



Understanding and Addressing Depression in Urban Ghana: A Clinical Psychology Perspective

Kwesi Kwame Asare¹, Yahaya Yaw Gyau², Abena Afua Ababu³

¹ Department of Interdisciplinary Studies, University of Cape Coast

² Department of Research, Food Research Institute (FRI)

³ Food Research Institute (FRI)

Published: 23 March 2010 | **Received:** 06 November 2009 | **Accepted:** 22 January 2010

Correspondence: kasare@yahoo.com

DOI: [10.5281/zenodo.18903747](https://doi.org/10.5281/zenodo.18903747)

Author notes

Kwesi Kwame Asare is affiliated with Department of Interdisciplinary Studies, University of Cape Coast and focuses on Psychology research in Africa.

Yahaya Yaw Gyau is affiliated with Department of Research, Food Research Institute (FRI) and focuses on Psychology research in Africa.

Abena Afua Ababu is affiliated with Food Research Institute (FRI) and focuses on Psychology research in Africa.

Abstract

Urbanization in Ghana has led to significant changes in lifestyle and stress levels among its population, particularly affecting mental health. A qualitative study involving semi-structured interviews with urban Ghanaians to understand perceptions of depression and preferred therapeutic interventions. Urban Ghanaian communities face unique challenges in addressing depression, necessitating culturally sensitive and accessible mental health interventions. Develop culturally tailored depression treatment programmes incorporating community engagement and reducing barriers to care such as cost and stigma.

Keywords: *Sub-Saharan, urbanization, qualitative, psychometrics, existentialism, stigma, resilience*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge