



Cultural Adaptation and Acceptability of Cognitive Behavioural Therapy for Depression in Sierra Leone's Urban Spaces,

Foday Kamara Sahratuini¹

¹ Njala University

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Correspondence: fsahratuini@aol.com

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Author notes

Foday Kamara Sahratuini is affiliated with Njala University and focuses on Psychology research in Africa.

Abstract

Cognitive Behavioural Therapy (CBT) for depression has shown efficacy globally, but its effectiveness in culturally diverse settings like Sierra Leone requires careful adaptation. Qualitative interviews were conducted with community leaders, healthcare providers, and individuals affected by depression. Data analysis included thematic coding for themes of acceptability and adaptation needs. Participants expressed concern about the perceived Eurocentric nature of CBT, indicating a need to integrate local cultural practices into therapy sessions. CBT can be adapted to suit Sierra Leone's urban environment by incorporating culturally sensitive elements. Future research should explore these modifications in efficacy studies. Healthcare providers and policy makers are recommended to engage with local communities to identify culturally relevant adaptations of CBT for depression treatment. Cognitive Behavioural Therapy, Depression, Cultural Adaptation, Sierra Leone

Keywords: *Cultural Neuroscience, Ethnopsychology, Community Engagement, Cross-Cultural Psychology, Psychotherapy Adaptation, Qualitative Research, Cultural Sensitivity Studies*

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