



ICT-Based Mental Health Services for PTSD in Conflict Zones: Replication Study in Northeastern Kenya, 2010

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Abstract

ICT-based mental health services have shown promise in treating Post-Traumatic Stress Disorder (PTSD) among conflict-related victims globally. This replication study aims to validate these findings in a specific context, namely northeastern Kenya. A mixed-methods approach was employed, including quantitative surveys and qualitative interviews with participants and healthcare providers. Data analysis utilised descriptive statistics and thematic content analysis. The study found that while 75% of participants reported improved mental health outcomes after receiving ICT-based services, there were significant variations in service utilization due to socioeconomic disparities. This replication study supports the efficacy of ICT-based mental health interventions for PTSD treatment but highlights the need for targeted strategies to overcome geographical and socio-economic barriers. Future research should focus on developing tailored outreach programmes that address specific community needs, particularly in remote areas with limited access to digital infrastructure. ICT, Mental Health Services, PTSD, Conflict Zones, Northeastern Kenya Model estimation used $\hat{\theta} = \operatorname{argmin}\{\theta\} \operatorname{sumiell}(y_i, f\theta(\xi)) + \lambda \operatorname{Vert}\theta \operatorname{rVert} 2^2$, with performance evaluated using out-of-sample error.

Keywords: Kenya, Conflict Zones, ICT, Mobile Health, e-Mental Health, Data Analytics, Randomized Controlled Trials

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