



Urban Ghanaian Approaches to Depression: Policy Implications for Clinical Psychology Practice

James Kofi Gyamfi¹

¹ Accra Technical University

Published: 14 August 2011 | **Received:** 16 March 2011 | **Accepted:** 06 July 2011

Correspondence: jgyamfi@hotmail.com

DOI: [10.5281/zenodo.18919903](https://doi.org/10.5281/zenodo.18919903)

Author notes

James Kofi Gyamfi is affiliated with Accra Technical University and focuses on Psychology research in Africa.

Abstract

Urban areas of Ghana present unique challenges for mental health care, particularly in addressing depression. Qualitative research methods were employed to gather data from focus group discussions with healthcare providers and community members. Urban Ghanaians reported a preference for traditional healing practices over modern medical interventions, highlighting the need for integration of both approaches in future policies. Policy recommendations include fostering collaboration between traditional healers and clinical psychologists to improve access to comprehensive mental health care. Develop strategies that promote cultural sensitivity and encourage community engagement in mental health initiatives.

Keywords: *African, qualitative, urbanization, depression, stigma, intervention, community, 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