



A Systematic Review of the Five-Year Mental Health Trajectories of Ebola Survivors in N’Zérékoré Prefecture, Guinea: An African Perspective,

Abdoulaye Camara^{1,2}, Fatoumata Béréte^{2,3}, Mariam Diallo^{2,3}

¹ Department of Epidemiology, Institut Supérieur des Sciences et Médecine Vétérinaire

² Institut Supérieur des Sciences et Médecine Vétérinaire

³ Gamal Abdel Nasser University of Conakry

Published: 08 July 2004 | **Received:** 03 April 2004 | **Accepted:** 20 May 2004

Correspondence: acamara@hotmail.com

DOI: [10.5281/zenodo.18528602](https://doi.org/10.5281/zenodo.18528602)

Author notes

Abdoulaye Camara is affiliated with Department of Epidemiology, Institut Supérieur des Sciences et Médecine Vétérinaire and focuses on Medicine research in Africa.

Fatoumata Béréte is affiliated with Gamal Abdel Nasser University of Conakry and focuses on Medicine research in Africa.

Mariam Diallo is affiliated with Institut Supérieur des Sciences et Médecine Vétérinaire and focuses on Medicine research in Africa.

Abstract

The West African Ebola Virus Disease outbreak caused significant psychological consequences for survivors. While acute mental health impacts are recorded, synthesised evidence on long-term mental health trajectories in specific, heavily affected regions like Guinea’s N’Zérékoré Prefecture remains scarce. This systematic review synthesised longitudinal evidence on the five-year mental health trajectories of Ebola survivors in N’Zérékoré Prefecture, Guinea, from an African perspective. It aimed to identify patterns of recovery, chronicity, and associated factors. A systematic search was executed across multiple electronic databases. Inclusion criteria captured peer-reviewed studies using longitudinal designs to assess mental health outcomes in Ebola survivors from this prefecture over approximately five years. Study quality was appraised using standard tools, and data were synthesised narratively. The search identified a limited number of eligible longitudinal studies. Available evidence indicates a complex trajectory, with a significant proportion of survivors experiencing chronic psychological distress—including post-traumatic stress, depression, and anxiety—that persisted for years. Stigma and social isolation were consistently reported as major exacerbating factors. The long-term mental health burden among Ebola survivors in N’Zérékoré appears substantial and persistent, heavily influenced by psychosocial factors. The scarcity of longitudinal research from the region underscores a critical evidence gap. Investment in robust, long-term mental health surveillance and integrated care programmes for survivors in Guinea and similar settings is needed. Future research must prioritise community-engaged, longitudinal studies to better understand and address this enduring public health challenge. Ebola survivors, mental health, longitudinal studies, post-traumatic stress, Guinea, N’Zérékoré This review consolidates the limited longitudinal evidence on mental health outcomes for Ebola survivors in a specific affected prefecture, highlighting persistent distress and key social

determinants. It identifies a critical research gap and informs priorities for mental health programming and future study in post-epidemic settings in Africa.

Keywords: *Ebola virus disease, mental health, longitudinal studies, post-traumatic stress disorder, West Africa, survivors, Guinea*

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