



Improving Mental Health Literacy Among Rural Senegalese Community Health Workers Via Smartphone-Based Platforms in Eswatini: A Survey Research

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Abstract

Mental health literacy among rural Senegalese community health workers remains suboptimal, despite known benefits of improved mental health support in underserved communities. A mixed-methods survey approach was employed, including quantitative questionnaires and qualitative interviews to gather data from a representative sample of rural Senegalese community health workers in Eswatini. The findings indicate an overall improvement in mental health literacy after exposure to the smartphone-based training platforms, with a significant increase ($p < .05$) in participants' knowledge scores post-training compared to pre-training levels. The results suggest that smartphone-based training platforms can be effective tools for improving mental health literacy among rural Senegalese community health workers in Eswatini. Future research should explore the long-term sustainability and scalability of these training platforms, as well as their impact on actual service delivery outcomes.

Keywords: *Sub-Saharan, Senegalese, Community Health Workers, Smartphone, Mobile, Qualitative, Quantitative*

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