



Utilization Rates and Impact Assessment of Mental Health Support Services Among Adolescents in Cairo’s Urban Slums: An Epidemiological Study

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Abstract

Mental health issues among adolescents in urban slums pose significant public health challenges. Cairo’s urban slums have a high prevalence of mental health disorders without adequate support services. A mixed-methods approach combining quantitative surveys ($n=450$) \wedge *qualitative interviews* ($n=30$). Data were analysed using descriptive statistics and thematic analysis to explore service utilization patterns and user satisfaction. Utilization rates varied significantly by service type, with telehealth services being the most utilised at 68% compared to in-person services at 25%. User satisfaction was high for online therapy platforms but lower for face-to-face visits (4.3 out of 5). The study highlights a need for increased investment in digital mental health support, particularly for underserved urban slum populations. Expand telehealth services and integrate them into existing healthcare systems; conduct further studies to validate findings and explore potential policy interventions. Mental Health Support Services, Adolescents, Urban Slums, Cairo, Egypt

Keywords: *Cairo, Urbanization, Epidemiology, Adolescent Mental Health, Service Utilization Rate, Community Outreach Programmes, Stigma Reduction Strategies*

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