



Behavioural Interventions for Anxiety Disorders Among Somali Immigrants in Ethiopia: A Policy Analysis

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Abstract

Anxiety disorders are prevalent among Somali immigrants in Ethiopia, highlighting a significant mental health challenge. A systematic review of existing literature on anxiety disorders and culturally sensitive intervention methods. Behavioural therapies such as cognitive-behavioural therapy showed moderate effectiveness, with a 30% reduction in symptoms among participants. The identified interventions can be integrated into current mental health services to improve treatment outcomes for Somali immigrants in Ethiopia. Implement culturally tailored behavioural interventions and integrate them into routine healthcare settings.

Keywords: *Somalia, Somali, Interventions, Cultural Psychiatry, Cognitive-Behavioural Therapy, Community-Based Programmes, Mental Health Policies*

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