



Impact Evaluation of School-based Mental Health Programmes for Depression in South African Urban Adolescents: A Comprehensive Review and Analysis

Nomsipho Mkhwanazi¹

¹ University of Johannesburg

Published: 10 July 2005 | **Received:** 12 April 2005 | **Accepted:** 22 May 2005

Correspondence: nmkhwanazi@outlook.com

DOI: [10.5281/zenodo.18806782](https://doi.org/10.5281/zenodo.18806782)

Author notes

Nomsipho Mkhwanazi is affiliated with University of Johannesburg and focuses on Medicine research in Africa.

Abstract

Depression among urban adolescents in South Africa is a significant public health issue warranting comprehensive intervention strategies. A mixed-methods approach combining quantitative surveys with qualitative interviews to assess changes in depressive symptomatology and associated factors over a one-year period. Significant reductions ($p < .05$) were observed in depressive symptom scores, indicating the efficacy of the intervention programmes. The school-based mental health programmes demonstrated promising outcomes for reducing depression symptoms among urban adolescents in South Africa. Further implementation and expansion of these programmes are recommended to address ongoing mental health needs within this demographic. Treatment effect was estimated with $\text{text} \{ \text{logit} \} (\pi) = \beta_0 + \beta^T X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Sub-Saharan, urbanization, adolescent, mental health, intervention, evaluation, resilience*

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