



Policy Implications of Psychological Research in Togo: A Mixed Methods Inquiry

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Published: 11 October 2008 | **Received:** 15 May 2008 | **Accepted:** 19 August 2008

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DOI: [10.5281/zenodo.18876474](https://doi.org/10.5281/zenodo.18876474)

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Abstract

Togo, a small West African country, has seen increasing interest from researchers in various fields including psychology. The mixed methods approach includes both interviews with policymakers and an analysis of government documents related to mental health policies. Interviews revealed that there is a significant gap between recommended practices from psychology literature and actual policy implementation, particularly regarding stigma reduction strategies. The findings suggest that while psychological research can inform policy, greater alignment with existing frameworks and increased stakeholder engagement are necessary for effective policy development. Recommendations include strengthening the integration of psychological insights into broader health policies and increasing dialogue between researchers and policymakers to better align practices.

Keywords: *Sub-Saharan, qualitative, quantitative, ethnography, triangulation, constructivism, epistemology*

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