



Mental Health Campaigns for Depression Screening Among Police Officers in Kampala City Centre: An Effectiveness Study

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Abstract

Police officers in Kampala City Centre face unique stressors related to their work environment, including high levels of exposure to traumatic events and frequent interactions with individuals suffering from mental health issues. A mixed-methods approach was employed, involving pre- and post-campaign surveys (n=120) and qualitative interviews with a subset of participants (n=15). Data were analysed using descriptive statistics for quantitative measures and thematic analysis for qualitative insights. The campaign's effectiveness was evaluated through a paired t-test. Pre-to-post campaign depression screening scores showed a statistically significant decrease ($p < .05$) in the number of participants reporting depressive symptoms, with an average reduction of 23% (95% CI: -18%, -27%). The targeted mental health campaign was effective in improving depression screening among police officers. Further research is needed to explore long-term impact and scalability. Future campaigns should consider incorporating peer support groups and follow-up sessions for sustained improvement of mental health outcomes. Police Officers, Depression Screening, Mental Health Campaigns, Kampala City Centre

Keywords: *African Geography, Police Mental Health, Screening Programmes, Depression Diagnosis, Public Health Policy, Epidemiology of Stress Disorders, Community Intervention Studies*

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