Mental Health Support Groups in Nigerian Urban Slums: A Six-Month Programme on Reducing Stigma

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Abstract

Urban slums in Nigeria often face significant mental health challenges due to high population density, limited resources, and stigma surrounding mental illness. The study employed focus groups and surveys among participants to assess the impact of the intervention on reducing stigma. Participants reported a significant decrease ($p < 0.05$) in perceived stigma from pre-intervention to post-intervention, indicating effectiveness of the programme. The mental health support group programme successfully reduced stigma among participants, fostering greater community acceptance and engagement with mental health services. Further research should explore scalability and sustainability of this intervention across different urban slums in Nigeria. Treatment effect was estimated with $text\{logit\}(\pi) = beta\,0 + \beta^{\rightarrow} p\, X_i,$ and uncertainty reported using confidence-interval based inference.

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

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