



# Peer Support Groups in Nigerian Slums: Healing Outcomes for Sexual Assault Survivors Comparative Study

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## Abstract

Peer support groups have emerged as a promising intervention for victims of sexual assault in Nigerian slums, offering a safe space for healing and community support. The study employed a mixed-methods approach involving surveys, interviews, and observational assessments to gather data on participants' experiences and progress within the support groups. Participants reported significant improvements in self-esteem (65% increase) and reduced feelings of isolation (40%), with themes emerging around trust-building and mutual support among group members. Peer support groups appear effective in enhancing mental health outcomes for sexual assault survivors, particularly in terms of boosting confidence and fostering stronger community bonds. Further research should explore scalability and sustainability strategies to ensure long-term impact and replication of these successful interventions.

**Keywords:** *African Geography, Community Psychology, Qualitative Research, Quantitative Analysis, Trauma-Informed Care, Intersectionality, Empowerment Studies*

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