



# Challenges and Opportunities in Psychology within Post-Conflict Chad: A Mixed Methods Inquiry

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**Published:** 07 August 2007 | **Received:** 22 April 2007 | **Accepted:** 25 June 2007

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**DOI:** [10.5281/zenodo.18843030](https://doi.org/10.5281/zenodo.18843030)

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## Abstract

Post-conflict Chad faces significant psychological challenges as a result of civil unrest and displacement. A mixed methods approach combining qualitative interviews with quantitative survey data to assess community resilience and psychological needs. Community surveys revealed that over 40% of respondents experienced symptoms consistent with PTSD, while qualitative interviews highlighted the need for culturally tailored interventions. Psychological services in Chad are under-resourced but essential for societal recovery; a focus on trauma-informed care and community engagement is recommended. Investment in psychological training programmes and infrastructure development should be prioritised, with a special emphasis on integrating traditional healing practices into modern mental health approaches.

**Keywords:** *Sub-Saharan, African, Social, Cross-Sectional, Qualitative*

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