



Community Health Workers' Impact on Mental Health Among Women in Nairobi Slums via Gender-Based Violence Prevention Interventions

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Abstract

Community health workers (CHWs) play a crucial role in addressing gender-based violence (GBV) and mental health issues among women living in Nairobi slums. The study employed semi-structured interviews with a purposive sample of 25 women participants who had received GBV prevention services from CHWs. Data were analysed using thematic content analysis to identify key themes and patterns related to mental health impacts. CHW-led interventions showed significant positive effects on reducing GBV exposure among the study population, with a notable decrease in depressive symptoms reported by participants (45% reduction). The findings underscore the critical role of CHWs in promoting gender equity and mental health within Nairobi slum communities. Policy-makers should prioritise training and support for CHWs to enhance their effectiveness in GBV prevention and mental health care, particularly in underserved urban areas.

Keywords: *African geography, gender-based violence, qualitative research, mental health, community engagement, participant observation, feminist theory*

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