



The Kasai Depression Rehabilitation Programme's Impact on Adolescent Mental Health in DRC: A Six-Month Post Intervention Assessment in Burkina Faso

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Abstract

The Kasai Depression Rehabilitation Programme (KDRP) is a psychological intervention designed to address depression in adolescents living in conflict-affected areas of the Democratic Republic of Congo (DRC). The programme aims to improve mental health outcomes through structured psychotherapy sessions. The study employed qualitative methods to gather data through interviews with adolescents who participated in KDRP and their caregivers. Data analysis focused on thematic content to identify patterns of change and challenges observed during the programme's implementation. The KDRP demonstrated promising initial outcomes for adolescents' mental well-being, highlighting the need for further research to validate these results across diverse contexts. Future studies should explore long-term impacts of such interventions and consider scalability issues in resource-limited settings. Policy makers may also benefit from adopting community-based models that integrate KDRP elements into existing health systems.

Keywords: *Democratic Republic of Congo, Adolescent Mental Health, Depression, Psychotherapy, Community-Based Interventions, Psychological Treatment, Cognitive Behavioural Therapy*

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