



Implementation of School-Based Mental Health Workshops for Anxiety Disorders in Urban Ghanaian Secondary Schools: A Three-Year Impact Study

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Abstract

Urban secondary schools in Ghana are facing increasing mental health challenges among students, particularly anxiety disorders. A comprehensive search was conducted using multiple databases and the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines. Studies were included if they met specific criteria related to study design, population, interventions, outcomes, and publication language. Workshops led to significant reductions in anxiety symptoms among students, with a mean reduction of 15% in anxiety scores over the three-year period (95% CI: [10%, 20%]). The workshops had a positive impact on reducing anxiety disorders among urban Ghanaian secondary school students. Further research should explore long-term effects and sustainability of these interventions, as well as potential cost-effectiveness analyses. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^{-1} p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African, Ghana, Anxiety Disorders, School-Based Interventions, Qualitative Research, Community Health Education, Mental Health Promotion*

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