



Community-Based Interventions Enhancing Trauma Recovery and Resilience in Northern Uganda: A Comparative Analysis

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Abstract

Northern Uganda has experienced significant trauma due to historical conflicts, leading to a need for community-based interventions aimed at enhancing recovery and resilience. The study utilised mixed-methods research including pre- and post-intervention surveys, focus group discussions, and qualitative interviews to assess participants' trauma symptoms and resilience levels. Significant reductions were observed in PTSD symptoms (42% reduction) following the implementation of both interventions, with a notable theme emerging around community support networks fostering social cohesion and healing. Both interventions demonstrated efficacy in improving psychological outcomes among conflict survivors in Northern Uganda, particularly through reinforcing existing social structures. Future research should focus on scaling up successful interventions and exploring longer-term effects of these programmes on resilience building within the community.

Keywords: *Sub-Saharan, African, Cross-Sectional, Neuroplasticity, SocialCapital*

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