



Gender-Specific Support Groups in Indian Slums: Community Engagement and Therapeutic Outcomes in Kenya

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Abstract

Gender-specific mental health support groups have been increasingly recognised as a critical tool for addressing the unique needs of women in various socio-economic contexts. A mixed-methods approach combining surveys, interviews, and qualitative assessments was employed to gather data from participants and stakeholders involved in these support groups. Community engagement rates were notably high among women who identified as economically disadvantaged or socially marginalized, with a participation rate of over 40% compared to the general population. Therapeutic outcomes indicated significant reductions in symptoms of depression and anxiety among participating members. The analysis highlights the importance of tailored support groups for enhancing mental health care access and efficacy in underserved communities. Policymakers should consider funding and facilitating the establishment of more gender-specific mental health support groups, particularly in Indian slums and similar socio-economic settings.

Keywords: *Gender, Slums, Methodology, Theory, Community Engagement, Therapeutic Outcomes, Mental Health*

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