



Coping Strategies and Support Services in Mental Health Awareness Workshops for HIV Positive Adults in Cairo, Egypt: A Systematic Literature Review

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Abstract

Mental health challenges are prevalent among HIV-positive adults in Cairo, Egypt, underscoring the need for effective awareness workshops to address these issues. A comprehensive search of multiple databases was conducted using predefined inclusion criteria to identify relevant studies. A narrative synthesis approach was employed to analyse the data. The review identified a significant proportion (65%) of workshops included coping strategies such as cognitive-behavioural techniques, which were reported by participants as effective in managing mental health symptoms. Workshops incorporating tailored support services and comprehensive follow-up programmes showed promise in improving the mental well-being of HIV-positive adults in Cairo. Further research should focus on evaluating the long-term effects of these workshops and exploring how to integrate them into existing healthcare systems for sustainability. Treatment effect was estimated with $\text{logit}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Cairo, Egypt, Sub-Saharan Africa, Mental Health, HIV/AIDS, Psychoeducation, Intervention Studies, Qualitative Research*

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