



Urban Youth Mental Health Support Groups in Lagos, Nigeria: Utilization and Quality of Life

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Abstract

Urban youth in Lagos, Nigeria face significant mental health challenges due to socio-economic factors. A longitudinal study design was employed with structured interviews and standardised questionnaires administered over a two-year period. Utilization rates varied significantly by gender, with females showing higher engagement ($p < 0.01$). There is a need for tailored support groups to address the specific needs of urban youth in Lagos. Implementing evidence-based mental health interventions and community outreach programmes should be prioritised. Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African Geography, Urbanization, Qualitative Research, Longitudinal Study, Mental Health, Youth Studies, Societal Change*

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