



Impact Assessment of School-Based Mental Health Interventions on Depression in Urban Adolescents in South Africa

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Abstract

Depression is a prevalent mental health condition among urban adolescents in South Africa, with significant implications for their academic and social development. A mixed-methods approach was employed, including pre- and post-intervention surveys to assess changes in depressive symptoms (measured using the Patient Health Questionnaire -9; PHQ-9) and focus group discussions with adolescents and teachers. Post-intervention PHQ-9 scores showed a statistically significant decrease of $p < 0.01$ compared to pre-intervention levels, indicating effective symptom reduction among participants ($n = 350$). School-based mental health interventions significantly improved depressive symptoms in urban adolescents, with no adverse effects reported. Future studies should explore the long-term efficacy and scalability of these programmes across different schools and regions.

Keywords: African, Urban, Adolescents, Mental Health, Interventions, Evaluation, Research

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