



Mental Health Recovery Dynamics in Post-Conflict Rwanda: An Integrative Quantitative and Qualitative Exploration

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Abstract

Post-conflict Rwanda has seen significant efforts in mental health support, yet little is known about the recovery dynamics and psychosocial well-being of its population. The study employed a mixed methods design integrating self-report surveys with in-depth interviews to gather comprehensive insights into the experiences and perceptions of participants from diverse socio-economic backgrounds. Findings indicate that while approximately 65% of respondents reported significant improvements in mental health, qualitative data revealed persistent stressors related to trauma exposure, economic instability, and social reintegration challenges. The mixed methods approach successfully highlighted both the progress made and ongoing barriers faced by post-conflict Rwandan individuals in their mental health recovery journey. Policy makers should prioritise community-based support programmes addressing specific socio-economic issues identified to facilitate sustained mental health improvements. mental health, qualitative research, mixed methods study, post-conflict Rwanda

Keywords: *African geography, conflict resolution, mixed methods, qualitative inquiry, psychosocial intervention, mental health outcomes, cultural adaptation*

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