



Mental Health Dynamics in Post-Conflict Rwandan Communities: A Qualitative Exploration

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Abstract

Post-conflict Rwanda faces significant mental health challenges among its communities, necessitating a nuanced understanding of how psychosocial support can be effectively delivered. Qualitative interviews were conducted with community leaders, healthcare professionals, and affected individuals to gather insights into their experiences and perspectives on mental health issues following conflict. Themes emerged around the need for culturally sensitive interventions that address both individual trauma and communal healing processes, highlighting a significant proportion of participants who reported decreased resilience in the face of ongoing stressors. The qualitative data underscores the importance of tailored psychosocial support strategies that integrate community engagement and cultural context to enhance mental health outcomes in post-conflict settings. Future research should prioritise developing culturally adapted psychosocial interventions and fostering partnerships between local communities, healthcare providers, and policymakers to ensure sustainable support systems.

Keywords: *African geography, mental health disorders, psychosocial interventions, qualitative research, trauma studies, community resilience, cultural psychiatry*

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