that school-based mental health programmes can effectively reduce anxiety symptoms among adolescents, although further research is needed to optimise programme delivery and efficacy. Future studies should focus on replicating the study in diverse settings and exploring long-term outcomes of these interventions. Anxiety, Adolescents, Mental Health Interventions, Youth Centers, Longitudinal Study

Keywords: *Ethiopia, Geographic Mobility, Longitudinal Analysis, Qualitative Data, Quantitative Research, Community Health Interventions, Ecological Models*

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