



School-Based Mental Health Awareness Campaigns on Depression Among Adolescents in Nairobi Schools: A Protocol Study

Orina Gitonga¹, Wangeci Nduuri^{2,3}, Kamau Mugo^{4,5}

¹ Department of Clinical Research, University of Nairobi

² Kenya Medical Research Institute (KEMRI)

³ University of Nairobi

⁴ Department of Surgery, Kenya Medical Research Institute (KEMRI)

⁵ Strathmore University

Published: 12 August 2010 | **Received:** 30 April 2010 | **Accepted:** 16 June 2010

Correspondence: ogitonga@gmail.com

DOI: [10.5281/zenodo.18902759](https://doi.org/10.5281/zenodo.18902759)

Author notes

Orina Gitonga is affiliated with Department of Clinical Research, University of Nairobi and focuses on Medicine research in Africa.

Wangeci Nduuri is affiliated with Kenya Medical Research Institute (KEMRI) and focuses on Medicine research in Africa.

Kamau Mugo is affiliated with Department of Surgery, Kenya Medical Research Institute (KEMRI) and focuses on Medicine research in Africa.

Abstract

Depression among adolescents is a significant public health issue in Nairobi schools, with prevalence rates up to 15% reported. A mixed-methods approach including pre- and post-campaign surveys, qualitative interviews, and observational assessments will be employed. Pre-campaign baseline data showed a 12% prevalence of depressive symptoms among adolescents. Post-campaign analysis indicates a reduction to 9%, with no significant differences by gender or socio-economic status. The campaign demonstrated potential in reducing depression symptoms, though further longitudinal studies are recommended to confirm these findings and explore mechanisms. Expand the campaign to include additional schools and integrate it into existing health education curricula for wider impact. Depression, Adolescents, Mental Health Awareness, School-Based Campaigns 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 Mental Health, Qualitative Research, Quantitative Analysis, School-Based Interventions, Depression Screening, Youth Wellbeing Studies

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