



Mental Health Disparities in Post-Conflict Rwanda: Comparative Analysis of Psychosocial Support Initiatives

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Abstract

Post-conflict Rwanda faces significant mental health disparities among its population, highlighting the urgent need for psychosocial support initiatives. The study employed a comparative design, analysing data from participants enrolled in either the 'Rwanda Healing Project' or 'Community Support Network'. Quantitative and qualitative methods were utilised for comprehensive evaluation. A notable difference was observed in the reduction of PTSD symptoms between the two groups ($p < .05$), with the 'Rwanda Healing Project' showing a more significant impact (34% vs. 21%). Both programmes demonstrated efficacy, but the 'Rwanda Healing Project' proved superior in symptom reduction. Further research should explore long-term effects and potential synergies between existing initiatives to enhance overall mental health outcomes.

Keywords: *Post-Caroline Rwanda, African Psychology, Psychosocial Resilience, Community Mental Health Models, Trauma-Informed Care, Social Support Networks, Cross-Sectional Studies*

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