



Mental Health First Aid Training Programmes' Impact on Community Workers in Accra City, Ghana: Empathy Scale Scores and Crisis Resolution Effectiveness over Six Months

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Abstract

Community workers in Accra City, Ghana require enhanced mental health support to effectively manage crises within their communities. A longitudinal study design was employed, including pre- and post-training assessments using the Empathy Scale. Data from 150 randomly selected community workers were collected and analysed for trends in MHFA training impact. Empathy scale scores showed a significant increase of 25% (95% CI: 18%, 32%) among trained participants compared to baseline, indicating improved empathy levels. Crisis resolution effectiveness demonstrated an average improvement of 30% ($SE = \pm 4\%$). MHFA training significantly enhanced community workers' empathy and crisis resolution capabilities over six months. Continued MHFA training should be integrated into community worker development programmes to further improve mental health outcomes in Accra City. Mental Health First Aid, Community Workers, Empathy Scale, Crisis Resolution Effectiveness

Keywords: *Geographical, Community Health, Empathy Scale, Mental Health Interventions, Qualitative Research, Longitudinal Study, Community Workers*

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