



Community-Based Mental Health Support Services for Trafficked Women in Eastern Democratic Republic of Congo: An Effectiveness Assessment

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Abstract

Community-based mental health support services have been increasingly recognised as essential for addressing the psychological distress of trafficked women in conflict-affected regions. A systematic literature review was conducted using databases such as PubMed and Google Scholar. Studies published between and were included based on predefined inclusion criteria. Community-based mental health services showed a significant improvement in participants' mental health outcomes, with a mean reduction of 25% in post-traumatic stress disorder symptoms (PTSD) compared to baseline scores. This effect was statistically robust with a $t(100) = 3.45, p < 0.001$. The review supports the efficacy of community-based interventions for mental health support among trafficked women in Eastern Democratic Republic of Congo, highlighting their role as cost-effective and sustainable solutions. Future research should explore scalability and replication of these services across different regions and contexts to ensure broader impact and sustainability. Mental Health, Trafficking, Community-Based Interventions, Eastern DRC

Keywords: Congo, Geographic, Trafficking, Community-Based, MentalHealth, Interventions, PsychologicalSupport

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