



# Short-Term Impact Assessment of Mental Health Support Groups for Survivors of Gender-Based Violence in Nairobi, Kenya, 2001

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## Abstract

Gender-based violence (GBV) survivors in Nairobi, Kenya face significant mental health challenges that necessitate support groups. Participants were recruited through community outreach; pre- and post-intervention assessments included self-reported questionnaires evaluating stress levels, depression symptoms, and social support. A statistically significant decrease ( $p < 0.05$ ) in perceived stress was observed (mean reduction of 34% from baseline to follow-up). Support groups showed promise in mitigating GBV survivors' psychological distress within a short timeframe. Further research should explore long-term impacts and scalability of these interventions.

**Keywords:** *African geography, gender-based violence, mental health, support groups, community outreach, qualitative research, empowerment studies*

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