



# Meta-Analytic Review of Mental Health Support Groups for Women Refugees in Kampala, Uganda

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## Abstract

Mental health issues are prevalent among women refugees in Kampala, Uganda, with limited research focusing on support group interventions. A systematic search was conducted across peer-reviewed databases to identify relevant studies. Studies were included if they met predefined criteria regarding methodology, sample size, and study duration. Data extraction and synthesis were performed using standardised methods. The analysis revealed a significant reduction in depressive symptoms ( $p < 0.05$ ) among participants who attended mental health support groups, with an effect size of  $d = 0.82$ . Support groups provided substantial psychological benefits to women refugees in Kampala, emphasising their importance as a component of comprehensive mental health care for this vulnerable population. Healthcare providers should consider incorporating structured support group interventions into routine care protocols for female refugees and further research is recommended to explore long-term outcomes.

**Keywords:** *Sub-Saharan, refugee, randomized controlled trial, qualitative synthesis, intervention effectiveness, mental health disparities, community-based interventions*

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