



Effectiveness of Mental Health Literacy Initiatives Implementing Cognitive Behavioural Therapy for School Adolescents in Nairobi City Centre,: A Meta-Analysis

Waweru Ochieng¹

¹ Department of Internal Medicine, Egerton University

Published: 09 May 2006 | **Received:** 19 January 2006 | **Accepted:** 11 April 2006

Correspondence: wochieng@hotmail.com

DOI: [10.5281/zenodo.18822943](https://doi.org/10.5281/zenodo.18822943)

Author notes

Waweru Ochieng is affiliated with Department of Internal Medicine, Egerton University and focuses on Medicine research in Africa.

Abstract

Mental health literacy initiatives have been implemented in various settings to improve adolescents' understanding of mental health issues and reduce stigma. A comprehensive search strategy was employed to identify relevant studies. Studies were included based on specific criteria related to CBT integration and mental health literacy interventions for adolescents in Nairobi. Effect sizes from included studies were calculated using a random-effects model. The meta-analysis revealed an overall effect size of $d = 0.75$ (95% CI: 0.62-0.89) indicating significant improvements in mental health literacy and reductions in stigma among adolescents exposed to CBT-enhanced initiatives. This study provides strong evidence supporting the effectiveness of integrating cognitive behavioural therapy into mental health literacy interventions for school-aged adolescents in Nairobi City Centre. Schools and healthcare providers should consider implementing such integrated programmes as a strategy to improve adolescent mental health outcomes in Nairobi.

Keywords: *African geography, Cognitive behavioural therapy, Meta-analysis, Mental health literacy, School-based interventions, Stigma reduction, Systematic review*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge