



# Understanding and Treating Depression in Urban Ghana: A Mixed Methods Study in Clinical Psychology

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## Abstract

Depression is a prevalent mental health issue in urban Ghana, affecting both rural and urban populations. A mixed methods study combining quantitative surveys with qualitative interviews, conducted in collaboration with local clinical psychology practitioners. Among 500 surveyed participants, 28% reported symptoms consistent with major depressive disorder. Qualitative data revealed themes of stigma and lack of access to mental health services. The study indicates that while CBT shows promise in treating depression, further research is needed to address barriers such as stigma and service accessibility. Integrate cultural sensitivity into treatment protocols and invest in community-based mental health initiatives to improve service reach. Depression, urban Ghana, cognitive-behavioural therapy, mixed methods study

**Keywords:** *Sub-Saharan, urbanization, qualitative, phenomenology, community engagement, biopsychosocial, integrative approaches*

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