



Digital Mental Health Platforms in Rural Senegal: An Evaluation of Stress Management Impact Among Women Farmers

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Abstract

Digital mental health platforms have shown promise in addressing mental health issues globally, including stress management among rural populations. This study focuses on evaluating the impact of such platforms on women farmers in Senegal. A mixed-methods approach was employed, involving pre- and post-intervention surveys, focus group discussions, and qualitative interviews. Data were analysed using descriptive statistics and thematic content analysis. Participants reported a significant reduction ($p < .05$) in perceived stress levels from baseline to follow-up, with an average improvement of 23% in their self-reported mental health scores. The digital mental health platform demonstrated efficacy in improving the psychological well-being of female farmers in rural Senegal. Further research is recommended to explore long-term effects and scalability. Future studies should consider implementing these platforms within existing agricultural support networks to maximise accessibility and effectiveness. Treatment effect was estimated with $\text{logit}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *African, Geographic, Rural, Methodology, MentalHealth, StressManagement, Evaluation*

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