



Online Counseling Applications in Adolescent Mental Health Support Groups: A Systematic Review of Literature from Nigerian Urban Centers

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Abstract

Online counseling applications have been increasingly used in support groups for adolescent mental health. A comprehensive search strategy was employed to identify relevant studies, with data analysed using thematic synthesis. The findings suggest that while online counseling applications show promise for supporting adolescents, further research is needed to establish their efficacy and potential barriers. Despite the promising initial results, more robust longitudinal studies are required to validate these applications' effectiveness in real-world settings. Future research should focus on evaluating long-term outcomes and exploring ways to enhance accessibility for diverse urban populations. Treatment effect was estimated with $\text{text}\{logit\}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Sub-Saharan Africa, Adolescent Psychiatry, Telepsychology, Online Therapy, Support Groups, E-Mental Health, Randomized Controlled Trials*

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