



# Accessibility and Utilization of Adolescent Mental Health Services in Ghana's Volta Region: A Socio-Epidemiological Perspective

Abena Yaw Boateng<sup>1,2</sup>, Freeman Afriyie Acheampong<sup>3,4</sup>, Kofi Kwesi Afrifa<sup>1,5</sup>

<sup>1</sup> University for Development Studies (UDS)

<sup>2</sup> Department of Pediatrics, University of Ghana, Legon

<sup>3</sup> Water Research Institute (WRI)

<sup>4</sup> Department of Epidemiology, University for Development Studies (UDS)

<sup>5</sup> Department of Pediatrics, Water Research Institute (WRI)

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**Correspondence:** [aboateng@hotmail.com](mailto:aboateng@hotmail.com)

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## Author notes

*Abena Yaw Boateng is affiliated with University for Development Studies (UDS) and focuses on Medicine research in Africa.*

*Freeman Afriyie Acheampong is affiliated with Water Research Institute (WRI) and focuses on Medicine research in Africa.*

*Kofi Kwesi Afrifa is affiliated with Department of Pediatrics, Water Research Institute (WRI) and focuses on Medicine research in Africa.*

## Abstract

Adolescent mental health services in Ghana's Volta Region are underutilized despite growing recognition of their importance. A mixed-methods approach combining survey data from 200 participants with qualitative interviews to explore barriers and facilitators. The proportion of girls who accessed mental health services was found to be 35% (95% CI: 28-41), indicating a significant gap in service utilization. Limited access to mental health services, coupled with stigma and lack of awareness among adolescents and caregivers, hindered service uptake. Implement targeted interventions addressing stigma and improving service accessibility and affordability. mental health, adolescent girls, Volta Region, Ghana, utilization Treatment effect was estimated with  $\text{logit}(\pi) = \beta_0 + \beta_1 X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *Sub-Saharan Africa, Adolescent Girls, Geographic Mapping, Qualitative Research, Socio-Epidemiology, Mental Health Services, Utilization Studies*

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