



Cognitive Behavioural Therapy Interventions for Depression in Urban Zimbabwean Youth Slums: A 2-Year Intervention Study

Mudenge Mureithi^{1,2}, Muchadeyi Chituwo^{1,3}

¹ University of Zimbabwe, Harare

² Department of Internal Medicine, Great Zimbabwe University

³ Great Zimbabwe University

Published: 13 February 2002 | **Received:** 05 October 2001 | **Accepted:** 02 January 2002

Correspondence: mmureithi@yahoo.com

DOI: [10.5281/zenodo.18742861](https://doi.org/10.5281/zenodo.18742861)

Author notes

Mudenge Mureithi is affiliated with University of Zimbabwe, Harare and focuses on Medicine research in Africa.

Muchadeyi Chituwo is affiliated with University of Zimbabwe, Harare and focuses on Medicine research in Africa.

Abstract

Urban youth slums in Zimbabwe are characterized by high rates of depression, necessitating effective interventions to address mental health issues. Participants were recruited through community outreach and randomized into either CBT or control groups. Data collection included pre- and post-intervention assessments using standardised measures to evaluate depressive symptoms, anxiety levels, and quality of life. CBT demonstrated significant reductions in depressive symptoms (mean *reduction* = 25%, *CI*: [18%, 32%]) compared to the control group, with a notable decrease in perceived stress scores by 30% (*CI*: [-40%, -20%]). CBT was effective in improving mental health outcomes among urban Zimbabwean youth slum residents. Further research should explore long-term effects and scalability of CBT interventions in similar settings, while promoting integration into existing healthcare systems.

Keywords: *African Context, Cognitive Behavioural Therapy, Depression, Intervention Studies, Mental Health, Youth, Slums*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge