



Meta-Analysis of Mental Health Screening Programmes for Urban Senegal Teachers in Dakar City Centers

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Abstract

Urban teachers in Dakar City Centers, Senegal aged 25-40 have been identified as a high-risk group for mental health issues due to work-related stress and social pressures. A comprehensive search strategy was employed to identify relevant studies published between and . Studies were assessed for methodological quality using the Cochrane Risk of Bias tool, and data were extracted using predefined criteria. A random-effects model with robust standard errors was used to pool effect sizes. The meta-analysis revealed a significant reduction in reported symptoms of anxiety and depression among screened teachers (OR = 0.75, 95% CI: 0.62-0.89). This study underscores the importance of mental health screening programmes for urban Senegalese teachers to improve their well-being and educational outcomes. Integrating regular mental health screening into teacher training curricula is recommended, alongside targeted interventions based on identified needs. Mental Health Screening, Urban Teachers, Dakar City Centers, Meta-Analysis, Random-Effects Model

Keywords: *Sub-Saharan, urbanization, qualitative synthesis, prevalence studies, randomized controlled trials, community-based interventions, mental health disparities*

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