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SUPPLEMENTARY MATERIAL

A systematic review of the impact of economic and security conditions on mental health and well-being in Nigeria

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Supplementary Table 1. Summary of included studies.

S/N	Authors (year)	Objectives	Study design	Study settings and sample size; instrument used	Key findings	Conclusion and recommendation
1.	Bakare et al. (2024) ¹³	To assess changes in mental health status among healthcare workers and community members after fuel subsidy removal	Cross-sectional	6 LGAs across Jigawa, Lagos, Oyo; N=2,001 participants ; PHQ-9, GAD-7	Depression and anxiety symptoms increased substantially following fuel subsidy removal, particularly among younger adults, market women, and socioeconomically disadvantaged groups.	Targeted psychosocial and economic support interventions are needed for vulnerable populations.
2.	Eneh & Eneh (2024) ¹⁷	To analyse demographic and socio-economic variables for mental illness and relapse in southeast Nigeria	Retrospective records review	Public mental health hospital, southeast; N=380 index, 180 post-index	Unemployment, low educational attainment, and marital factors were associated with relapse among psychiatric patients.	Improved access to mental healthcare and employment support is needed.
3.	Yakubu et al. (2025) ¹⁹	To examine associations between socioeconomic, demographic, and lifestyle factors with anxiety, depression, and job satisfaction among civil servants	Cross-sectional online survey	Nationwide; N=538; GAD-7, PHQ-9, MSQ	Large family burden, younger age, and low income were associated with anxiety, depression, and reduced job satisfaction.	Workplace mental health interventions and financial support mechanisms are recommended.
4.	Sato et al. (2022) ²⁰	To examine links between adverse life events, depression, and economic decision-making	Secondary data analysis; (World Bank LSMS)	Nationwide	Conflict exposure was associated with increased probability of depression and reduced labour force participation.	Policies should address both economic and psychological consequences of conflict exposure.
5.	Haruna et al. (2025) ²¹	To examine psychological distress and coping mechanisms among flood-affected children in Maiduguri	Cross-sectional	Maiduguri, Borno State; N=374 children aged 7-17; SDQ-13, KidCOPE	High levels of psychological distress were observed among flood-affected children, with maladaptive coping linked to poorer outcomes.	Targeted psychosocial interventions are needed to strengthen adaptive coping strategies.
6.	Egwuaba et al. (2025) ²⁴	To examine post-conflict trauma and psychosocial rehabilitation among IDPs in Bama LGA, Borno State	Cross-sectional mixed-methods	Bama LGA, Borno; N=400 IDPs	High prevalence of PTSD, depression, and anxiety symptoms was reported among IDPs, while most participants had never received professional psychosocial support.	Mental health infrastructure and community-based psychosocial services should be strengthened.
7.	Salami et al. (2024) ²⁵	To examine financial literacy, food security, and mental health among rural	Cross-sectional	Rural farming communities in six states in Lagos, Ogun, Osun; N=432	Food insecurity mediated the relationship between financial literacy and poor mental health outcomes.	Integrated food security and financial empowerment

		farmers during cashless policy				interventions are recommended.
8.	Abonyi et al. (2024) ²⁶	To analyse socioeconomic risk factors for mental illness among youths in Kwara State	Cross-sectional survey	Kwara State; N=114 youths	Poverty and unemployment emerged as important predictors of poor mental health among youths.	Youth-focused employment and social welfare programmes are needed.
9.	Oladosu et al. (2024) ²⁷	To examine social support reciprocity and mental health among young informal construction workers	Cross-sectional mixed-methods	Nationwide; N=686; SF-12v2	Poor mental health was common, while reciprocity within social networks positively predicted well-being.	Community-based support systems and collective social interventions should be promoted.
10.	Abamara et al. (2024) ²⁸	To examine underlying causes of rising suicide rates in Nigeria	Qualitative	Nationwide	Economic hardship, unemployment, social conflict, substance use, and limited mental healthcare access were linked to suicidal ideation.	Crisis intervention, rehabilitation, and supportive social environments are required.
11.	Oderinde et al. (2023) ²⁹	To determine suicidal behaviour determinants in Southwest Nigeria	Qualitative	Southwest Nigeria	Socioeconomic stressors, stigma, trauma, and relationship difficulties were identified as major contributors to suicidal behaviour.	Improved mental healthcare access and stigma reduction strategies are critical.
12.	Agberotimi et al. (2020) ³⁰	To examine interactions between socioeconomic status and mental health during COVID-19	Comparative study	Healthcare workers vs general population; N=884; IES-R, GAD-7, PHQ-9, ISI	Low socioeconomic status was associated with elevated depressive symptoms during COVID-19.	Social protection and mental health interventions should be integrated during public health crises.
13.	Folayan et al. (2021) ³¹	To identify factors associated with financial and food insecurity and quality of life during COVID-19	Cross-sectional online survey	Nationwide; N=4,439	Financial insecurity and food insecurity were associated with poor mental health and reduced quality of life.	Multi-sectoral interventions addressing economic vulnerability are needed.
14.	Mūrage et al. (2023) ³²	To explore social determinants of mental health among adolescent girls in urban informal settlements	Qualitative	Lagos state informal settlements; N=22 adolescent girls	Economic deprivation, unsafe environments, and gender-based violence negatively affected mental well-being.	Gender-responsive and context-sensitive mental health interventions are recommended.
15.	Ani et al. (2024) ³³	To evaluate psychological impact of Naira redesign policy on financial scarcity and well-being	Cross-sectional mixed-methods	Nationwide across six geopolitical zones; N=2,237	Financial scarcity associated with the Naira redesign policy negatively affected psychological well-being.	Policymakers should consider mental health implications during economic reforms.

16.	Oginni et al. (2023) ³⁴	To examine job stress and employee mental health during economic recession in oil and gas sector	Cross-sectional	Lagos State; N=308 oil & gas workers	Economic recession and job stress were associated with deteriorating mental health.	Organisational mental health support during economic downturns is recommended.
17.	Okeke et al. (2023) ³⁵	To determine prevalence among senior secondary school students in Enugu Metropolis	Cross-sectional	Enugu State; N=270 senior secondary students; PHQ-9	Mild-to-severe depressive symptoms were prevalent, particularly among older female adolescents.	School-based mental health screening and intervention programmes are needed.
18.	Daniel (2024) ³⁶	To examine impacts of socioeconomic situations on workers' mental health	Cross-sectional survey	Nationwide; workers	Poverty and income inequality were associated with adverse mental health outcomes.	Policies addressing income inequality and workplace well-being are necessary.
19.	Olorunlambe et al. (2024) ³⁷	To determine prevalence and correlates of PTSD and depression among welfare- and justice-involved adolescents	Cross-sectional	Multiple states; N=205 adolescents; CATS, PHQ-9, ICAST-C	PTSD and depression were prevalent among welfare- and justice-involved adolescents.	Trauma-informed mental health services and childhood maltreatment screening are recommended.
20.	Ochonye et al. (2024) ³⁸	To assess prevalence and factors associated with psychological distress among key populations	Cross-sectional	6 states in Nigeria (Lagos, Bayelsa, Cross River, Akwa Ibom, Jigawa, and Niger); N=22,310 key populations; MHSF-III	Psychological distress was prevalent among key populations, particularly individuals experiencing substance use and gender-based violence.	Targeted mental health services for key populations are urgently needed.
21.	Umeh et al. (2024) ³⁹	To examine mental health of non-commissioned soldiers deployed to Boko Haram zones	Cross-sectional	Northeast Nigeria; N=256 soldiers	Combat exposure and rank-related factors were associated with psychological distress among deployed soldiers.	Military mental health screening and psychosocial support should be strengthened.
22.	Olugbenga-Bello et al. (2025) ⁴⁰	To determine quality of life of adolescents with terrorism experience in North-Central Nigeria	Cross-sectional	Plateau State; N=200 adolescents	Terrorism exposure was associated with poor quality of life among adolescents.	Mental health and psychosocial support services for conflict-affected adolescents are needed.
23.	Alapa et al. (2023) ⁴¹	To assess influence of insurgency on emotional and mental health of IDPs in Northeast Nigeria	Cross-sectional	Northeast zone; N=719 IDPs	Insurgency exposure was associated with emotional and mental health challenges among displaced persons.	Emergency mental health services within IDP camps should be prioritised.
24.	Olusina et al. (2025) ⁴²	To explore influence of financial stress on students' academic performance and mental health	Qualitative	University in Lagos; N=14 students	Financial stress was linked to depression, anxiety, and poor academic performance.	Financial aid and student mental health support services are recommended.
25.	Omotosho et al. (2025) ⁴³	To assess quality of life and mental illness among	Cross-sectional	Ogun State; N=402 elderly; PHQ-9, GAD-7	Mental illness prevalence and poor quality of life were common among	Geriatric mental health services and economic

		elderly in Ogun East Senatorial District			older adults, particularly among those with economic difficulties.	support systems are needed.
26.	Olohunlana et al. (2024) ⁴⁴	To assess implications of microfinance and women entrepreneurship on mental well-being of informal traders	Cross-sectional, mixed-methods	Lagos; N=100 women traders	Loan repayment pressure and financial strain negatively affected psychological well-being.	Gender-sensitive microfinance and mental health programmes should be implemented.

CATS, Child and Adolescent Trauma Screening; GAD, Generalised Anxiety Disorder; GAD-7, Generalised Anxiety Disorder-7; GBV, Gender-Based Violence; ICAST-C, ISPAN Child Abuse Screening Tool-Child Version; IES-R, Impact Event Scale Revised; ISI: Insomnia Severity Index; LSMS, Living Standards Measurement Study; MHSF-III, Mental Health Screening Form-III; MSQ, Minnesota Satisfaction Questionnaire; PD: Psychological Distress; PHQ-9, Patient Health Questionnaire; PTSD, Post-Traumatic Stress Disorder; PWID, People Who Inject Drugs; QoL, Quality of Life; SDQ-13, Strengths and Difficulties Questionnaire (13-item); SES: Socioeconomic Status; SF-12v2, Short Form-Twelve Item Survey Version 2.