



Gender-Specific Mental Health Support Programmes for Domestic Violence Survivors in Nairobi's Slums: A Three-Year Evaluation

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Abstract

Domestic violence is a pervasive issue affecting women in Nairobi's slums, leading to significant mental health challenges such as post-traumatic stress disorder (PTSD), depression, and anxiety. A mixed-methods approach was employed, including pre- and post-programme assessments using standardised questionnaires to measure psychological outcomes. Qualitative interviews were conducted to explore participants' experiences and perceptions. Participants showed a significant reduction in PTSD symptoms ($p < 0.05$) from baseline, with an improvement rate of 62%, indicating the programme's effectiveness in addressing mental health issues among survivors. The gender-specific support programmes significantly improved psychological well-being and were perceived positively by participants. Continuation and expansion of such programmes are recommended to address ongoing needs, with a focus on community engagement for sustained impact. Treatment effect was estimated with $\text{text}\{ \text{logit} \}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African Geography, Gender Studies, Domestic Violence, Mental Health, PTSD, Slums, Quantitative Research*

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