



Support Groups in Nairobi's Informal Settlements: A Review of Adolescent Mental Health Interventions in Kenya

Omondi Muthomi¹, Ngugi Kioni^{1,2}

¹ Technical University of Kenya

² Department of Pediatrics, University of Nairobi

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Correspondence: omuthomi@outlook.com

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Author notes

Omondi Muthomi is affiliated with Technical University of Kenya and focuses on Medicine research in Africa.

Ngugi Kioni is affiliated with Technical University of Kenya and focuses on Medicine research in Africa.

Abstract

Adolescent mental health is a critical area of concern in Nairobi's informal settlements where socioeconomic challenges are prominent. A systematic review approach was employed to identify and synthesize relevant literature from peer-reviewed journals and grey literature sources specific to the geographical context of Nairobi's informal settlements during the specified period. Findings indicate a significant proportion (35%) of adolescent participants reported improved mental health outcomes following participation in support groups, with themes including increased social support and coping strategies. The review underscores the effectiveness of structured support groups in enhancing adolescent mental well-being within Nairobi's informal settlements. Future research should focus on replicating these findings across broader geographical areas and evaluating long-term effects to inform policy recommendations. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African Geography, Adolescent Psychiatry, Community Intervention, Group Dynamics, Mental Health Promotion, Psychosocial Support, Rural Healthcare*

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