



Impact of School-Based Mental Health Programmes on Youth Depression Rates in Kampala, Uganda: A Systematic Literature Review

Namuganza Okello^{1,2}, Kizza Bwire³

¹ Gulu University

² Department of Pediatrics, Kampala International University (KIU)

³ Kampala International University (KIU)

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Correspondence: nokello@hotmail.com

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Author notes

Namuganza Okello is affiliated with Gulu University and focuses on Medicine research in Africa.

Kizza Bwire is affiliated with Kampala International University (KIU) and focuses on Medicine research in Africa.

Abstract

Mental health disorders among youth are prevalent in developing countries like Uganda, with depression being a significant concern. A comprehensive search strategy was employed to identify relevant studies published between and , focusing on school-based interventions targeting depression prevention or treatment. Studies were evaluated based on pre-defined inclusion criteria related to study design, sample size, and outcomes. The review identified several studies that reported a reduction in depression rates among participants exposed to school-based mental health programmes, with some showing statistically significant decreases ($p < 0.05$). School-based mental health programmes appear effective in mitigating youth depression rates in Kampala, Uganda. Future research should focus on replicating these findings and exploring the long-term effects of such interventions. Treatment effect was estimated with $\text{text}\{logit\}(\pi) = \beta_0 + \beta^T X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African demographics, school-based interventions, mental health services, depression prevalence, youth mental health, qualitative research methods, longitudinal studies*

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