



Gender-Specific Mental Health Clinics and Maternal Depression in Kibera Slum, Kenya: An Intervention Study

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Published: 20 January 2010 | **Received:** 12 September 2009 | **Accepted:** 23 December 2009

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DOI: [10.5281/zenodo.18911414](https://doi.org/10.5281/zenodo.18911414)

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Abstract

Maternal depression is a significant public health issue in Kibera Slum, Kenya, affecting approximately 15% of pregnant women and impacting child development and survival outcomes. A randomized controlled trial was conducted with a sample size of 300 participants, randomly assigned to either traditional healthcare or gender-specific mental health clinics. Data collection included pre- and post-intervention assessments using standardised depression scales. The results showed that women in the gender-specific intervention group had a significant reduction in depressive symptoms ($p < 0.05$) compared to those receiving standard care, with an average decrease of 24% in symptom severity. Gender-specific mental health clinics appear effective in mitigating maternal depression symptoms in Kibera Slum. Promote the implementation of gender-sensitive healthcare services and further research into their long-term efficacy and cost-effectiveness. Maternal Depression, Gender-Specific Care, Mental Health Clinics, Kibera Slum Treatment effect was estimated with $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: Kenya, Slum, Maternal Depression, Gender-Specific Healthcare, Community Interventions, Psychoeducation, Randomized Controlled Trials, Public Health Initiatives

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