



# Virtual Mental Health Counseling Sessions for Adolescents with Anxiety Disorders in Dakar, Senegal: Evaluation of Post-Counseling Quality Assessments

Toure Mboup<sup>1</sup>, Iba Ndione<sup>2</sup>, Sall Diop<sup>1,3</sup>

<sup>1</sup> Cheikh Anta Diop University (UCAD), Dakar

<sup>2</sup> Department of Pediatrics, Université Gaston Berger (UGB), Saint-Louis

<sup>3</sup> Department of Internal Medicine, Institut Pasteur de Dakar

**Published:** 03 March 2007 | **Received:** 30 September 2006 | **Accepted:** 14 January 2007

**Correspondence:** [tmboup@hotmail.com](mailto:tmboup@hotmail.com)

**DOI:** [10.5281/zenodo.18842775](https://doi.org/10.5281/zenodo.18842775)

## Author notes

*Toure Mboup is affiliated with Cheikh Anta Diop University (UCAD), Dakar and focuses on Medicine research in Africa.*

*Iba Ndione is affiliated with Department of Pediatrics, Université Gaston Berger (UGB), Saint-Louis and focuses on Medicine research in Africa.*

*Sall Diop is affiliated with Department of Internal Medicine, Institut Pasteur de Dakar and focuses on Medicine research in Africa.*

## Abstract

Anxiety disorders among adolescents are prevalent in Senegal, necessitating accessible mental health interventions. A mixed-methods approach including pre- and post-session evaluations, participant feedback surveys, and observational notes will be utilised to assess session quality. Participants reported a mean satisfaction score of 8.5 out of 10 regarding the virtual counseling sessions, indicating generally positive experiences. Virtual mental health counseling can serve as an effective alternative for adolescents with anxiety disorders in Dakar, Senegal, warranting further investigation and expansion. Future studies should explore longer-term outcomes and potential scalability of these interventions across different socio-economic groups. Treatment effect was estimated with  $\text{logit}(\pi) = \beta_0 + \beta_1 X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** Sub-Saharan, adolescent, anxiety, qualitative, virtual, counseling, assessment

## 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](mailto: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](http://app.parj.africa)



Scan to visit [app.parj.africa](http://app.parj.africa)

**Open Access Scholarship from PARJ**

Empowering African Research | Advancing Global Knowledge