



# Gender Dynamics in Psychology Practices Amongst Sub-Saharan African Communities in Equatorial Guinea

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## Abstract

Psychology in Sub-Saharan Africa, particularly in Equatorial Guinea, often lacks comprehensive research on gender dynamics within its communities. An ethnographic study involving participant observation, semi-structured interviews, and document analysis with a sample size of 50 individuals from diverse socio-economic backgrounds. Gender played a significant role in the perceived efficacy of psychological services; women reported higher satisfaction with mental health support compared to men by a margin of 24%. The study highlights the importance of culturally sensitive approaches in psychology, particularly for addressing gendered disparities in access and effectiveness of mental health care. Psychologists should incorporate gender perspectives into their practice models, with specific attention to improving services tailored for women's needs.

**Keywords:** *African, Ethnography, Gender, Psychology, Cultural, Anthropology, Intersectionality*

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