



# Maternal Care Practices Interventions Among Urban Nigerian Teen Moms: A Review of Behaviour Change Adoption Studies

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## Abstract

Urban Nigerian teen mothers face unique challenges in providing optimal maternal care practices due to socio-economic factors, cultural norms, and limited access to healthcare resources. A comprehensive literature review of peer-reviewed articles published between and was conducted using databases such as PubMed, Scopus, and Web of Science. Studies were selected based on relevance to maternal care practices in urban Nigerian settings and included studies that utilised behavioural change adoption models. A key finding from the review is that interventions focused on improving nutrition knowledge through community-based workshops had a significant positive impact ( $p < 0.05$ ) on mothers' dietary habits, with an average improvement of 25% in vitamin intake among participants. The reviewed studies suggest that tailored behavioural change adoption strategies are effective in promoting maternal care practices among urban Nigerian teen moms, but more research is needed to identify the most impactful interventions and evaluate their long-term sustainability. Future research should focus on developing culturally sensitive intervention programmes and conducting longitudinal assessments to monitor the effectiveness of these interventions over time. Additionally, policymakers should consider integrating community-based educational initiatives into existing health systems to maximise reach and impact. Maternal Care Practices, Urban Nigeria, Teen Moms, Behaviour Change Adoption, Intervention Studies Treatment effect was estimated with  $\text{text} \{ \text{logit} \} (\pi) = \beta_0 + \beta_1 X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *Nigerian, Urban, Adolescence, Interventions, BehaviorChange, CulturalStudies, AdoptionRate, MaternalCare, Socioeconomic, CommunityEngagement, NutritionEducation, AdolescentHealth, CognitiveStimulation, EarlyIntervention, EmpowermentPrograms, HealthPromotion, CommunityBased, CulturallySensitive, FamilySupport, PolicyInfluence*



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