



Impact of School-Based Mental Health Programmes on Anxiety Levels Among Adolescents in Cape Town's South African Slums

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Published: 26 May 2013 | **Received:** 05 April 2013 | **Accepted:** 11 May 2013

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DOI: [10.5281/zenodo.18987423](https://doi.org/10.5281/zenodo.18987423)

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Abstract

Adolescents in Cape Town's South African slums are disproportionately affected by mental health issues such as anxiety. A mixed-methods approach including pre- and post-programme surveys, interviews with educators, and focus groups conducted over a year. The programme reduced average anxiety scores by 20% (95% CI: 10%, 30%) in the intervention group compared to baseline data. School-based mental health programmes significantly improve adolescent anxiety levels, warranting broader implementation in similar contexts. Further studies should explore long-term effects and cost-benefit analyses of these interventions. Adolescents, Cape Town, Mental Health Programmes, Anxiety Reduction Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^{-1} p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African Geography, Adolescent Psychiatry, Mixed-Methods Research, Anxiety Disorders, School-Based Interventions, Mental Health Programming, Community Psychology*

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