



The Rural Contextualization of Mental Health Interventions in Ghana: An Archaeological Perspective on Adolescent Services in Northern Ghana

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Abstract

This commentary addresses adolescent mental health services in rural northern Ghana, focusing on interventions within an archaeological framework. A qualitative approach was employed to gather data from interviews with healthcare providers and community members, supplemented by secondary sources such as government reports and academic literature. While no empirical results are presented, this study highlights the importance of integrating archaeological knowledge into mental health research and practice, particularly in underserved regions. Future studies should incorporate archaeologists more systematically into intervention planning to better understand historical contexts that affect contemporary mental health issues.

Keywords: *African, Ghanaian, Anthropology, Qualitative, Heritage, Community Engagement, Cultural Studies*

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