



Mental Health Dynamics in Post-Conflict Rwanda: A Qualitative Exploration

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Abstract

Post-conflict Rwanda has experienced significant mental health challenges among its population, necessitating a comprehensive understanding of the dynamics and psychosocial support needs. The study employed semi-structured interviews with community members, focusing on psychological well-being and coping mechanisms following the genocide and subsequent conflicts. Data analysis utilised thematic content analysis. A prominent theme emerged regarding the resilience strategies adopted by survivors, including communal support networks which significantly impacted their mental health outcomes. The qualitative exploration revealed the importance of community-based interventions in addressing post-conflict mental health needs and highlights the role of social cohesion in recovery. Rwanda should prioritise strengthening existing community support structures and consider developing culturally tailored psychological first aid programmes for future conflicts.

Keywords: *Post-conflict, Rwanda, Geocultural, Ethosynthesis, Empathy, Contextualism, Subjectivity*

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