



Understanding and Addressing Depression in Urban Ghana: A Policy Analysis

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Abstract

Urbanization in Ghana has led to increased stressors such as job insecurity and social isolation, contributing to higher rates of depression among urban populations. A mixed-methods approach combining qualitative interviews with urban residents and quantitative surveys of healthcare providers to assess current policy impact. The analysis revealed a significant gap between the prevalence of depression identified through community health surveys (40%) compared to reported cases by healthcare workers (25%). Current policies are insufficient in addressing depression, particularly among marginalized urban groups. There is a need for more targeted interventions and improved data collection methods. Develop culturally-sensitive mental health resources tailored to urban contexts, integrate depression screening into primary healthcare services, and enhance collaboration between sectors.

Keywords: *Geographic, Sub-Saharan, Urbanization, Depression, Epidemiology, Qualitative, Quantitative*

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