



# Online Counseling for Anxiety in Elderly in Uganda: A Quantitative Evaluation

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## Abstract

Online counseling services have gained popularity for mental health support in various demographics, including elderly populations facing anxiety issues. Participants were recruited from community centers and healthcare facilities. An anonymous online survey was administered to assess baseline anxiety levels, followed by a six-week intervention period with access to online counseling sessions. The analysis revealed that participants who received the online counseling service showed a significant reduction in their anxiety symptoms compared to those who did not receive the intervention ( $p < 0.05$ ). Online counseling services appear effective in alleviating anxiety among elderly Ugandans, warranting further research and implementation. Further studies should explore longer-term outcomes and potential cost-effectiveness of online counseling as a mental health support model for the elderly in Uganda.

**Keywords:** *African demographics, online therapy, anxiety reduction, geriatric psychology, digital mental health, qualitative assessment, longitudinal studies*

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