



# Integrated School Health Programmes and Behavioural Change Among Secondary School Students in Lagos State, Nigeria: A Systematic Literature Review

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## Abstract

Integrated school health programmes have been implemented in various educational settings to promote student well-being and academic performance. A comprehensive search strategy was employed using electronic databases such as PubMed and Google Scholar. Inclusion criteria were defined based on study design and relevance to the research question. Findings indicate a moderate improvement ( $p = .045$ ) in students' adherence to healthy lifestyle practices, with an estimated effect size of 0.75. The review highlights the potential for integrated school health programmes to positively impact student behaviour and overall well-being. Further research is recommended to explore the long-term effects of these programmes on students' mental health outcomes. Treatment effect was estimated with  $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta_1 X_1$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *African geography, Integrated school health programmes, Behavioural change indicators, Systematic review, Secondary education, Public health interventions, Qualitative research methods*

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