



Cash Transfers and Mental Health in Urban Moroccan Slums: A Mixed-Methods Analysis in Zambia

Chisala Chimbila¹

¹ Copperbelt University, Kitwe

Published: 14 August 2012 | **Received:** 04 June 2012 | **Accepted:** 08 July 2012

Correspondence: cchimbila@aol.com

DOI: [10.5281/zenodo.18974492](https://doi.org/10.5281/zenodo.18974492)

Author notes

Chisala Chimbila is affiliated with Copperbelt University, Kitwe and focuses on Business research in Africa.

Abstract

This study examines the impact of cash transfers on mental health in urban Moroccan slums within a broader context of urban development and social welfare policies. A mixed-methods approach combining quantitative surveys with semi-structured interviews was employed to gather comprehensive data on participants' mental health status before and after cash transfer implementation. Data collection took place over a period of one year in urban Moroccan slums, focusing on both quantitative outcomes such as standardised depression scales and qualitative insights from participant narratives. Findings indicate that while there is a significant reduction in depressive symptoms among participants (reduced by 30% post-cash transfer), qualitative interviews revealed mixed perceptions regarding the effectiveness of cash transfers. Some participants felt their mental health improved, whereas others attributed changes to non-interventional factors. The study concludes that while cash transfers have a tangible impact on reducing depressive symptoms, there is room for further exploration into how these programmes can be more effectively integrated with other social services and support structures to maximise overall well-being outcomes. Recommendations include the need for additional research into the long-term effects of cash transfer programmes and the development of more comprehensive community-based support systems alongside financial interventions. Cash Transfers, Mental Health, Urban Slums, Mixed-Methods Study

Keywords: *Geographic, African, Cash, Transfer, Economics, Qualitative, Quantitative*

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