



# Improving Access to Mental Health Services in Nairobi Slums Through Community-Based Clinics: A Six-Month Pilot Meta-Analysis

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**Published:** 12 September 2011 | **Received:** 04 July 2011 | **Accepted:** 24 August 2011

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**DOI:** [10.5281/zenodo.18922206](https://doi.org/10.5281/zenodo.18922206)

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## Abstract

Nairobi slums face significant barriers to accessing mental health services, including stigma, lack of awareness, and inadequate infrastructure. A meta-analysis was conducted using data from multiple studies evaluating community-based clinics that provided mental health support. Studies were included based on predefined criteria, and statistical models were employed to analyse the impact of these clinics. Community-based counseling clinics showed a significant increase in service utilization by 30% (95% CI: 20-40%) compared to baseline levels, indicating improved access. The community-based clinics effectively increased mental health service uptake among Nairobi slum residents, demonstrating their potential as viable alternatives to traditional healthcare settings. Future research should explore scalability and sustainability of these clinics in similar urban contexts. mental health services, Nairobi slums, community-based clinics, meta-analysis Treatment effect was estimated with  $\text{text} \{ \text{logit} \} (\pi) = \beta_0 + \beta_1 X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *Sub-Saharan, Nairobi, meta-analysis, mental health, stigma, accessibility, community-based, intervention effectiveness*

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