



Cognitive Behavioural Therapy's Urban Impact on PTSD in Nairobi Slums: A Six-Month Study

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Abstract

Cognitive Behavioural Therapy (CBT) has been established as an effective intervention for Post-Traumatic Stress Disorder (PTSD). However, its application in urban slums of Nairobi presents unique challenges and opportunities. A mixed-methods approach was employed, including pre- and post-CBT assessments using standardised tools, alongside qualitative interviews to capture participant experiences and perceptions. CBT appears to be a viable intervention for managing PTSD in urban slums, particularly when integrated with supportive community resources. Further studies should explore long-term outcomes and scalability of CBT programmes in similar settings.

Keywords: *African urbanism, Nairobi slums, Cognitive Behavioural Therapy (CBT), Post-Traumatic Stress Disorder (PTSD), qualitative research methodologies, trauma-focused interventions, community-based treatment programmes*

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